

# Favorite Celebrity Wedding Dresses



By Jennifer Harrington

For those of us who love to follow celebrity news, it's always fun to follow what the stars wear on their wedding days. Some celebrities choose styles that establish the future trends for other brides, and others choose dresses that more closely mirror their persona, unique sense of style. Given we are in the midst of summer wedding season, here is a look at some of Cupid's favorite celebrity wedding dresses:

## **Kate Middleton**

As soon as Prince William and Kate Middleton announced their long-anticipated engagement, the world began speculating about

what Kate would wear on her wedding day. April 29, 2011, as two billion people around the world watched, the royal wedding dress was revealed. Kate chose a dress designed by Sarah Burton for Alexander McQueen. The dress was described by *The Telegraph* (UK) as “a model of sumptuous simplicity, perfectly suited to the sweet and serene style of the woman who is now Duchess of Cambridge and is destined to be the future Queen of England.”

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### **Katie Holmes**

Let's forget for a moment that Katie Holmes and Tom Cruise are now divorced, and remember that back in 2006, the couple had a whirlwind romance and welcomed daughter Suri before they celebrated their wedding in Italy. To exchange wedding vows with her movie star husband November 18, 2006, Katie chose a romantic off-the-shoulder gown designed by Giorgio Armani. The designer remarked when Katie first appeared, “It was, by far, the most charged moment of the evening.” Seven-month-old Suri wore an ivory silk dress designed to match her mom's iconic gown.

### **Jessica Simpson**

When pop star Jessica Simpson married fellow singer Nick Lachey October 26, 2002, she chose a Vera Wang custom strapless dress with a 11-carat Harry Winston pave diamond headband attached to her veil. While the dress was fit for a princess and the wedding seemed like a fairy tale, the marriage between Jessica and Nick did not last. As Jessica looks toward the future and has plans to marry her current beau, Eric Johnson, she speculates when it's time to pick her next dress, she will choose something low-cut and said, “I want it to be different from what I've had before.”

### **Gwen Stefani**

Gwen Stefani has her own rock star style that is often colorful, bold and daring. When she married fellow musician Gavin Rossdale September 14, 2002, she chose a custom-made dress that was girly and punk – a perfect mix for her fashion taste. Her dress was John Galliano by Dior and was pink ombre. Gwen liked her dress so much she had a second wedding ceremony, just so she could wear the dress again!

**Related:** [5 Celebrity Couples that Waited for Marriage](#)

### **Lisa Ling**

Journalist Lisa Ling exchanged wedding vows with Paul Song, a physician, May 26, 2007. The invitation to the wedding provided a sneak peek of what guests could expect from Lisa's wedding dress, reading "If you're cool, you'll dress Asian chic." Lisa walked down the aisle wearing a red dress with a metallic print, designed by Vivienne Tam. The breathtaking dress, while seemingly an unconventional choice, was true to the couple's Asian-roots and their Asian-inspired wedding ceremony.

**Who would you say is the best-dressed celebrity bride? Should we add anyone to our favorite celebrity wedding dress list? Comment below.**

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**'Lucky Dog' Host Brandon McMillan Says, "If I Can't Laugh Constantly with**

# Someone, It Won't Work Out"



Interview by [Whitney Johnson](#). Written by Petra Halbur.

[Brandon McMillan](#) has dedicated his life to working with animals – so much, in fact, that he hardly has time to date. Now, he's bringing his work to the small screen with a new show for CBS called *Lucky Dog*, which premieres on Saturday, September 28th as part of "The CBS Dream Team" line-up. Each episode will follow the trainer as he adopts a dog from a shelter – one that's hours away from euthanasia – and then brings him back to The Lucky Dog Ranch to be trained before finding the perfect family.

**Related Link:** [Must Love Dogs: More Singles Getting Pets](#)

This television opportunity is a logical next step in McMillan's career. He grew up around animals as the son of two

circus trainers, moving to Los Angeles at age 18 to pursue a new path. "When I left the circus, I knew I wanted another animal training job, so Hollywood was the ideal option," he explains. "I started working with animals for the movies, but as we all know, movies come and go, so work would get slow a lot. I then began training dogs for shelters, a cause that's always held a spot in my heart."

The trainer speaks passionately about the treatment of shelter dogs in the United States. "I read the facts, and they blow my mind. Every year in America over 1.5 million dogs are euthanized because they can't find homes. I wanted to find out why this was happening."

Despite his concern, McMillan doesn't condemn kill shelters, insisting that he approaches the issue from a different perspective. "My job as a trainer is to spread the word on how to train dogs and help keep them out of the shelters," he shares. It seems that many pet owners simply drop their dogs when their would-be canine companion doesn't behave properly. "They say, 'You know what? Why don't I just drop him off at the shelter? It's just down the street.' It's an easy option. So I attack it from a different angle. I say, 'Why don't you take three days to learn how to train your dog? And he'll keep quiet; he'll stay; and he'll walk on a leash properly.'"

When he's not working the shelter dogs, McMillan helps pet owners train their dogs. He often works with couples who are struggling with differing views on puppy parenting. "The woman usually wants a dog to be more cutesy and more of a lap dog, while the guy wants the dog to be more tough," he explains. It then becomes McMillan's job to help the couple find a middle ground.

Before getting a dog, couples tend to disagree on the dog's preferable size or breed. To this problem, McMillan advises, "Let the dog choose you. I constantly tell people to go in with a wide frame of mind, saying, "Whatever dog I feel

connected to, that's the one that I want in my family." He also suggests that couples wait until they are "pretty established" in their relationship before adopting a pet to prevent a custody battle later on. "Dogs are becoming the new kids in America," he wryly observes.

**Related Link:** [Date Idea: Cuddle With a Furry Friend](#)

The handsome trainer is raising his own pets by himself. He's currently single because, by his own admission, "I'm so consumed by the show that I go to bed at around 9 p.m. because I have to get up at 4 a.m. We start every morning around 6 a.m. because I want to make sure we work the dogs before the heat kicks in every afternoon."

Still, he knows what he wants in a woman. In addition to a love for animals, McMillan says his perfect mate would have to have a great sense of humor. "I'm a joker and a goofball. If she seems too serious, get out!" he says. "If I can't laugh constantly with someone, it won't work out." An ideal date for him would somehow incorporate the great outdoors – something that's easy to take advantage of thanks to the California landscape and shoreline.

*For more information about McMillan, check out his personal site. Tune in for Lucky Dog on CBS on Saturday mornings!*

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## **Twitter Dating 101: Actions Speak Louder Than Tweets!**





By Mandy Hale

In honor of National Singles Week this week, I'd like to address a new phenomenon that seems to be sweeping the globe faster than planking and twerking combined. (Okay, maybe not THAT fast.) What am I talking about? Twitter dating!

Not to be confused with online dating, "Twitter dating" is when you stumble across a profile of someone on Twitter who intrigues you, begin following them, they begin following you and a flirtation starts to build in the form of tweets and direct messages, aka "DM's." The more Twitter popularity climbs, and the more we increasingly turn to our social media circle as a trusted community of friends, the more rampant these "Twitter crushes" seem to become. Which would be all fine and good if they turned out well. Or even okay. But I've had two experiences with "Twitter dating" and both have been what we like to call on Twitter (don't forget the hashtag): a

#MajorFail.

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Because of this, I thought it was half past time to establish some rules or guidelines to help the single ladies of the world know when to follow and know when to block – a few red flags to look for that might save you from a giant stop sign up ahead. I mean, none of us want to end up on “Catfish,” right? So here are some early warning signs that your Twitter crush’s “character” might not go any deeper than that infamous 140 or less limit...

1. A lack of photos other than his profile pic. Big red flag. If he portrays himself to be a functioning, successful adult, there should be SOME other photos of himself other than his avatar. And I don’t mean photos of inanimate objects or his dog or the ocean. I mean ACTUAL photos of him, clear photos, where you can see his face. In the day and age of camera phones, if a man is hiding his face from his profile – there’s a reason.

2. A lack of any sort of online presence other than Twitter. Okay, so Facebook isn’t everyone’s cup of tea, so we’ll let it slide if he doesn’t have a FB page, but if a man doesn’t have SOMETHING out there besides his Twitter profile that can vouch that he’s a real person (an Instagram account, a LinkedIn profile, a Google+ page...SOMETHING), chances are – he’s not. I mean, God gave us Google for a reason, ladies; so we can let our fingers do the walking and learn a little more about our Twitter crush before we welcome him offline and into our lives! If you Google him and absolutely nothing comes up, I’d definitely be a little wary. And for that matter, if you Google him and an article about how he was arrested for cyber-stalking pops up, obviously – RUN, don’t walk, to your nearest block button.



3. Finally – maybe neither of the above apply to your situation. Maybe you’ve seen his FB page, you’re following him on Instagram, and everything seems to be on the up and up. But THIS is where you have to watch out for another phenomenon – the infamous “Twitter player.” Just because he is physically who he portrays himself to be doesn’t mean his character matches up with his 140 characters. I encountered the not-so-rare species “The Twitter Player” back in March, and found myself in a drive-by relationship: One where he faked a future with me for a few weeks before moving on at break-neck pace to another unsuspecting Twitter victim.

So how do you identify a “Twitter player”? This one’s a little trickier, so here are a few signs to look for: If he’s regularly flirting with other girls on his timeline. If you’ve taken the relationship offline and are talking and Skype-ing and texting, yet he NEVER talks about you openly on his Twitter timeline. Or if he comes to town to see you and STILL doesn’t post about you, take a picture with you and actually CHECKS IN SOMEWHERE ON FOURSQUARE but doesn’t bother to tag you (Not that this EXACT scenario happened to me or anything. Okay. It did.) Online and in life – if a man hides you, it’s because he’s still out there seeking something besides you. It’s better to render the player powerless by exiting the game than wind up losing your dignity and your self-respect to play a losing hand.

**Related:** [Tips for Making a Long Distance Relationship Work](#)

Based on my experiences, I have to say I’m retiring “Twitter dating,” at least for the foreseeable future; but if you choose to roll the dice, I’d just encourage you to be careful. Set boundaries. Don’t ignore the signs. And online and in life – always date smart by guarding your heart. (It’s the most precious commodity you have).

*Follow Mandy Hale on Twitter @TheSingleWoman. Get more fabulous tips on love by checking out her*

website, <http://thesinglewoman.net/> or grabbing your copy of her new book *The Single Woman: Life, Love, & a Dash of Sass*, available on Amazon and anywhere books are sold.

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## **‘The Bachelor’ Celebrity Couple Jesse and Ann Csincsak Are Expecting a “Play Friend” for Son Noah**



This week, our favorite celebrity couple from *The Bachelor* and CupidsPulse.com contributors, Jesse Csincsak and his wife

Ann, announced their celebrity pregnancy: They're expecting a second child in March! The famous couple, who married in 2010, are excited to give their son Noah a brother or sister. "He is pumped to have a play friend," Jesse says with a laugh. Noah will turn three right before their [celebrity baby](#) is born.

## Jesse and Ann Csincsak Open Up About Their Celebrity Pregnancy

As excited as the family is about the new addition, Ann has had some difficulties with her pregnancy so far and has been sick 24 hours a day. "We had to call in her parents to help out," Jesse shares. "Someone has to take care of Ann, while someone else runs our businesses and takes care of our son." The mom-to-be experienced some discomfort with their first child, but the celebrity couple says that it's completely different this time. "She had morning sickness during her pregnancy with Noah but only in the mornings. This is constant and has been from the start," he tells us. "Not fun!"

**Related Link:** [Jesse Csincsak Rescues Mother and Son From Same Area as First Date with His Wife](#)

Could all this mean that a little girl is on the way? Jesse told FOX411's Pop Tarts column that Ann was "secretly hoping for a girl to one day take over the fashion business she is building."

For right now, the Csincsak's don't know the sex of the baby and hasn't decided on any names yet. They'll find out if they're having a boy or girl in the next couple of weeks (Ann is in her second trimester), and they plan on filling us in as soon as they know.



Noah Csincsak  
holding a sonogram  
of his new sibling.

Of course, they can't escape their *Bachelor* roots. The first-ever *Bachelorette* celebrity couple, Ryan and Trista Sutter, live one neighborhood away and have remained close with the Csincsak's. "They've been amazing," Jesse and Ann reveal. "They helped us move into the area and gave us advice on what doctors to use."

**Related Link:** ['Bachelor' Alumni Ann Csincsak and Partner Katie Meyer Open Vintage Sweet & Chic Boutique](#)

When the foursome get together, they never really talk about their reality TV past. Instead, they focus on real-life happenings. "Ryan and I are always talking about our kids or good hiking spots. Trista loves shopping at Ann's store, Cashmere & Coco, in Vail Village, so they talk fashion and whatever else it is that girls talk about," Jesse says.

Could this be the makings of a *Bachelor to Babies* spin-off?

*Stay tuned for more Bachelor news!*

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# Julie Benz on Her Marriage: “We Put Our Relationship First Even If That Means Turning Down Work”

**Cupid's Pulse**  
\* Celebrities. Love. Opinions. \*



By Kerri Sheehan

Unlike many performers, 41-year-old Julie Benz didn't have dreams of appearing on the big screen. In fact, she began her career as a competitive figure skater and didn't consider acting until an injury forced her off the ice. You may recognize her as Darla, the vampire from the television shows



*Buffy the Vampire Slayer* and the popular spin-off *Angel*, or Rita, the wife of the title character on *Dexter*. Expanding her resume, she'll next be playing mother Stevie Parker in Lifetime's *Taken: The Search for Sophie Parker*, which premieres tomorrow night at 8 p.m. ET. Benz describes her character as "a tough NYPD detective who has to work against the clock to save her daughter and her daughter's friend from the Russian Mafia and sexual slavery ring."

The bubbly blonde was drawn to the role for a number of reasons. "The issue of human trafficking and violence against women is important to me," she shares. "And the script features a woman in power instead of a woman in peril."

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Given these two factors, that actress had to prepare for such a demanding job. "The role required a lot of physical strength and stamina from me." On an emotional level, Benz had the "honor of speaking to a woman who had been abducted, sold into sex slavery, and rescued by her family when she was a teen," which helped to personalize the story for her. Thanks to her diligence, she truly understands the actions taken by her character. "If I had a daughter and if she was kidnapped, I'd do whatever was in my power to find her. I just hope I'm never put in the position to find out what extremes I would go to."

While Benz is not yet a mother herself, she is a newlywed: The Pittsburgh native married Rich Orosco in May 2012. They both work in the entertainment industry, so hectic schedules and travel often keep the couple in different cities. "We never go more than two weeks without seeing each other. We Skype every day that we're apart," Benz says. "Our careers are busy, but we put our relationship first even if that means turning down work."

The couple was originally fixed up by a friend "just to have fun," and neither of them were looking for a commitment, but



as Benz says, “That’s why I think it worked.” They got the chance to know each other without the pressure of questioning where they wanted their relationship to go. “Just spending time together was – and still is – the best!”

There was, of course, a turning point in their coupledness. Her husband knew she was a keeper when he tasted her cooking. “My husband claims that he knew I was The One when I made him my chicken wings. We now refer to them as my ‘marry me chicken wings!’”

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

Benz first married at the age of 22 and divorced her ex-husband after 13 years together. “Dating in your mid-30’s is tricky, especially in Los Angeles,” she says of learning to date as an adult. “Plus, I hadn’t dated in over a decade. I’m blessed that I have a great group of female friends that helped me navigate the dangerous waters of finding love.”

For other women looking to get back into the dating game, the actress believes that “second chances are a gift, and they should be treated that way. Do the work on yourself after your divorce, so you don’t end up making the same mistakes again.”

*For more on Benz, you can follow her on Twitter @juliebenz. Be sure to catch her in Taken: The Search for Sophie Parker on Lifetime on Saturday, September 21st at 8 p.m. ET. You can also see her in the new season of the sci-fi show Defiance.*

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# Top 5 Don'ts We've Seen From Miley Cyrus That Should Never Enter the Dating World



By Laura Bensen

After the performance at the VMA's and her newest music video, it is safe to say that Miley Cyrus is on everyone's minds whether we like it or not. She has taken the media by storm and consequently our consciousness but don't fret. This is not a complete lost cause. There are lessons to be learned from this. So here are five don'ts that should never enter the dating world as seen by Miley Cyrus:

1. At the VMA's we saw Miley twerking on Robin Thicke. This is

wrong for so many reasons. Don't twerk on a married man. With a child. On TV. When you have a boyfriend. Or in general. Just don't twerk. While Thicke might be in trouble with the Mrs. (I know I would be mad!), we do know that Miley certainly is with her on again off again fiancé Liam Hemsworth. So the lesson here? Don't get up on another man when you have one of your own.

**Related:** [5 Lessons to Learn from Celebrity Divorce](#)

2. Don't orally pleasure garden tools, construction tools or foam fingers. She just needs to stop putting things in her mouth or she's going to get sick. Also, while some people might think it's sexy to put objects in their mouths, a guy might find this as an indicator for the Herp.

3. In her new song Wrecking Ball, she cries, gets naked, and rides a dirty wrecking ball to show how 'emotionally exposed' she is. Don't cry and don't get naked to show you have emotions. Please do not ride a wrecking ball, clean or dirty. It will not lead anywhere good. While there is nothing wrong with crying-everyone cries sometimes- it's not good for a relationship to do it too early on. It can scare off potential prospects very easily. Getting naked too early on will lead you down a very short road where respect is scarce.

4. While this one is a bit of a throwback, we can see signs of Miley's retaliation, joining the slew of ex Disney actresses (Britney, Christina, Hilary and Lindsey. Sweet Jesus, Lindsey was the worst) against modesty back in 2010 with her video Can't Be Tamed. First of all, channeling your inner Britney past Baby One More Time is never good. Men might not want a meek girl but they probably don't want a trashy, weird and violent bird either. There is a pretty wide median to walk and Miley vaulted right over it. So it's okay to be a fiery female, remember your checks and balances.

**Related:** [Is Being Center Stage Ruining Your Relationship?](#)

5. Please keep your tongue rolled up and in your mouth. Ladies use it for speaking. Not for obscene gestures. As my mama would say “you keep making that face it’s going to get stuck that way”.

So on the whole, while we all want attention and a partner to love us and to love back, please remember to love and respect yourself.

*Laura Bensen is a freelance writer for Magazines.com from Tacoma, Washington. She enjoys gorging herself on celebrity gossip and chocolate.*

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## **Celebrity Couple Predictions: Paula Patton, Miley Cyrus and Catherine Zeta-Jones**





By [Shoshi](#)

For this week's celebrity couple predictions, I want to consider three duos who have been plagued with breakup rumors – some of which have been confirmed.

**Related Link:** [Paula Patton Says “Passion” Is Key to a Successful Relationship](#)

**Paula Patton and Robin Thicke:** These two have been one of the most interesting couples to watch lately – who knew they could be so entertaining? Fans have been waiting for Patton to get upset with her husband for being racy with Miley Cyrus on stage at MTV's Video Music Awards.

From a clairvoyant point of view, they are a couple with a lot of layers. Thicke was recently quoted as saying that his marriage was “the most dysfunctional functional relationship in Hollywood.” That's actually a fair assessment; the thing that keeps them solid is trust.

The famous pair are doing quite well in their relationship despite all of the shenanigans. The actress doesn't freak out

when he checks out another woman, and she knows, at the end of the day, Thicke is coming home to her. Don't expect any separation or divorce headlines. In fact, in less than a year, they'll be pregnant again.

**Miley Cyrus and Liam Hemsworth:** Speaking of Cyrus, it's no surprise that her rep confirmed her engagement was over on Monday. As recent as last weekend, she stopped following her alleged beau on Twitter, but this relationship hit "hot mess status" months ago. Hemsworth tried to hang in there, and it's time for him to officially move on.

When looking at their energy, what kept these two together was sex; they weren't destined for anything more than hot nooky. The pop star's energy is all over the place, and she isn't focused on love, which will make it difficult for anyone trying to have a serious relationship with her.

As for what's next for these two, Cyrus will have a few flings. Once she's finished trying to be the next Lady Gaga with a splash of Madonna from the 80s, she'll be ready for a relationship that has meaning. Hemsworth, on the other hand, will end up with a dark-haired actress on his arm.

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**Catherine Zeta-Jones and Michael Douglas:** When it was announced that this married pair separated, the only surprise was that it hadn't happened years ago. Their 13-year marriage lasted longer than most people predicted, as many critics gave it only 5 years. There are many theories on why their relationship fell apart, but it's all speculation; instead of paying attention to the tabloids, I decided to take an in-depth look at their love. I have no doubt that they'll divorce. The actress is a bit lost at the moment; it's important to note that her bipolar disorder is not that main cause for her detachment in their relationship. She is seeking



something that she's not getting in her marriage.

They signed a pre-nup when they first got hitched, but the brunette beauty will want a different settlement. Let's just say she thinks that she deserves more money. After a lot of nasty back-and-forth, Douglas will give her what she wants to get rid of her.

After the smoke clears and they're divorced, Zeta-Jones will end up with someone younger who will help her learn to live again. She is known for having an appetite for older men, so this will be new ground for her. Expect her to become known as a full-fledged cougar. Douglas will be fine, as he has a new outlook on life. If he does look for love again, it'll be with someone closer to his age.

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

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## **Ruthie and Michael Dean Tell Us Why 'Real Men Don't Text'**





By [Whitney Johnson](#)

Country crooner Carrie Underwood and *Gossip Girl* star Chace Crawford ended their fling via text. Similarly, rumor has it that John Mayer called it quits with on-again, off-again girlfriend Jennifer Aniston by text. Most recently, Katy Perry revealed that Russell Brand, her husband of 14 months, announced his intentions to divorce via text. These celebrity examples – and countless real-world stories– are the impetus behind Ruthie and Michael Dean’s new book, *Real Men Don’t Text: A New Approach to Dating*. While the title suggests that the book is aimed at women, in truth, it’s meant for anyone who’s single and searching for love. The couple’s new approach to dating comes down to a simple idea: “You have to be the right person that the right person is looking for,” explains Michael. Find out who *you* want to be and then go out and find a guy – one who will call you instead of text.

Here, we chat with the newly-minted authors about the love lessons shared in their book as well as what keeps their marriage strong.

## **What was the spark that inspired you to write this book together?**

**M:** My sister was dating this guy who would text her last minute to get together or just disappear for a few weeks, and she eventually got broken up with via text. It was really annoying for me to watch her go through the emotional ups-and-downs of dealing with him. So I wrote a post for Ruthie's blog ranting about the experience and called it *Real Men Don't Text*. It got a lot of traction and some really great responses from the readers. Ruthie and I started talking about how it was a prevalent issue, something everyone had an opinion on – how technology has taken over some of the important steps of communication in relationships. And from there, the book was born.

**Related Link:** [Is It Okay to Break Up With Someone via Text?](#)

## **Part of the book's title is "a new approach to dating." How would you explain this new approach?**

**M:** It's about taking a personal inventory. Ask yourself: Am I pleased with my relationship? If you would just take a step back and set new standards for dating, you'd be much happier. You may not get asked out as often, but ultimately, you'll end up in a relationship that makes you much happier. So the new approach to dating is developing real standards and understanding that you're worth setting standards, that you're worth having a guy call you instead of sending a late-night text message.

## **One of my favorite chapters in the book was about women embracing their own beauty and worth. Why is self-love an important part of a relationship?**

**R:** As I observed my peers and my own dating choices, I realized that low self-esteem and feeling inadequate was often at the root of our decisions. It's important to find our worth apart from what men say about us because we accept the kind of

love we think we deserve. It can be a quick downward spiral when we start letting men define who we are – one that can lead women into detrimental relationships lacking mutual respect. The hard part is that our friends often encourage bad dating decisions and that no one is talking about the importance of self-worth.

**You provide a lot of advice for avoiding or breaking up with Mr. Wrong. What are some signals that women should look for to know that someone isn't right for them?**

**R:** The first signal is his communication style. It's not that texting is bad, but asking a man to call you instead will help determine if he's really in it for the right reasons and isn't just lazily texting and looking for a hookup. Some other red flags are he doesn't make you feel special; he's insensitive and lacks empathy for others; he can't hold down a job; and your friends and family think he's all wrong for you.

**Now, let's talk a bit about your relationship. Given your own experiences, do you have any tips for our readers who are dating long-distance?**

**M:** I always encourage people to be open to being vulnerable – especially guys. That's what we learned during the months of talking. Since we weren't seeing each other face-to-face, it opened up a new avenue that allowed us to discuss some bigger issues sooner than we would've otherwise.

**Ruthie, how did you know that Michael was The One?**

**R:** I used to hate when people said, "You'll just know," but with Michael, I really did. We talked on the phone for four months before meeting, and I think that gave us a strong foundation of communication – without chemistry and the physical aspects of a relationship clouding our vision.

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## **How do you balance your busy careers and your marriage?**

**R:** Balancing career and marriage is tough, but the main way it works for us is we're committed to putting our phones and computer away after 7 o'clock each night. Quality time without phones buzzing goes a long way towards a healthy relationship.

## **Was it a challenge to work closely together on *Real Men Don't Text*?**

**M:** It was definitely a challenge – we work very differently from each other. She's such a talented writer, and I'm more of an idea-oriented person, so once we found our stride, we really enjoyed the process. If a marriage can survive writing a book together, it can survive anything!

## **And lastly, why did you feel like including your own love story was an important piece of the book?**

**R:** My desire in writing *Real Men Don't Text* was to show women that they're not alone by sharing my mistakes but also to show that there *is* hope for an amazing relationship in the future. I think it was necessary to share our story in order to show that dating differently than our friends actually works! No one wants to read a dating book by a single woman, right? I always knew I wanted to write about relationships, but I didn't feel 'qualified' until my choices to date differently actually resulted in a great husband.

*You can purchase a copy of *Real Men Don't Text* on Amazon and on their site, <http://www.realmendonttext.com/>. For more information, follow the authors on Twitter – @Ruthie\_Dean and @michaeldean10 – or check out Ruthie's blog, <http://ruthiedean.com/>.*

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# 5 Best Blind Date Websites



By April Littleton

Online dating has gotten more popular over the years. You hardly ever hear anyone say how he or she met their significant other at a bar or at their friend's birthday party. Let's face it, meeting someone the old-fashioned way just doesn't exist anymore. More and more people are searching for true love on the Internet. Whether you're looking for something casual or long-term, there's a dating website for just about everyone. Here's Cupid's top five:

**1. Zoosk:** This social network incorporates online dating services with other social networks, like Facebook. The site also comes equipped with several mobile apps to make finding that special someone a little easier. Zoosk.com targets a



younger audience. Most of the users are between the ages 25 to 35. The website offers a “couples” services to members who have already found a match.

**Related:** [5 Tips for Creating a Perfect Online Dating Profile](#)

**2. eHarmony:** This online dating website is designed specifically for men and women to find long-term relationships. Since the launch of the site in 2000, eHarmony has gained over 20 million registered users. Unlike other dating websites, eHarmony matches singles based on a compatibility questionnaire and a special matching system. As of 2012, eHarmony is responsible for nearly 4 percent of U.S. marriages.

**3. Match.com:** Match provides its online dating services to 25 countries. In 2012, Match.com announced a new service, Stir. Members now have the opportunity to attend local events using the new service, ranging from cooking classes to wine parties. Match.com also offers on-site games that allow users to get to know each other in a more natural way.

**4. OurTime.com:** OurTime is the number one dating sites for singles over 50. The website is designed to help older individuals connect with one another while looking for a meaningful relationship. Members can use a various amount of search options in order to help them find exactly what they may be looking for in a partner.

**Related:** [Are You Dating a ‘Mad Man’?](#)

**5. OkCupid:** OKCupid is a free dating and social networking website. Users can communicate with each other through instant or private messaging. Although registration is free, members who choose to pay a small fee can save favorite user profiles, browse openly and have more filtering options. The website matches singles together through member-created quizzes and questions.

Are there any more websites that should be included in this list? Comment below.

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## CMT's 'Sweet Home Alabama' Star Bubba Thompson Says to "Cowboy Up" in Love



By Bubba Thompson

Before she could say a word, I knew it was all over.

I was walking up to see the woman of my dreams. She was standing in the middle of a tree-lined street. It was a starry

night and the moonlight was peering through those trees and I was very much in love with her.

I had a ring in my pocket and was about to commit to her forever.

But I could see in her eyes from a ways away, that I was walking into one of the most embarrassing and painful moments in my life. She was in love with another man. I was going home alone. And, of course, the whole thing was going to be on national TV.

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

How do you recover from this situation? I get asked about it a lot. For those of you who might not listen to a lot of country music there is a great saying from Garth Brooks that "some of God's greatest gifts are unanswered prayers". I had that song playing in my mind for weeks.

My name is Bubba Thompson and I am a cowboy. I have a small ranch where we break in horses and raise cattle in the small town of Geneva, Alabama.

What's a simple cowboy know about falling in and out of love? I learned a lot from that massive rejection, and from all the letters and emails I received afterwards, so I decided to write about it.

Mainly, I believe the "rules" we all get told do not work. They are rules like how many days to wait before returning a phone call or how long to ignore someone who texted you something nice. These shouldn't be called rules, they should be called tricks or – even worse – games. And really, how many people have really found happiness by playing these games?

Instead of "rules", I believe in living life by a code. A code of honesty, respect, dignity and treating other people as you would want to be treated in return.

When I text someone something nice to tell her I am interested, I sure as heck don't want to wait 7 hours to hear back from her – so why would I do that to someone else in return?

My advice is to keep putting your honest feelings out there no matter what. A cowboy code is when you get bucked off, you get right back on (for more go to [www.cowboycodeusa.com](http://www.cowboycodeusa.com)).

There have been times I was bucked off laying in the pasture with the wind knocked out of me. One of my partners will ride by and say “cowboy up!” and in our world that means face the pain, and get yourself right back in that saddle.

There are things you can do to get yourself ready for that person to enter your life. Staying honest with your feelings, and staying faithful that there is a special angel out there and a higher plan to bring him or her to you, are ways to keep your mind positive.

And there are ways to keep the communication between yourself and your partner better and more open. Out here, in a cowboy's world, a handshake still matters. It means you have given your word. In love, your word and your actions are everything.

**Related:** [The New Dating Game](#)

Living faithfully, honestly and being willing to share yourself are the keys to a longer, richer, happiness.

“Cowboy up!” and you will find that meaningful love.

I believe that with all my heart.

*Bubba Thompson's new book “The Cowboy Code: How a lady should be treated and how to get your man to treat you The Cowboy Way” is on sale at [Amazon.com](http://Amazon.com) or at [www.cowboycodeusa.com](http://www.cowboycodeusa.com)*

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# National Singles Week: How to Stay Connected



By Gabriela Robles

It's the week that makes us all embrace the strong, sexy women that we are – National Singles Week!

Dating during this day and age can seem almost impossible, but it isn't! The following list, which gives singles advice on how to successfully make romantic connections in a constantly connected world, is built from ChristianMingle and JDate's newest study titled Mobile's Impact on Dating and Relationships, which reveals surprising data about singles'

smartphone habits and redefines dating etiquette in the digital age.

**You don't need to hide your phone on a date:** 81 percent of singles find it acceptable or would not be offended if their date responded to a text, email or phone call while on a date – as long as the response was accompanied by a reasonable explanation.

**You do need to send a little love note within 24 hours of a good date:** 78 percent of singles expect to communicate within 24 hours after a good first date.

**A text in lieu of a phone call? Totally acceptable:** Approximately one-third of both men (31 percent) and women (33 percent) agree it's less intimidating asking someone on a date via text versus making a phone call.

**Make sure you're okay with sharing the bed:** While they sleep, 25 percent of singles ages 21-26 keep their phones in bed with them and two-thirds of singles keep their phones within at least an arm's reach of bed. A surprising 16 percent of singles have even admitted to checking their mobile phone during sex.

**Just because you can communicate 24/7 doesn't mean you should:** 20 percent of singles are annoyed by someone who sends more than 10 text messages in a day, with the majority of singles becoming irritated after being sent more than 15 text messages in a day.

**Want to meet someone new? Your smartphone is a good place to start:** 55 percent of singles feel their mobile devices make it easier to meet and get to know people they may be interested in dating.

**What are some ways you take advantage of technology while dating? Tell us in the comments below!**



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# Annette Bening Stars in 'The Face of Love'



By April Littleton

Directed by Arie Posin, *The Face of Love* is about Nikki (played by Annette Bening) who still can't seem to get over the death of her husband. While still mourning the loss of her late spouse, she falls for an art teacher who happens to look exactly like her deceased partner. As Nikki grows increasingly delusional, her new lover Tom (played by Ed Harris) starts on a journey to figure out the mystery behind her loss.

## Should you see it:

Even though this movie falls under the romance genre, *The Face of Love* is sure to be filled with unexpected laughs considering the fact that Robin Williams, Amy Brenneman and Jess Weixler are just a few of the A-listers who will be included in this film.

## Who to take:

*The Face of Love* would be great to see with a group of your closest friends. If your boyfriend/girlfriend doesn't mind a sappy movie here and there, think about taking them along as well.

**Related:** [Lea Michele Dedicates Teen Choice Awards Glee Win to Cory Monteith](#)

## What are some ways to get over the death of a partner?

### Cupid's Advice:

Losing someone you love is tough. It's natural to feel as though you'll never be able to share your heart with another person again, but eventually you'll have to move on and start to live your life. Nobody will ever take the place of the love you lost, but maybe you can make room for something completely different than what you had. Cupid is here to help:

**1. Take you time:** There's no pressure when it comes to how long it takes for you to grieve and get over your tragic loss. Don't rush the process just because you think that's what your late honey would want. He/she would want you to heal on your own time. Dating should be the last thing on your mind while you get yourself back together. If you're looking for a bit of company, spend more time with your family friends.

**2. Distract yourself:** Instead of letting yourself wallow in sadness, take up some new hobbies to help distract yourself from the pain. Start hiking, take a painting class, join a

support group or show some interest in things that you used to before the tragedy happened. Anything you can do to take your mind off of what happened will help you in the long run.

**Related:** [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

**3. Remember the good times:** When you find yourself thinking about your late loved one, reminisce on all of the good times instead of the bad. Focusing on the positive of your relationship rather than the negative will help you with any feelings of guilt or resentment. It'll take some time, but you will get through this.

**How did you get over the death of a partner? Share your experience below.**

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**HGTV Realtor Steven Aaron Talks 'Selling LA' and Love: "You Can't Be Everything To One Person All The Time"**





By Kerri Sheehan

From the Hollywood Hills to the Sunset Strip, Los Angeles is home to the rich and famous. Landing a real estate job in the area is like swimming in a shark tank with blood in the water. Steven Aaron, one of the stars of HGTV's reality show *Selling LA*, can attest to that. The cameras follow Aaron and two other real estate firms as they attempt to book millionaire clients, tour breathtaking properties, and network their way to the top of the high-end real estate ladder.

**Related Link:** [‘Love It or List It, Too’ Star Jillian Harris Chats About Doing It All](#)

Aaron started his career as an interior designer before discovering his talent in real estate. He urges others to follow their gut when it comes to a career choice. “I followed my attraction to real estate, and it’s the best decision I’ve ever made.” Still, his interior design background helps him when it comes to staging a house and preparing a property for sale, as he’s able to create a space that potential buyers can see themselves living in and making their own.

Born and raised in Los Angeles, Aaron is among the rare, as many people move to the area later in life. He's enjoyed watching the city transform and mature during his years of living there. Due to the region's "traffic problems, so many areas have become walking communities and have their own vibe. That never existed years ago." Each area of L.A. is as unique as the last, from the hills to the ocean to the urban grit.

When working with a client to help them find their dream home in the bustling city, the real estate agent always tries to connect in a personal and understanding way. This method has helped him build a loyal clientele and a reputation for providing results and being as direct and tenacious as necessary.

For couples looking to buy a home together without input from this house hunting expert, consider the following advice: Agreement is key to keeping both people happy. "You have to respect each other's differences in taste," says Aaron. "If you don't agree on something, you can always move onto another choice that you can both agree on."

Speaking of couples, Aaron will soon be marrying his long-time partner in a beautiful backyard ceremony. Their wedding is taking place in the garden of a close friend who has "a lovely, informal, country-style ranch house with lots of flowers and greenery." As far as wedding planning goes, they've been using the divide and conquer method. "I am in charge of the party. I have always been the one who handles the entertaining."

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

Aaron and his fiancé have been together since first meeting at a Mexican restaurant in West Hollywood back in 1987. For them, their big day is about celebrating a milestone with their loved ones. "We have so much history together. Since we're so established, it's a very different planning process than a

younger, new couple.”

According to the real estate tycoon, the two have made their relationship last so long by sharing the same values. “We both love family. We are very close with our families, cousins, and nephews.” They also each have their own interests as well. As he explains, “You can’t be everything to one person all the time.”

*Currently, Aaron is working with several investors on fixer homes that they’re flipping. You can catch Aaron in action on Selling LA on Thursdays at 9/8c on HGTV. Be sure to follow him on [www.facebook.com/StevenAaronLA](http://www.facebook.com/StevenAaronLA) or Twitter @StevenAaronRltr for more updates!*

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## 8 Kissing Techniques That Will Make You an Unforgettable Kisser







By Anna Karimo

Kissing is an excellent way of connecting with someone you care about. Although some people take kissing very casually, kissing has more meaning when it's between couples or people with strong romantic feelings for each other. According to relationship experts, kissing is an excellent way to express love and affection. However, it's important for individuals to recognize that kissing requires conscious tact and technique. You can't give magical kisses if you don't know how to kiss. Below are some effective kissing tips that will teach you how to kiss the right way:

**1. Keep your lips soft:** This is by far one of the best kissing tips for giving magical kisses. Nobody wants to kiss tense, rough lips. Use chapstick or lip gloss frequently if your lips are usually dry and cracked. This always does the trick for both men and women.

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

**2. Start off with a few soft, slow kisses:** This kissing

technique is perfect for avoiding common kissing mistakes like lip-smacking or being too loose with your tongue. Soft and slow kissing at the start helps set the right mood. It also allows you to gauge your smooching partner's kissing interest and style. Once you gauge the other person, you are in better position to know when to change up the intensity of your make-out session.

**3. Manage saliva levels:** If you can't keep your spit under control, you run a very high risk of ruining a good kiss. Although there are people who don't mind sloppy kisses, you should make a point of managing your saliva levels just to be on the safe side, especially at first.

**4. Lock lips:** This tip is effective when the first few kisses have gone well and you want to initiate a closer connection and body contact with your partner. The best way to lock lips is putting the other person's lower lip between yours. More advanced pro-tip: lightly suck and nibble on their bottom lip to be a playful, sexy kisser.

**5. Remember to breathe:** For some reason while you're kissing, it's easy to forget to breathe. But it's impossible to commit to a good kiss if you're uncomfortably oxygen-deprived. Regardless of how intense the kiss is, take time to breathe softly or break away for a few seconds to catch your breath (which can be sexy—don't you like feeling the soft breath of your kissing partner grazing your neck?). Don't be afraid to breathe. Breathiness and excitement are crucial ingredients to giving magical kisses because they flatter your partner.

**6. Use your hands:** Don't be skittish with the rest of your body. Let your hands roam and feel. Restricting hand movement is unnatural and will most likely prevent you and your partner from getting lost in the moment. A hand on the back of the neck, a slight tug of the hair or a scratch down your partner's back can amp up the sexiness factor while you make

out. Sometimes it helps to make your movements sequential, moving from the head downwards to create anticipation.

**7. Try using your tongue:** You're probably going to have to use your tongue, at least a little, if you want to give mind-blowing kisses. You must exercise tact for this technique to be effective. Start slowly and see how your partner responds. If your partner returns the gesture, you are clear to use your tongue to increase the kissing intensity. If your partner pulls away, stick to the lips only.

**Related:** [6 Tips for Texting Your New Crush](#)

**8. Mix it up:** You should also remember to mix everything up if you want to give exciting kisses. Don't just stick to one kissing style. Alternate light, fast kisses with slow, deep ones. You should break away for a few moments to give other areas of your partner's body a little attention. Kiss their neck, chest, eyes or cheek. Always remember that variety kills monotony and boredom. Mixing up everything will keep things spicy.

Follow these tips and you'll be an excellent kisser in no time. Being a good kisser isn't hard—and practicing is the best part.

*Love and dating expert Anna Karimo can see solutions to your relationship problems where others see only blind spots. She is the founder of Nouveau Dating, where experts strive to answer all of your dating questions and help you through your journey to finding love. Sign up for our newsletters to get the newest dating tips and advice right away!*

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# AshLee Frazier Says, “I Want to Be Well-Rounded Before I Fall In Love”



Interview by [Lori Bizzoco](#).

Since vying for Sean Lowe’s heart on *The Bachelor*, AshLee Frazier has been focusing on her career rather than her love life. Although the entertainment press says otherwise, the bubbly personality tells us that she hasn’t done much dating since her time on reality television. “I want to be well-rounded before I find someone and fall in love,” the personal organizer candidly shares.

The currently-single star also chats about what type of man she wants and what she learned from the show. “It’s okay to

really put yourself out there. I never would've done that before," she says. "Now, I'm looking for that feeling of being head-over-heels in love."

**Related Link:** ['Bachelor' Contestant Ashlee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event](#)

And, of course, we had to ask Frazier about her take on the new *Bachelor*, Juan Pablo Galavis! Listen up for her thoughts on the Venezuelan soccer star and her advice to next season's contestants.

*For more information about Frazier, follow her on [www.facebook.com/ashleenfrazier](http://www.facebook.com/ashleenfrazier) and Twitter @ashleefrazier.*

*Video by Erik Erikson.*

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

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# Finding Reconciliation Through Separation







By Tammy Greene for [Hope After Divorce](#)

Marriage is full of extreme ups and downs. Every marriage goes through hard times, but some certainly more than others. As recent news of the separation between the Oscar-winning duo Catherine Zeta-Jones and Michael Douglas came to light, we can see the toll that these hard times can take. These past few years, they have experienced a series of insurmountable challenges. Douglas was diagnosed with throat cancer in 2010, and he had to endure chemotherapy and radiation, which took a tremendous toll on his body. As if that wasn't enough to put stress on a relationship, his wife of 13 years surprised fans in 2011 when she voluntarily admitted herself to a facility for bipolar disorder treatment. She underwent treatment again earlier this year.

**Related Link:** [Michael Douglas and Catherine Zeta-Jones Separate](#)

This type of stress and worry is enough to put any relationship on the brink of divorce, and this power couple is no exception. According to *People* magazine, a representative



of the couple stated that the couple is separated and “taking some time apart to evaluate and work on their marriage.” A separation is exactly that. It’s a time to step back from the daily arguing and frustration to re-evaluate your partnership. It’s a time to figure out if you want to get your relationship back on track.

Here are some ideas to help you turn a separation into reconciliation:

### **Seek Professional Help**

If both you and your spouse are committed to working things out, your first step is to find a third party that can help you. Talk to friends, relatives, and strangers, and search the Internet for referrals. Putting your trust and your relationship in the hands of someone you don’t know can be terrifying, so look for recommendations from people who have had good experiences. Don’t be afraid to tell people you are working on your marriage. Many people see counselors on a regular basis and just don’t talk about it. There is no shame in admitting that you need help and are looking to others for guidance. Rebuilding your marriage is worth the work required.

### **No Dating**

If you are separated but committed to trying again, dating has to be off-limits. You cannot have an attitude of “the grass is greener on the other side” if you are trying to rebuild your marriage with your spouse. The point is to remember how green the grass can be in your *own* backyard – with the word “can” being the key.

### **Immerse Yourself**

A couple who recently resolved their separation said the best advice they ever got was to *not* fill the empty space the separation left behind. In other words, immerse yourself in the separation. Don’t try to fill the quiet space with

shopping, friends, alcohol, online video games, or any other possible distraction or addiction. Take the newfound alone time to think. Sit on the beach, take a drive without music, or write in your journal.

This is a time to find your way back to yourself and your partner with clarity and thoughtfulness. It's a time to remember what you loved about them in the first place and focus on what took you off track. There is no way you can devote the time necessary to rebuilding your marriage if you fill the space with distractions. It may be uncomfortable, but you need to start getting used to the silence in order to hear the quiet voices within, which will lead you towards healing.

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

### **Do the Work**

If you are at the point of separation there are only two directions to go: the path of divorce or the path of reconciliation. The choice is yours. If the path of reconciliation is the one you choose, then you must commit to giving everything you have to put your marriage back together. Do what your therapist tells you. Strip down the layers and lose the pride. Let go of your ego. Partial effort won't be enough. This may be the hardest thing you've ever done. If it's ever going to work out, you must give 100 percent.

There was a time, not too long ago, when you stood at the altar and you believed beyond all odds that you would make your marriage work. Well, here you are: facing those odds that now seem too big to bear. A separation can be a blessing in disguise. If the right steps are taken, it can lead you to renewed hope and new beginnings with the person who you committed to for better or worse.

*Tammy Greene is a graduate of the University of La Verne. She has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental*

*disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is a contributing expert at HopeAfterDivorce.org, FamilyShare.com, LAFamily.com and CupidsPulse.com. She is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website and follow her blog, MarriedandNaked.*

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## **Celebrity Couples Giving Back on 9/11**



By Courtney Allen

If there is one thing celebrities have in common with those of us who spend our lives out of the spotlight and away from the paparazzi flashes, it's giving back. As a nation, and as individual people, we all have the ability to raise our country's standards through strengthening the educational system, empowering youth, women, the homeless and the disabled, raising money for disaster relief, sustaining the environment and so much more.

Although it often slips our minds as celebs glamorously glide down the red carpet in Alexander McQueen and drop six figures on Bugattis and Bentleys, celebrities are classified by more than just "the rich and famous". They are volunteers, humanitarians, environmentalists and ambassadors. Many of them often use their fame, power and influence for the benefit of others, especially in the midst of tragedies like September 11th. These super-famous couples did just that in order to both support and honor those who suffered and continue to suffer as a result of that horrific day in 2001:

**1. Beyoncé and Jay Z:** You could say that Beyoncé and Jay Z have it all. The proud parents and performers are one of the most powerful pairs in the entire world, both bringing in one of the largest incomes of any couple. There is no doubt that Bey and Jay are living the lap of luxury with baby Blue Ivy in New York, but they spread just as much love as they do money. In 2009, the king of rap himself held a September 11th benefit concert in New York City, of course, with Queen Bey by his side. The concert was expected to raise nearly one million dollars, which was all donated to the New York Police and Fire Widows' and Children's Benefit Fund. But it doesn't end there. For the 10th anniversary of 9/11, Beyoncé released a single entitled "God Bless the USA" in order to raise funds for the same organizations as her hubby just two years before. Back in 2011, Mrs. Carter told Ace Entertainment reporters, "We were

all affected by the tragedies of 911 and continue to keep the families who lost loved ones close to our hearts.” Bey and her other half sure showed just how much 911 means to them.

**Related:** [5 Ways that You and Your Honey Can Give Back during the Holidays](#)

**2. Mariah Carey and Nick Cannon:** With 5 years of marriage, a set of twins and extremely successful careers in every field of entertainment between the two of them under their belts, Mariah and Nick are unstoppable in every aspect of their lives. The parents may be super busy these days with play dates, romantic vacations and appearances, but they still make time to give back to those in need, just like they always have. In 2001, just ten days after the tragic events of September 11th, Mariah participated in a benefit concert, America: A Tribute to Heroes, in New York City. Her performance helped raise money for 911 victims and their families, as well as New York City firefighters and police. Triple-threat Nick Cannon still gives back on 911, but in a different way. Two years ago, the actor/comedian hit the streets of Baldwin Hills in Los Angeles and hosted a back-to-school event in which he gave away backpacks and school supplies to over 500 kids. Cannon also joined the kids for fun and games, as well as a concert that featured the New Boyz and other artists. Looks like this power pair knows how to give back in all the right ways.

**Related:** [Celebrity Couples in Interracial Relationships](#)

**What are some ways you can give back on 911? Share your ideas with us!**

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# 'Bachelor' Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event



It's no surprise that Match.com's "Spontaneous" Stir Game Night was a huge success. Nearly 100 singles gathered for a night of competitive fun as they played board games and belted out their favorite lyrics at Sen Restaurant on 21<sup>st</sup> Street in New York City.

**Related Link:** [Play Your Way to Love With Match.com, Spontaneous and AshLee Frazier of 'The Bachelor'](#)

Attendees included *New York Post* Meet Market columnist, Jozen Cummings; Dateologist, Tracy Steinberg; and Single Gal in the



City founder, Melissa Braverman.

Our executive editor, [Lori Bizzoco](#), was there to partake in the fun as well. In this exclusive interview, she sat down with Spontaneous creator Rob Ridegeway and *The Bachelor* alum, AshLee Frazier. They chatted about the concept behind this popular new game and how board games can help singles find love as well as Frazier's involvement in the event

All in all, it was a great night at a great location with a *great* game!

*For more information about Frazier, follow her on [www.facebook.com/ashleenfrazier](http://www.facebook.com/ashleenfrazier) and Twitter @ashleefrazier. Stay tuned for a future interview with The Bachelor contestant!*

*Video by Erik Erikson.*

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

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## How to Support a Partner Whose Ex Passed Away





By April Littleton

Dating someone who has lost a significant other can prove to be challenging. It'll be hard for them to let someone else into their heart after such a tragedy, but if you're willing to be patient and show them there's love after loss, the relationship you might be able to build will prove to be worth it. Cupid has some advice:

**1. Be understanding:** During the grieving period, don't take anything your significant other may say or do personally. It's natural for him/her to reminisce about his/her late partner. Be patient with your honey and give them the space they need.

**Related:** [How to Deal with Your Partner's Professional Failure](#)

**2. Time:** Consider how long it's been since your honey's ex passed away. If it's a fairly recent death, expect more hardships and hurdles to overcome in your relationship versus being with someone who's had time to accept the situation and move on from it.

**3. Don't be something you're not:** The last thing your

significant other needs is someone trying to be exactly like their former lover. Your partner fell in love with you, not a copy of what he/she lost. You need to stay guarded if you notice him/her intentionally looking for similarities between you and their ex. Let him/her know that you're not a replacement and you can't make up for the person they lost. This might be a sign that he/she isn't ready for anything serious yet.

**4. Don't bring up the past:** Don't bring it upon yourself to talk about your partner's deceased ex. It's not your place to discuss such a sensitive topic unless your honey wants to talk about it. In that case, let him/her start the conversation and listen to what they have to say. Put yourself in their shoes. How would you feel if the person you were currently dating kept bringing up a subject you'd like to move on from? Think about what you're going to say before you say it.

**5. Be honest:** You need to be upfront and honest about your feelings. If you don't feel like the relationship is progressing in the way it should be, let your partner know. Yes, you want to be there for them, but your needs and desires are important too. It takes time to get over a death of a loved one, so your significant other may not be emotionally ready for someone new in his or her life. You can give it as much time as you'd like to see if things improve, if not, stop the relationship before you end up getting hurt too.

**Related:** [Absence Shouldn't Make the Heart Grow Fonder](#)

**6. See a counselor:** Dating someone whose ex has recently died will be tough and you won't be able to solve all of the complications on your own. When the relationship starts to get serious, talk with your partner about seeing a professional therapist. Your significant other might find it easier to open up to a third party about their unresolved feelings.

**How did you support a partner whose ex passed away? Share your**

experience below.

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# Kathy Hilton Discusses Fashion Week and Her Collection



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

With New York Fashion Week currently underway, it's fun to catch up with your favorite celebrities and see how they're participating. During our chat with Kathy Hilton earlier this summer, we spoke to the businesswoman about designing her

fashion line and staying inspired.

**Related Link:** [Kathy Hilton on Her Marriage: “I Thank the Lord Every Day – I’m Very Blessed”](#)

Hilton launched The Kathy Hilton Collection in the spring of 2011. This line of dresses offers women high-fashion apparel at reasonable costs. The entrepreneur describes her line as “exquisite evening wear that mixes high society with marketplace prices.” She designs her dresses for women of all ages, and the line is available in over 400 fine boutiques and at major retailers – including Saks Fifth Avenue, Neiman Marcus and Nordstrom stores – nationwide and in 28 countries.

Always looking to challenge herself, Hilton will be launching additional lines of handbags and home goods soon. “My collection is a little bit of everything, which is important,” she explains. “I don’t want people walking in and saying, ‘Oh, everything looks the same.’”

This, says the designer, is what made the Kathy Hilton Collection so significant at its onset. Hilton was approached by Mon Cheri CEO Steve Lang after years of run-ins at couture shows in Paris, Milan, and New York, and he asked her to design a dress line. “I was over the moon and excited. It’s every girl’s dream. Who wouldn’t want to design their own fashion line?” she exclaims. “I told him my collection would have to be something that makes sense. I wanted to create something to fill a void. I’m sick of spending over a thousand dollars on a dress. There’s nothing out there that’s beautiful and affordable, so I decided to make something that doesn’t break the bank, something that’s timeless and classic – no frills, stones, or lace all over the place.”

**Related Link:** [Kelly Ripa’s NYC Chic](#)

What’s most important to Hilton’s collection, though, is its accessibility. “I want to be able to dress my nieces, my

daughters, myself, and my friends – women of all ages and all body types.”

While the Kathy Hilton Collection will not be shown at New York Fashion Week, the famous face will still be attending the shows for inspiration. “I think it takes a couple years to be established. It’s something to look forward to.”

*Stay tuned for our final post about Hilton, which will focus on her entertaining tips! In the meantime, you can check her out on Twitter @KathyHilton and [www.facebook.com/OfficialKathyHilton](http://www.facebook.com/OfficialKathyHilton).*

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## **Play Your Way to Love With Match.com, Spontaneous and AshLee Frazier of ‘The Bachelor’**







By Kerri Sheehan

Match.com understands that love *really* is a game! That's why they're teaming up with Rob Ridgeway, the creator of a new board game called "Spontaneous," to bring together singles for a night of competitive fun. On Thursday, September 5th, from 7 to 10 p.m. ET, "Spontaneous" will be the game of the night at Stir Game Night. AshLee Frazier of *The Bachelor* will also be in attendance to challenge Match.com members in rounds of the game that brings song lyrics to life.

The game promises to get everyone in the mood to belt out his or her favorite tunes by challenging players to stump each other with lyrics. Hearing what's on people's "inner playlist" can be a real eye-opener, and it's sure to give you a few laughs. "Spontaneous" is less about strategy and competition and more about just having fun together.

"Match.com believes that connecting with new people should be fun. Over the last year, we've seen it happen time and time again at our Stir events – whether it's during a game of kickball, trivia, Ping-Pong or at our first wildly successful

game night,” says Luke Zaiantz, VP of Events at Match.com. “We’re excited to help our members connect over some of the best board games around – from well-known titles to the industry’s newest hidden gems.”

Let Match.com do the work for you so you can make easy connections by taking some time out to unplug and engage with other singles through game play. If you’re looking for love and in the New York area, come on down to Match.com’s “Spontaneous” Stir Game Night and try your hand at Ridgeway’s game. You may not win the game, but you just may be able to win someone’s heart. Best of luck!

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## **How to Move On and Keep Your Dignity (And Hope) Intact After Heartbreak**





By [Marni Battista](#)

In recent months, there have been a couple of sudden, celebrity deaths that have no doubt left family, friends, and significant others reeling. Both *Glee* star Cory Monteith's fatal drug overdose and former *Bachelor* contestant Gia Allemand's tragic suicide opened up much speculation about how their partners, Lea Michele and Ryan Anderson respectively, have been coping.

These tragedies got me thinking: All of us will experience heartbreak in our lives – whether in the form of a difficult breakup or the death of a significant other – and will surely find ourselves desperate for ways to move on with as much grace, ease, and dignity as possible. Here at Dating with Dignity, I've developed five simple practices that certainly won't eradicate the pain of your loss but **will** give you the tools to begin healing.

### **1. Allow Moments of Grief**

The most important thing when untangling yourself from a

broken heart is to express whatever you're feeling and do so in a healthy way. Allow yourself to cry, write, listen to or make music, or talk with a close friend or family member. As you become further removed from the incident, be cognizant of when it's time to distill this period of grief into brief, private moments, and then eventually your loss will become less acute. Grieving is healthy, but if you continue to dwell on it for more than one year and it feels like it's turning into chronic depression, make sure you seek help from a healthcare professional.

**Related Link:** [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

## **2. Don't Cast Blame**

It was widely reported that Allemand's suicide occurred immediately after a blowout fight with her boyfriend, NBA player Anderson, that culminated in him saying, "I don't love you anymore." In this situation, it would be easy for Anderson to process his loss by blaming himself and wondering if he could have saved his girlfriend by choosing his words more carefully.

But it's important to remember that there are endless numbers of factors that contribute to something so serious, and whatever you feel you did wrong is only the tipping point (if even a factor at all). There's no way to truly know, and blaming yourself or others will only alienate you as work through your grief – so train yourself to focus your energy on moving past it.

We're ultimately **not** responsible for the actions of others. Of course, we want to make sure we're always compassionate and empathetic; however, each of us must take personal responsibility for how we react to what we hear from others each day.

## **3. Adopt a Mantra: "The Only Way to Get Through It Is to Get**

## Through It”

Whether recovering from a breakup or the death of a loved one, you’ve been placed in an undesirable situation beyond your control. As much as it may feel like the world has stopped turning and nothing will ever be the same, there’s nothing you can do but focus on the better times ahead.

Each relationship can help to form who we are as well as who we’ll become. There are no such things as mistakes. If you soldier through these dark days and keep yourself focused on the gifts you experienced as a result of your lost love, you’ll gradually start to feel better...and one day, you’ll reflect on that dark time from a much lighter point of view.

### 4. Re-Install Routine

Depending on the gravity of your loss, it’s possible that whatever incident you’re recovering from has completely wiped out your usually bustling schedule. Even though holing up at home may seem like the most appealing option, one of the best ways to begin to move on is to re-introduce routine into your daily life.

It may feel forced at first, but a schedule will allow a sense of normalcy to return and provide a welcome distraction. If there’s something in your routine you used to partake in with your absent partner, create a new ritual with a close friend or family member in its place.

**Related Link:** [Lea Michele Is Grieving With Cory Monteith’s Family](#)

### 5. Lean On Friends and Family

After the death of Monteith, mourning fans across the country cast much of their concern toward his longtime girlfriend and *Glee* costar Michele. People began speculating about when and how she would make her first public appearance in the wake of

her tragedy. After a couple weeks of silence, the brunette was spotted going to a baby shower and has since been seen surrounded by at least one or two close friends. Loved ones provide a welcome distraction, but they'll also help force you back into your routine and listen when you need to talk about how you're feeling.

Heartbreak is a part of life, and when it happens, all you can do is work towards moving on. If you diligently hold yourself to these five practices in the wake of a tragedy, I'm certain you'll gradually start to feel lighter.

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

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## **Relationship Author Kaileen Rosenberg Gives Dating Advice for Finding 'Real Love, Right Now'**







By Gabriela Robles

[Kailen Rosenberg](#), Oprah’s “Love Ambassador” and co-host of the revolutionary television show *Lovetown USA*, knows what it takes to find a lasting relationship and love. The relationship author has a method that inspires people to put aside their bad habits and find their true self – and she has proof that the dating advice works in many happy famous couples that she’s helped. Her new book, *Real Love, Right Now*, is a set of guidelines that focus on discovering what really matters in a romantic relationship. The dating expert touches upon physical, mental and emotional self-appraisal before explaining her 30-day plan to help singles succeed in their search for The One. *Real Love, Right Now* even comes with its own set of fun “homework” assignments to deepen its impact.

**Dating                      Expert                      Opens                      Up**

# About New Book About Love

**What inspired you to write this book about love and share your advice for finding your soul mate?**

This was something that I've wanted to do for many, many years. Whether I was doing something on television or doing something with my clients, I continued to hear, "Oh my goodness, when are you going to put this down in writing? When are you going to get a book out so I can take what I'm learning and follow it in my path everyday?" And I was just so grateful that what I was doing was touching people and helping them move and shift their love lives in a positive way. It was definitely time, and I was really blessed with the opportunity with Howard Books to put this book together. I'm just hoping and praying that it really helps my readers.

**Related Link:** [Oprah's "Ambassador of Love" Kailen Rosenberg Tell Us How to Experience the Love We Deserve](#)

**You start by discussing the importance of physical, mental, and emotional self-appraisal. Why do you feel that it's important to consider these three aspects of yourself before beginning to look for love?**

I think so many people believe that, because they're single, they're ready for love. Most people actually aren't, which is why we end up hitting a lot of walls and get stuck in marriages that end in divorce. It's really crucial for us to ask ourselves why we want love in our lives. If we believe that we know what we want from someone else, then we must know what we have to offer to a relationship for it to be happy, sexy, and amazing. All of those things that we want from someone are things that the other person deserves as well. Many times we don't think about that, and it comes off as very one-sided. We need to really be in the best place that we can be in terms of our physical, emotional and spiritual states. Otherwise, roadblocks happen, and we unknowingly

sabotage our relationship.

**You have “homework” assignments at the end of each chapter. How important is that work to your method?**

Those assignments are really important because they get people in touch with themselves. They realize that maybe they were connected to the wrong truth, that maybe there’s a different self that they were meant to be. It’s one thing to just sit and read a book and kind of take it in. But if you take that time to do the homework and dive into who you were in the past, who you are today and who you want to be in the future, you start to become your own true friend in a way unlike ever before. You honor yourself, and those lessons learned really stick with you. I’m hearing from readers that, after they finish the homework, set the book down and enter the real world, something will remind them of the work they just did and the chapter they just read. It’ll make them realize, “Oh wow, I’m already moving and growing.”

**Related Link:** [Is He In It for the Long Haul?](#)

## **Relationship Author Gives Readers Her Best Dating Advice**

**So what’s the trick? What are people who have found love using your method doing differently from people who aren’t?**

They are learning, for the first time in their lives, how to stop ignoring their inner voice, how to stop ignoring red flags and how to truly understand what they want. That’s one of the greatest ways that we can really love ourselves and honor our true value. We often end up abandoning ourselves more than we realize, and when we do, we end up with the wrong partner and in the wrong relationship. We need to really, really pay attention to that inner voice, that wisdom that’s there to guide us. It’s not there to hurt us, and it’s not

there to steer us wrong. I'm not kidding you – if everyone could learn to listen to it and to trust it, we would all be in such an amazing place.

**And finally, as a relationship author and dating expert, what is your number one tip for people trying to make themselves ready for love?**

You need to sit down and have a reality check with yourself. Who were you in past relationships? Who have you been? Are you proud of your behavior? Do you think you've been honest with yourself and those you've attracted? My number one tip is just to get raw and real with yourself and discover who you are and what you want. You have to be in that place where you're listening to your inner voice and where you know you will never settle due to desperation or fear. That's never a reason to stay in a bad relationship or start a new one.

*You can purchase a copy of Real Love, Right Now on Amazon. To learn more about Kailen, you can view her biography on The Love Architects or check her out on [www.facebook.com/kailenrosenberglovearchitect/](http://www.facebook.com/kailenrosenberglovearchitect/) and Twitter @kailenrosenberg.*

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**'Things Never Said' is a Journey of Self Discovery**





By April Littleton

Directed by Charles Murray, *Things Never Said* is about an aspiring poet who is still haunted by a past miscarriage and a dangerous marriage. Daphne, Kal's best friend is also dealing with romantic issues. Her boyfriend, Steve regularly takes advantage of Daphne's kindness. Kal is soon surprised when she begins to develop feelings for Curtis, a man who has a damaged past and an estranged daughter. Together, Kal starts to find her voice and her self worth.

### **Should you see it:**

If you're interested in dramas, think about checking this movie out when it opens in theaters. Fans of the hit television show, *Shameless* will see a familiar face. Shanola Hampton plays one of the lead roles. Michael Beach, Tamala Jones and Omari Hardwick will also appear on the big screen.

### **Who to take:**

If you get bored on a Saturday night and you haven't seen your girls in awhile, think about going on a dinner and movie date

with a group of them. This film definitely isn't the best for a first date because of its intense, emotional content, but if you've been in a relationship for quite awhile, go ahead and take your honey to see this movie. The two of you might learn a thing or two.

**Related:** [Making Sure You Do What's Best for the Kids](#)

### **How do you support a partner whose had a miscarriage?**

After losing a child, it might be difficult to know how to help someone who is in so much pain. How do you show your support, but still allow your partner (and yourself) some space to grieve? Cupid has some advice:

**1. Offer an ear:** Every couple is different, but if your significant other is the type who likes to talk about the situation at hand (whether it be good or bad), then take the time to listen. If they want to talk about the loss of their baby, then let them. Let your partner know you're there for them, but don't force any sudden conversations. Let your companion come to you first and then take the lead from there.

**2. Give them space:** When your honey is ready to spend some time alone, don't push the issue. Instead, pick up some of the slack around the house. Cook all of the meals, do the laundry and clean up any messes you see laying around. This would also be a good time for you to grieve properly. Go over to a loved one's house. If you don't feel like talking, fine, but just being around someone who cares about what you're going through will make you feel better.

**Related:** [What Does Unconditional Love Look Like?](#)

**3. Say goodbye:** When you and your boo are ready, commemorate your baby's memory. Hold a memorial service or funeral. If preparing for this becomes too difficult, start a journal or write a letter to let out all of your feelings. Acknowledging your loss and providing yourself with some closure will help



you come to terms with what happened.

**Have you been through a miscarriage? How did you support your partner? Share your experience below.**