

# Dating Advice: Are You Dating a 'Mad Man'?



By Sarah

Gooding, PlentyofFish for GalTime.com

Mad Men never change, regardless of how much time has passed.

Don Draper may have seduced women in the 1960s fantasy world of advertising, but his modern day version is very much alive today, especially in the world of online dating.

As a product manager with the world's largest online dating site, PlentyofFish, I can tell you Don Draper and his coworkers – Peter Campbell, Roger Sterling, Paul Kinsey, etc., are all online, looking for women and relationships.

So what would Don Draper's online profile look like if he were on PlentyofFish? He would be fairly easy to spot. In fact, you may have viewed a modern day Don Draper, or even emailed him without realizing you were interacting with a charismatic,

serial womanizer.

## **DON DRAPER**

A modern day Don Draper will ooze confidence. He won't hesitate to ask you out. Online dating is a perfect platform for a Draper-type because communication closes the deal in his world of work and pleasure.

Draper would also do very well with profile views on PlentyofFish. He would get a lot of emails from women, but not just because of his good looks. In fact, his profile pictures probably wouldn't even be close-up photos. His pictures would be full of mystique, perhaps even downplaying his chiseled good looks behind muted sunglasses. That's because Don Draper doesn't identify himself by his handsome features. His confidence stems from his ability to achieve success and women on his own terms.

You need to remember Don Draper seduces us into buying things for a living. He moves us to action through the poetry of his words. In the online world, a modern day Draper will use that charm to seduce you into believing you are special. Be careful not to fall for it. As for profile details, don't expect to see income listed under a Don Draper profile since money is a private matter. However, intelligence is important to him; his educational background will be listed.

## **PETER CAMPBELL**

A modern day Peter Campbell doesn't have that confidence, which is why he will sprinkle status hints in both his profile and emails to women that is he from an elite class.

If you're interacting with a modern day Peter Campbell, you will hear him name drop in conversation and emails. He won't have any qualms about listing his salary on his profile.

## **ROGER STERLING**

Roger Sterling doesn't need to create an online profile with all of his women, unless he is between his relationships. If you meet a Sterling online, you will know it by his genuine expression. If he tells you in an email that he likes your dress, he probably means it. Unlike Draper and Campbell, Sterling says what he means and means what he says. As for details, a Sterling type will list himself as "Family Centric" and describe himself as a "Big People Person." He might even post pictures of himself with friends and family.

## **PAUL KINSEY**

If you watch *Mad Men*, you will know Paul Kinsey, but you may not remember him. The online world of dating is full of Paul Kinsey types who grow on you over time. They don't stand out in the crowd until you meet them in person. And when you do meet them, you will find they don't have the social graces of a Don Draper or Roger Sterling, but they make you feel at ease. A Paul Kinsey isn't going to be Type-A. He's the guy who will like to smoke and listen to jazz, so he will definitely list "Very Easygoing" under his profile.

We all know every woman has a type, so don't be afraid to hold out for that Don Draper or Paul Kinsey type. PlentyofFish knows they are alive and online.

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# **Celebrity Couples in Interracial Relationships**



By [Courtney Allen](#)

Rich, famous and in love... the characteristics we assume every celebrity couple embodies through their glamorous photos of romantic Caribbean getaways and riveting red carpet PDA. However, the image of every celebrity couple is different from how it's portrayed in the media.

Through their interracial relationships displayed in the media, celebrity couples show us there's more than meets the eye. Our fixation on Hollywood may be over-the-top, but whoever said we couldn't take away a solid lesson from it? We learn to accept love in all shapes, sizes and colors, especially in the case of these couples:

**1. Kim Kardashian and Kanye West:** The E! reality star and the outspoken rapper, who were originally old friends, hooked up just months after Kim filed for divorce from Kris Humphries. Even before their relationship, Kim and Kanye were no strangers to interracial love with a dating list that includes Miles Austin, Reggie Bush and Amber Rose. From the looks of it, the list will end here. Kimye are expecting their first child this year.

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**2. Khloe Kardashian-Odom and Lamar Odom:** The marriage of Khloe and Lamar is one we all can't help but love. The two lovebirds met back in August of 2009 and tied the knot just a few weeks after. Fans of the *Keeping up with the Kardashians* star and the NBA player had their doubts on whether the duo would make it. Three years later, the couple is still head-over-heels for each other. Now we're all patiently waiting for a Baby Odom.

**3. Paula Patton and Robin Thicke:** These high school sweethearts have turned into one of the most beautiful and successful couples in Hollywood, but it's been a long time coming. Patton hasn't always been comfortable with her interracial relationship with the singer. In an interview with *Essence* magazine, the actress admitted, "I didn't want all my high school friends to know that I'd fallen for a white boy." Lucky for Paula, the secret is out now. The couple is living a fairytale with their only child, Julian.

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**4. Camila Alves and Matthew McConaughey:** When Brazilian bombshell Camila Alves first met Matthew McConaughey in 2006, she had no idea they would be married six years later. Their 13-year age difference and ethnicity didn't stop these two from building a life together, having three kids and being named one of the hottest Hollywood interracial couples.

**Who are some of your favorite celeb interracial couples? Share your thoughts with us!**

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# A Strong Support: Helping Your 'Other' During Rehab



By Annette Hazard

If you have a significant other in rehab, it is important for you to understand that they made a positive decision in their life. Seeking help for an addiction or problem can be incredibly beneficial for the person who needs help, but it is also important for you to lend support to them so that they know that there are people who are there for them and that care about their well-being. There are quite a number of ways that you can support your girlfriend or boyfriend while they're in a rehab center.

## **Be Patient**

Addictions are normally very powerful and can overcome a person's life. Because of this, it can be very difficult for someone to get over an addiction that they've been struggling with. Instead of asking your significant other if they've

gotten over their addiction yet when you visit them in rehab, it is important for you to tell them that you know it takes time and that you will be there for them throughout the whole process. When you are patient with someone who has an addiction, you are allowing them to get healthy without too much pressure.

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### **Be Gentle**

Being gentle with someone who is in rehab is very important for their recovery. Going into a rehab and calling your partner every name in the book to show them tough love is doing nothing but hurting their feelings and making them feel badly about themselves. Even though you should never tolerate an addiction, you should tolerate and be gentle with the person who has one. Showing tough love might seem like a good idea but for someone who has an addiction, it can be triggering to know that someone you care about thinks it's alright to call you names and tell you that you're weak.

**Related:** [Lea Michele Is Proud of Boyfriend Cory Monteith for Checking In to Rehab](#)

### **Be There**

If your significant other is in a rehab center, it is so important for you to let them know that you're always there for them and have not abandoned them. One reason why a lot of people avoid going to rehab is because they are afraid that their lives outside will fall apart while they're trapped in an addiction facility. Take advantage of visiting times and speak with the director of the rehab center to learn more about ways you can contact your loved one inside. Take advantage of everything offered by the rehab center and be with your loved one on a regular basis.

Annette Hazard is a freelance writer that is currently promoting a rehab center that you can learn more about by visiting [www.gulfcoastdrugrehab.com](http://www.gulfcoastdrugrehab.com) . She usually writes about health related issues.

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## Brooke Burke-Charvet Says ‘Dancing With the Stars’ Is “Unpredictable and Evenly-Matched”



By [Whitney Baker Johnson](#)  
and [Sarah Ribeiro](#)

Brooke Burke-Charvet is a star in so many ways: actress, model, *Dancing With the Stars* (DWTS) winner and now co-host. Given her past dancing record (she won season 7), it's



no surprise that *DWTS* is something she holds near and dear to her heart.

“I loved the experience of learning how to dance. It was an incredible life lesson. Hosting the show and being such a big part of the *DWTS* family does make me want to dance again, but I doubt that I’d be able to pull off dancing and hosting at the same time!”

As for the current season, the co-host thinks it will be full of surprises until the finale (which airs tonight). “Every couple brings something different to the ballroom,” she shares. “I love how unpredictable and evenly-matched it is this year. On some nights, when I think a certain couple will shine, another couple surprises me. That’s the beauty of the show. At this point, I have no idea who will take home the coveted mirror ball trophy. Even if I had a favorite, I wouldn’t tell you anyways!”

**Related Link:** [Brooke Burke-Charvet Shares Love Life Secrets](#)

But despite keeping her favorite couple to herself and juggling multiple activities and roles, the most important role seems to be that of being a good mom to her children and wife to husband David Charvet. “We [David] and I try to get out once a week, just the two of us. Our golden rule is that we can talk about anything but the kids. We do a lot of double dates, and we love the local hot spot in Malibu, Nobu, which is only five minutes away from our house. A really important part of our relationship is to carve out that time just for us.”

In addition to balancing her personal life with her hectic schedule, Burke-Charvet has another challenge and it happens during allergy season. Each spring, she’s faced with excessive sneezing, runny nose and itchy, watery eyes. This is not something that fares well in her busy career. Knowing that she isn’t alone when it comes to seasonal allergies, Brooke is

partnering with Claritin on the Claritin Clear Challenge to get the message out to others who are going through this. Claritin keeps her healthy while she carries on with her busy life at home and in the spotlight.

“My allergy symptoms slow me down as a mom,” she reveals. “And it can also be really embarrassing when you’re on television. Claritin really works for me, so I teamed up with them to take their Claritin Clear Challenge and share my story.”

**Related Link:** [With Claritin, The Difference Is Clear](#)

Of course, Burke-Charvet has faced worse health problems than allergies. Last year, she announced that she had thyroid cancer and underwent preventative surgery. Even so, just like her allergies, she didn’t let her diagnosis get in the way of living a normal life. “All of it was hard, but as a public figure, I have a responsibility to share personal things when I think other people can grow from them,” she explains. “I was astonished to learn how many women have been diagnosed with thyroid cancer and have had thyroidectomies. I hope sharing my story was comforting for those people.”

It wasn’t a one-way street though. “I certainly learned a lot from the exchange on social media. The outpour of love, support and prayers from everyone around the country really helped me manage my own fears, and I’m happy that I was able to control the story and share it. We all learned from one another – that’s why I’m so open and vocal on social media.”

It’s no wonder this strong, courageous and likable woman won *DWTS*!

Be sure to watch *Dancing With the Stars* on ABC tonight at 8/7c to see who wins – and to see how Claritin helps Burke-Charvet stay allergy-free.

For more information about Burke-Charvet, follow her on [Twitter](#) or check out her Web site, [Modern Mom](#).

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# Dating Advice: Does Getting Even Pay Off?



By Jane Greer, PhD for GalTime.com

Kim Kardashian and Kris Humphries have, at long last, finalized their divorce. Famously married in a lavish ceremony on August 20, 2011 and infamously separated just seventy-two days later – the settlement battle dragged on for a grand total of 536 days. Kim is the one who originally initiated the proceedings in October 2011, citing irreconcilable differences. Now that it's finally over, both parties seem relieved to end the ordeal. Humphries even tweeted emphatically on April 18th, "Couldn't be happier!" But that wasn't always the case.

While it was widely publicized that Kim insisted on a divorce,

Humphries dragged his feet, demanding an annulment. He failed to show up for several court proceedings, and thereby slowed things down. Humphries has always insisted that he was swindled by Kim – fooled into marriage as part of a publicity stunt masterminded by her family. Consequently, he also reportedly filed for spousal support from Kim to compensate for this betrayal.

You would think that when a marriage clearly goes bad, both people would be eager to get out so they can put a stop to the bad feelings, and get a fresh start with the hope of turning whatever they had just been through into a life lesson. But that is easier said than done. In their case, Kris dug his heels in and demanded squatter's rights. For some people, when they feel cheated and betrayed, the concept of getting even overtakes the need to move on with their life, even at the expense of their own happiness. They want to pay the person back for hurting them. It is their way of making sure that person will be sorry for what they did. For some it is about money, but for most it is simply about getting even and righting where they were wronged.

In my book *How Could You Do This To Me? Learning To Trust After Betrayal* there is a chapter called I'll Make You Pay. While doing that might offer some sense of redemption, all it really does is keep that person locked in the past along with all its negativity. Seeking revenge serves only to keep the anger alive. You know what they say, that the best revenge is living well. If that's the case, you will get back at your ex far quicker by easing up and being happy in your new life than you will by showing how you just can't let him or her go. Doing that is not the same as forgiving, or of saying the other person didn't behave in an inexcusable way.

The real pay-off here is to leave the pain behind, and gain insight into what happened so you can make sure it doesn't ever happen to you again. If you can do that, you will be the real winner.

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# Relationship Advice: Signs It's Time to End a Long-Distance Relationship



By Jennifer Harrington

Relationships are never easy, but long-distance relationships pose their own unique set of challenges. If you have ever been in a long-distance relationship, you definitely know the miles separating you from your sweetheart can eventually place an obstacle in your romance that can be impossible to overcome. What are some signs that it is time to end a long-distance relationship?

**You find yourself exploring other options.**

If you find yourself checking out other people or having

feelings for somebody in your city, this is a clear sign it's time to end your current relationship. You're either ready to be single, or to pursue a relationship closer to home.

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### **He meets a girl in his city.**

If your man meets a girl in his city, this is an important sign. She may just be a friend, but having a lady in close proximity to him is going to affect your relationship. It may bring out your jealous streak, or it may make him re-evaluate if he wants a girlfriend who's available for a spontaneous pizza on a Wednesday night. The same is true if you meet a special someone in your city! Need some celebrity examples to reinforce this example? Look no further than Tori Spelling and Dean McDermott and LeAnn Rimes and Eddie Cibrian.

### **The contact becomes less frequent.**

Less contact is a sign of trouble. Be sure to honestly compare the amount of contact you had when you embarked on your long-distance relationship, compared to now. If you used to spend hours on the phone together, and now the relationship is simply a few sporadic text messages, you need to assess what's going on. It could mean it's just a busy time, or it could signify that you and your partner are truly living separate lives and there's not much left to say.

### **You feel emotionally distant from your partner.**

Physical distance is one thing, but emotional distance is a completely different issue. If it's apparent your partner in California no longer understands (or is no longer interested in) your life in New York, you may be dealing with early warning signs. Also, be weary if you're unable to get ahold of your partner when you really need them. Being emotionally close to your significant other is essential, and if you feel like that closeness has disappeared, it might be time to move

on.

### **There are no future plans.**

Future plans and the thought of spending physical time together is what keeps long-distance relationships alive. If you and your sweetie used to have a calendar full of plans together, and now the calendar is empty, it's important to recognize this and question what has changed. Of course, there are practical reasons why you aren't logging tons of frequent flyer miles to see each other (lack of funds, a major deadline at work, etc.). But, it could mean that your partner no longer wants to commit to future plans with you, which means they no longer see a future with you.

### **There is no end in sight.**

Countless couples find themselves separated over a period of time for different reasons. Two lovebirds may have to attend different colleges or one partner may be forced to relocate to a new city to pursue a job opportunity. However, the important thing is for couples to communicate and have a plan to change the situation. If you and your significant other are living apart, and you never discuss when and how you are going to be in the same zip code, it's time to question your decision to stay together. There's only so long a romantic relationship can survive based on phone calls and weekend rendezvous.

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There is a lesson to be learned here: long-distance relationships can work, but they can be difficult to manage. Ending a relationship is never easy. It's important to be honest with yourself and make sure you are truly happy and fulfilled, especially when you're apart. If you find yourself in a similar situation, be sure to keep these warning signs in mind.

**Have you ever been in a long-distance relationship? If so, how have you known when it was time to end it? Share in the**

comments below.

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# 'Bad Girls All-Star Battle' Host Ray J Says a Bad Girl Is "Confident, Sassy and Independent"



By [Sarah Ribeiro](#)

He may be notorious for being a bad boy, but now, Ray J is hanging out with a bunch of bad girls. The singer, actor and reality television star will be hosting Oxygen's *Bad Girls All-Star Battle*, which takes 14 of the most popular ladies from [Bad Girls Club](#) and pits them against each other, competing for 100,000 dollars and the title of "Baddest Bad Girl of All Time."



After appearing on his own show *For the Love of Ray J*, he is once again surrounded by girls – but this time, he says it's all professional. "Being on a dating show with all these girls trying to be with you is a whole different concept from being on a show with the baddest bad girls on the planet," he says. "So I looked at it as a new challenge. It's a step up to me from anything I've done so far."

Of course, it's no secret that Ray J knows all about bad girls. His history with Kim Kardashian – and their sex tape – is still a big identifier for the singer. His newest single "I Hit It First" is a definite shout-out to Kardashian and her new beau Kanye West.

**Related Link:** [Kim Kardashian Wears Floral Dress at Punk-Themed Met Gala with Kanye West](#)

One thing has changed though: Ray J can now tell who's a bad girl and who isn't. According to the musician, a bad girl is "a girl who never gives up, who is confident in herself, who has been through things. Maybe she's been knocked down and got right back up. She keeps fighting and keeps moving forward. And a true bad girl has been through some tough things but is still a winner and continues to go on with her life as a champion."

His new gig on *Bad Girls All-Star Battle* has even shown him that every bad girl has a good side too. "Some of these girls are coming on this show to win this money for real positive reasons. There is a single mom trying to win the money to help her daughter have a better life. Another bad girl is trying to help her brother get out of foster care. It's a great show with challenges, but there's also some real substance."

It's this substance, he says, that helped him become a good host: "You want to know certain things about somebody that you trust and care about. For the show, I had to go deep with the questions. I had to really get inside of the girls' minds

and understand their angle, their plan, their emotions.”

Ray J has also grown on a personal level and adds, “It has helped me become more honest with the people around me, so as far as control and authority, I stepped up my game a thousand percent.”

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Because of this new truth, he has a lot of respect for his “bad girls.” He believes it takes strength to be bad and that being bad doesn’t mean, well, being *bad*. “I think a bad girl comes from within,” the host explains. “I don’t think a bad girl is a bad thing. I think it’s just a girl that’s confident, sassy and independent. If you’re a good girl or even a great girl, you can still be strong. You can still believe in yourself and stand up for what you believe in.”

*Oxygen’s Bad Girls All-Star Battle premieres on Tuesday, May 21st at 9/8c. You can keep up with Ray J on [Twitter](#) and his personal site [www.rayj.com](http://www.rayj.com).*

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## Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life





By [Whitney Baker Johnson](#)

As if Alison Sweeney wasn't busy enough, she decided to make her foray into fiction with her first novel, *The Star Attraction*, which published earlier this week. When telling the story of Sophie, a Hollywood publicist who risks her fabulous job and happy relationship when she hooks up with a sexy client, the actress drew from her nearly two decades as Samantha "Sami" Brady on NBC's *Day of Our Lives*, explaining that her experience on daytime television was the basis for writing her own story. She adds, "My best friend is a publicist, so that was certainly the inspiration for writing about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book."

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as "self-effacing, smart, funny, and most importantly, willing to grow and learn" and says, "I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way, but you love her more for them." It's no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

**Related Link:** [Alison Sweeney: "I Stay Healthy For My Kids, My](#)

## Husband and For Me"

Since 2007, Sweeney has stolen the hearts of many viewers as the encouraging host of another hit show on NBC, *The Biggest Loser*. This experience has brought a renewed sense of passion for her personal health, as evidenced by her *Shape* cover this month. Like many of us, she's struggled with her weight in the past but now believes that it's most important to "want to make a change and commit to living a healthier lifestyle. It's about making the best choices each and every day."

For readers struggling to take control of their weight, she offers this tip: "I encourage you to schedule time in your calendar to workout and to plan your food ahead time so you're not scrambling when you're starving. Prepare healthy snacks and meals to get you through your day."

As for her own exercise routine, although she has a trainer, she works out on her own quite often and really enjoys maintaining her fitness. "I run and ride my bike (both outside and at spin class). I try to complete a good cardio workout at least four times a week, and then, at least once a week, I do circuit training with weights."

While we may know Sweeney as an author, actress and host, at home, she's happy to be a wife to husband David Sanov and mom to son Ben and daughter Megan. Juggling her many different roles is never easy, but she has a simple trick that helps her stay on track: "I've found that the best way to transition from one project to another is to look at what I have to do in each moment and make sure that I give each task 100 percent before I move on to the next thing in my schedule."

That means that when she's home, she focuses completely on her family. To keep her marriage strong, she says, "Dave and I make a point to have time to ourselves, even if it's only going for a hike or watching a movie. This time together enables us to keep our connection strong." They even have date

nights at home after the kids are in bed. “We cook dinner together and then watch *Survivor* or *Breaking Bad* and just hang out.”

**Related Link:** [Tips to Keep Things Exciting With a Date Night at Home](#)

So how did she meet her special someone? Sweeney and her husband actually grew up together and have known each other since they were young. Perhaps she followed her own relationship advice when they re-met as adults: “Enjoy life, meet people and know that you’ll meet the right guy who will explain all the wrong ones along the way.”

She adds, “With Dave, there was definitely a spark that led to our relationship and two incredible kids.”

When it comes to parenting, she describes them as pretty traditional parents. “Manners and structure are really important to us. We’re the parents, and we’re in charge. We don’t take a lot of sass from our kids, but we love them so much, and they know that.”

Some of their favorite times together as a family are in the kitchen as they prepare dinner. Of their routine, she shares, “The kids set the table, and sometimes, they help mix the salad or something. If a song comes on the radio that we all love, we drop everything for a ‘dance break.’ It’s hilarious – Megan loves to mimic our dance moves. Classic family laughs.”

It sounds like Sweeney’s got the good life figured out, but that doesn’t mean she’s slowing down any time soon. “I’m in the process of writing my novel, which I’m very excited about. I’m also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd.” Mark your calendars!

You can purchase *The Star Attraction* on [Amazon](#) or in your local bookstore. To keep up with Sweeney, follow her on [Facebook](#) and [Twitter](#).

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## Relationship Advice: Can You Have a Friendly Meeting with Your Ex?



by *Sheila Blagg* for *GalTime.com*

Keeping things friendly with the ex is a subject that often perplexes even those involved in the tamest of divorces. Many people ask, “Can I really have a *friendly* meeting with my ex?” Although, it may take a while – and some hard work – the answer is, “Yes, you can!”

The animosity that exists between exes mostly depends on the reason for the split. Did the marriage end because of infidelity? Did it end over money issues? Or did you just grow apart? The degree to which you dread meeting with your ex is often intricately linked to those hard-to-forget issues.

**In many cases, when ex-spouses meet, they are blinded by the hurt that they felt – and often continue to feel – at the end of the relationship.** Emotional discomfort that one feels has been caused by the other individual may make any face-to-face meeting not only difficult, but downright painful. Still, there is a way to ensure that you and your ex work with each other and not against one another.

**I have found that it helps to keep meetings with my ex short and to the point.** If you are meeting to talk about your children, remember to *keep* the meeting about the children. Delving into the who-did-what-to-whom blame game will only lead to anger, fighting and more hurt feelings. More often than not, your ex will not acknowledge wrongdoing any more than you would, so no good can come out of revisiting why you split in the first place.

**Try to keep in mind that your ex is someone that, in some way, shape or form, you will be dealing with for the rest of your life.** You might as well make the best of it.

**Also, it is beyond important that your children are not made to feel anxious when an event is scheduled that both parents are going to attend.** Some anxiety is certainly normal, but your kids should never have to worry that their parents are going to fight, or make them feel uncomfortable or embarrassed. Remember, your split had nothing to do with your kids, and they should not be made to pay for the divorce of their parents.

**Last but not least, if you can do nothing else, try to keep in mind that, once upon a time, you dearly loved the person you**

**now call your ex.** Your ex was not always someone that you didn't like or didn't trust; he or she was once someone that you thought you would spend the rest of your life with, and whom, on some level, you may always love. Although those old wounds may never heal completely, they will scar over, enabling you to function without your emotions in the forefront.

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## Niecy Nash Explains Why 'It's Hard to Fight Naked'



By [Whitney Baker Johnson](#)

We all know and love Niecy Nash as an actress, television host and comedienne. What you may not know, though, is that she's quite the matchmaker as well. In fact, it was at her first matchmaking party that she introduced best friend and *The View* co-host Sherri Shepherd to her now-husband Lamar Sally. From



there, she began hosting an online show on Yahoo! called "Let's Talk About Love," which eventually developed into her new book, *It's Hard to Fight Naked*. In it, she invites her readers to think differently about matters of the heart and shares her tips for finding true love. We chatted with the newly-minted author about the book's eye-catching title and many words of wisdom.

**Related Link:** [Video Exclusive: Sherri Shepherd Chats About the Three Men in Her Life](#)

### **What inspired you to write a book of relationship advice?**

I fell in love! After I experienced the best part of a relationship, I wanted that for all of my girlfriends. I feel like we struggle most at the thing we were created for, which was love.

### **What can readers expect to learn from *It's Hard to Fight Naked*?**

First, you will attract what you are. So inevitably, you should be what you want to receive. If you're dating and all of your potential partners are crazier than the last person, then you need to look in the mirror and say, "Good morning, crazy!" That's part of what you're bringing to the table.

Also, it's one thing if you just want to hang out and have fun. But when you're looking to settle down, then you have to move into a place where you date with your priorities versus your preferences. There are certain things that you require in a relationship that are more important than superficial things. You have to find someone who meets the priorities of what you want in a man, and then you can consider the outer wrappings of a relationship.

### **Let's talk about the title!**

It has a figurative and a literal application. Figuratively,

when you are exposed and vulnerable, you're at your truest self. And you have to walk in the truth. I think people sometimes approach relationships like they're a game – they don't really want to show their hand or their feelings or their fears. When you're honest, though, you're exposed, and that's when you're most “naked.”

The literal meaning takes us back to Adam and Eve when they were really naked and unashamed in the garden. If you have your clothes off, there's a party! I'm a lover, not a fighter, so I'd rather stay in any state that leads to love as opposed to fighting.

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**And did this type of vulnerability help you meet your husband, Jay Tucker?**

I was very honest with him. When you're deciding to marry someone, there has to be a like-mindedness. Your partner needs to know the truth about how you think, you feel.

**Finally, what advice do you have for someone struggling to show her true self?**

You have to work on being honest with yourself. You see women who say they don't care if they ever get married or have a family, yet every Sunday morning, they watch a marathon of *Say Yes to the Dress*. Knock it off! You have to be honest with yourself first. Once you walk in your own truth, you'll be better able to communicate that to a man. If you're living a lie, of course, it's going to be hard to be open with someone else.

*You can purchase Nash's new book [It's Hard to Fight Naked](#) on [Amazon](#). To keep up with the author, follow her on [Twitter](#) and [Instagram](#). Be sure to check out [www.niecynash.com](#) too!*

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# Celebrity News: 10 New Celebrity Moms



By [Jessica Conigliaro](#)

Becoming a parent is one of the greatest accomplishments in life. For celebrities who have already achieved so much, having a child is a blessing. They become more relatable to the public—and are seen in a completely different light. From this point on, they are captured walking around town with the baby stroller and diaper bag—and they wouldn't have it any other way. Here is a list of the latest celebrity parents, and soon-to-be parents:

## **Halle Berry**

The well-known actress announced she is expecting a baby boy with French actor Olivier Martinez. The happy couple has been

engaged since 2012. This will be the second child for Berry and the first for Martinez. Berry had her first child, Nahla Ariela Aubry, with ex Gabriel Aubry in 2008.

**Related:** [Channing Tatum and Jenna Dewan-Tatum's Oscar Bump](#)

### **Kim Kardashian**

After finding out about her pregnancy a few months ago, Kim and Kanye are starting to pick out their baby's fashion trends. Aside from her daughter's fashion, Kim has been upping her pregnancy fashion as well. She has been rocking the baby bump with fashion—and getting praised by her fans for staying trendy.

### **Jessica Simpson**

Jessica Simpson is getting prepared to have baby number two. She confirmed her pregnancy last December and celebrated her baby shower on Sunday, April 15 with close friends and family. Simpson gave birth to her daughter Maxwell last year and will soon have both her hands full.

### **Malin Akerman**

The *Rock of Ages* actress welcomed a baby boy on Tuesday, April 16<sup>th</sup>. The Swedish Canadian actress and model is now a first time mother to Sebastian Zincone, born on April 16. Malin and hubby Roberto Zincone tied the knot back in June 2007.

### **Ashley Arnold**

Actor and comedian, Tom Arnold and wife Ashley Arnold were thrilled to have yet another reason to feel successful in life. Their new son, Jax Copeland arrived earlier last month. After failing several times to conceive, the couple was beginning to think having a child wouldn't be possible for them. They were more than delighted to hear the news they were expecting!

## **Jenna Bush Hager**

Former President George W. Bush is now a grandfather! Jenna and husband, Henry Chase Hager announced they were expecting last December. Jenna gave birth to Margaret Laura “Mila” Hager, named after both grandmothers, earlier last month.

## **Kerri Walsh Jennings**

Volleyball player Kerri Walsh Jennings is now a proud mother of three. She and husband Casey Jennings have 2 sons together named Joseph Michael, age 3 and Sundance Thomas, age 2. Jennings gave birth to a baby girl, Scout Margery last month.

## **Heather Morris**

Glee star Heather Morris is now expecting her first child—an unexpected joy for her and Taylor Hubbell, father of the baby. The couple began dating in 2008 and just recently began living together in Morris’ Los Angeles home in early 2012.

## **Beverly Mitchell**

The former *7th Heaven* actress and her husband Michael Cameron welcomed their first child, a daughter named Kenzie Lynn on March 28th. Just a few days after giving birth, Mitchell tweeted about how much she loved to spend time with her new bundle of joy.

**Related:** [5 Date Ideas Created Just for Moms](#)

## **Shiri Appleby**

Appleby, actress in the HBO series, *Girls*, and her fiancé, Chef Jon Shook announced they were expecting last December. She gave birth to a baby girl, Natalie Bouader Shook on March 23rd.

**Who is your favorite celebrity mom? Share your thoughts below.**

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# Owl City's Adam Young Says Fame "Puts Pressure" on His Love Life



By Royal Young

Owl City's Adam Young first captured our hearts with his 2009 hit "Fireflies," a song that he says he never expected to connect with so many people because "it's a such a weird song that isn't really about anything." Since then, the humble musician has experienced a fast rise to fame but held on to his optimistic attitude and small-town upbringing. Most recently, he has partnered with Oreo on Wonderfilled, a campaign about sharing wonder with those around you and trying to make the world a better place. They wanted an "upbeat, witty, quick and catchy" theme song, and Young was a natural fit. Here, he chats with CupidsPulse.com about his career, his

new partnership and his love life.

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

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## Top 7 Best-Dressed Celebrity Couples of 2013



By Dixie Somers

Celebrity couples are almost always in sync in the fashion department. They coordinate their clothes most of the time, so their outfits usually complement each other. Here are the seven best-dressed celebrity couples we would all love to imitate in 2013:

### 1. Will and Kate

Arguably the most adorable and loved celebrity couples, Prince William and Kate Middleton always bring their A-game in the fashion department. The Duke and Duchess of Cambridge always look put-together, stylish and classy. From Will's elegant suits and crisp footwear to Kate's ladylike-chic look, it's no wonder why this couple tops the list of the best dressed celebrity lovebirds.

**Related:** [What to Wear on a First Date](#)

## **2. Liam and Miley**

This adorable couple has the same edgy street style that consist of grungy band shirts and polished jeans, but when they walk the red carpet, they definitely turn heads in a good way. Miley Cyrus usually sports an edgy/elegant dress that complements Liam Hemsworth's crisp suits in the best of ways. As a result, they will always be known as a fashionable couple.

## **3. Will and Jada**

Will Smith and Jada Pinkett-Smith always look superb on the red carpet. Because they both have a retro glamour style, they complement each other's look perfectly. Jada always wears sexy yet sophisticated gowns that fit her body perfectly, and Will always looks sharp in his suits and tuxedos.

**Related:** [Peter Facinelli's Girlfriend Jaime Alexander Stuns on the Red Carpet](#)

## **4. David and Victoria**

Posh Spice and Beckham always look amazing. Victoria's style is always trendy, always fashionable and always jaw-dropping. In fact, Posh is one of the most fashionable women in the world. Combine her fashion sense with Beckham's suave look and you've got a well-dressed celebrity couple who turn heads whenever they walk in a room.



## 5. Eva and Ryan

Goodness, don't Eva Mendes and Ryan Gosling make such a cute couple? They also make a fashionable pair. Gosling always looks like, well, a celebrity, and so does Eva. Eva's glamorous flair pairs perfectly with Ryan's simple yet luxurious style.

## 6. Gwen and Gavin

This rocker pair always looks edgy and cool whether they're walking the carpet or just strolling. Gwen Stefani's edgy style looks amazing when paired with her hubby, Gavin Rossdale's similar rocker-cool look.

## 7. Emma and Andrew

This adorable couple is a match made in heaven. Emma Stone and Andrew Garfield have different styles, but they complement each other perfectly. On one hand, you've got Emma who wears some of the most beautifully sophisticated dresses on the carpet. On the other hand, you've got Andrew who likes to wear unexpected pieces like bold suits. Together, they look amazing.

*This article was written by Dixie Somers. [Reem clothing](#) offers trendy, fashionable clothing that is sure to spice up your man's closet.*

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# Relationship Advice: How to Get Financially Stable After

# Divorce



By Jeff Landers for GalTime.com

As a divorcing woman, you are no doubt looking forward to having the whole divorce process over with, so you can move ahead to your new life. If you're like most women, you probably think the past few months (or years!) have been filled with enough emotional upheaval, not to mention legal and financial hassle, for a lifetime, and you'll be very glad to have it all behind you . . . at last.

Life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. So how do you make sure you set your best foot forward?

Of course, life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. Even today, it is surprisingly common for wives to remain uninvolved in family finances. If that was the dynamic in your marriage, then it may now seem quite

intimidating to face all the budgeting and bill paying, in addition to managing investments and debt, and saving for education, retirement and other long-term goals.

However, there is a bright side.

Throughout the divorce process, it's likely you've become intimately familiar with your marital financial situation. Now, as your divorce settlement agreement is finalized, you can take that know-how forward as you plan for a secure financial future.

Here are a few important practical steps to help you get on the road to financial stability after your divorce:

### **Do the financial housekeeping.**

If you changed your name after the divorce, you'll need a new Social Security Card, driver's license, passport and credit cards. You'll also need to notify your bank, utilities, insurance companies, credit card companies, the motor vehicle department, your children's school(s), etc., about any name or address changes. Titles on all houses and vehicles will have to be modified and recorded with lending institutions, and you will also need to update beneficiaries on your life insurance, 401k, pensions and IRA accounts.

To keep all these details straight, follow this checklist of financial tasks that need prompt attention post-divorce:

**1. Obtain a copy of your certified divorce decree**, and make extra copies so that you're able to provide them promptly when needed.

**2. Close joint credit accounts.**

**3. Remove your husband's name**, and/or change your name/address, on all remaining accounts, including:

- Bank, brokerage and investment accounts

- Credit cards
- Driver's license, automobile title, registration and insurance policies
- Employer's records
- IRS records
- Life, health, homeowner's and disability insurance policies
- Post office (Remember to have your mail forwarded, too.)
- Professional licenses
- Social security card
- Title to real property
- Utility bills

**4. Research your health insurance options** and apply for COBRA, if necessary.

**5. If your divorce decree requires a Qualified Domestic Relations Order (QDRO):** Provide the QDRO to appropriate banks, brokerages, pension plan advisor, 401k administrators, etc. (Even better, have this step completed before your divorce is finalized!), a quitclaim or warranty deed: Make certain the appropriate documents are executed and recorded. Also, the transfer of title to property (automobiles, boats, etc.): Sign and deliver the necessary documents to complete the transfer.

**6. Open a new bank account.** Consider establishing direct deposit or income withholding for child support, spousal support and/or alimony payments.

**7. Open a new credit card account and request a copy of your credit report.**

**8. Disinherit your husband.** Write and execute a new will,

trusts, medical directives and/or living wills and powers of attorney. Don't forget to change the beneficiaries on your life insurance, 401k, pension and IRA accounts.

**9. Establish a system to keep track of all child support made/received,** alimony payments made/received, medical expenses, etc.

### **Establish good credit in your own name.**

Good credit is the foundation of your financial future. Without it, it can be very difficult to get a bank loan, and even hard to manage regular household expenses. Get a copy of your credit report (AnnualCreditReport.com offers them free of charge), and address any inaccuracies it contains. Then, if you are employed and/or already have credit cards in your name, building your credit is relatively straightforward: use your cards regularly, pay off the balance in full and on time each month, and watch your score rise!

However, if you're not employed and don't already have a credit history, the process may not be as simple. A few years ago, new federal regulations made it difficult for women with little or no income to establish credit on their own. The Credit Card Accountability, Responsibility and Disclosure (CARD) Act of 2009 was designed to protect consumers from getting into financial trouble by running up credit card debt they can't afford to pay, but unfortunately, this legislation also makes it difficult for "at-home" spouses without paid work to obtain credit on their own.

After a public outcry, the Consumer Financial Protection Bureau recently proposed changes to rectify these unintended consequences. When enacted, the modifications will allow non-working spouses to apply for credit in their own name based upon shared household income.

So, be prepared. Securing credit may require more than simply filling out an application or making a single phone call.

## **Develop a comprehensive financial plan for the future.**

If you had a Lifestyle Analysis prepared during your divorce, you should now have a very clear understanding of what funds came into the marriage (income) and what funds went out (expenses). Use this as a basis for developing a budget going forward. You'll need to address both short-term (day-to-day expenses, monthly utilities, mortgage, car payments, etc.) and long-term (college tuition, retirement, travel) financial needs.

If your divorce settlement includes any lump sum payments (i.e., for alimony, pension rollovers, sale of a vacation home), you'll also need to develop a sound strategy for managing those assets. Establishing –and then sticking to – a financial plan is essential, both for financial stability and peace of mind.

## **Seek help from an experienced financial advisor.**

All the fundamental components of a sound financial plan – creating a budget, investing, retirement planning, outlining your goals and aspirations, saving for college, choosing life insurance, etc. – should be completed under the guidance of a financial advisor.

Be sure to find a financial professional with expertise and experience helping divorced women, specifically. The financial needs of divorced women are very different from those of a married couple, and you should have an advisor who completely understands those differences and knows how to properly manage their money and invest on their behalf.

In addition to an experienced financial planner, I believe most post-divorce women can benefit from the assistance of:

- An estate-planning attorney to work with your financial advisor to help with your estate planning needs and the legal issues concerning your will, medical directives,

trusts, charitable giving, etc.

- A therapist or counselor to help you cope with the emotional challenges of starting your life as a single woman.
- A vocational counselor to help you re-enter the job market, or even start your own business.

## **Enjoy your new life!**

With your divorce in the rear-view mirror, and these important steps completed, you'll be well-positioned for a secure financial future. It's likely you will find, as most women do, that it's empowering to make financial decisions on your own, and to be the one who's in control of your financial portfolio. Rest assured: The road ahead belongs to you!

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# **Classic Novel Turned Movie, 'The Great Gatsby'**





By Meghan Fitzgerald

Nick Carraway (Toby Maguire) is a stockbroker in the 1920's, on the outskirts of New York. He moves to West Egg, Long Island after fighting in World War I. Nick meets back up with his cousin Daisy Buchanan (Carey Mulligan) and husband, Tom (Joel Edgerton) who live in East Egg. Next door to Nick is Jay Gatsby's (Leonardo DiCaprio) mansion. A man known for throwing extravagant parties yet living a very mysterious and relatively unknown life. As Nick begins to friend Gatsby, he realizes a love Gatsby has for his cousin, Daisy. A love broken by World War I. Nick finds himself between the two, not knowing which way to turn. Madness, tragedy, and love emerge from the mysterious shadow of Gatsby and the colorful and dangerous 1920's New York life style.

**Should you see it:** Leonardo DiCaprio. *Titanic*, *Shutter Island*, *The Departed*, *J. Edgar*, *Django Unchained*. This legendary man has seen his Hollywood days, and by the amount of awards on his shelves...he rocks it, and the audience loves him. *The Great Gatsby* by F. Scott Fitzgerald is a timely piece of work. If you read the book and enjoyed it, even if it was only the slightest bit...go out and see this movie. It is Leonardo DiCaprio ladies and gentlemen.

**Who to take:** Here here, literature enthusiasts and Leonardo DiCaprio fans. This is your movie to see if you like either of



those. You absolutely must see this soon-to-be award winning film if you love literature and Leo.

Couples everywhere, gather your money and prepare for date night. With *The Great Gatsby* being one of America's most well-known and classic novels, people of all ages should see, embrace, and enjoy this film.

**Related: Star-Casted Romantic Comedy, 'The Big Wedding'**

**When should you try and win back the love of your life?**

**Cupid's Advice:**

Some people in your life just slip away from you. As much as you tried to hold on to them, and plead for them never to leave...some just do. Or maybe you left and are now realizing how much of a fool you are for it. No matter the case, trying to win back your ex is difficult. Cupid has some advice on if you should do it or not:

**1. Soul mates:** You know you should try and win back your past beau if you believe they are your soul mate. Soul mates are not something you should take lightly, if you think someone could be your other half...hold them close. It is said that you have one person who equals you, a person you can morph into and become one. Fight as much as you can to get that person back if you've lost them.

**2. Waiting:** Have you ever been in a position where you've had to wait for a person before? They weren't available, or they were moving, a situation causing you to wait for them. Were you in love with someone so intensely, yet they loved another person? If you've answered yes to these, and your scenarios of waiting are over...go and get them. Go out there, do whatever you have to do to have them in your life again.

**Related: [Secrets to Make a Long Distance Relationship Hot](#)**

**3. Wrong partner:** Did your ex get together with the wrong person? Are they now realizing what a mistake they made by choosing them over you? This is your time to shine, to show them how right you are for them. How you two should of been together in the first place, how they will be happier with you instead of their current partner. Show them that they chose the wrong partner and live happily ever after.

**Have you ever won back the love of your life? Explain below.**

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## Dating Advice: 5 Date Ideas Created Just for Moms



By [Whitney Baker Johnson](#)

It's always important to recognize the hard work moms do – not just on Mother's Day, but every day of the year. They often put their partners and children first, forgetting to take time

for themselves. This May, we're encouraging moms to step away from their household duties and embrace some kid-free time with their significant others. Remember, your loved ones want to make you just as happy as you make them. Below are five date ideas that every mom will enjoy.

**1. Chick Flick:** Sure, your beau may want to see the latest action movie, but instead, pick the most romantic movie in theaters and enjoy every cheesy minute of it. Take this opportunity to snuggle up to your hubby and reignite the spark that may be dimming. You'll have at least two hours to relax and decompress before you resume your mom duties.

**Related:** [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

**2. Spa Day:** While your man may be hesitant to admit it, he'll enjoy a couple's massage just as much as you do. Be fully in the moment as you both take this time to recharge. Get a manicure, pedicure or a facial to make the most of your day of pampering. Your partner can sip on some champagne and keep you company while you feel like a princess for an afternoon.

**3. Just Dance:** Sometimes, the best way to let loose is to literally *let loose*. Sign up for weekly dance classes and learn a romantic waltz together, or head to a local salsa club and practice your moves in an environment filled with passion. Any mom will love the chance to not only bond with her significant other, but to also do an adult-only activity. End your night with a glass of wine at your favorite restaurant.

**4. Date Night at Home:** Plan for grandma and grandpa to watch your children so that you and your honey can have a fun evening in the comfort of your own home. Cook a romantic meal together and open up your favorite bottle of wine. Enjoy the warm weather by cuddling up outside and counting the stars. Steer conversation away from your babies, and instead, focus on your marriage. When bedtime rolls around, don't set an

alarm!

**Related:** [How Celebrity Moms Keep an Active Dating Life](#)

**5. Breakfast in Bed:** Don't let your date night at home end when you crawl in bed. Wrap up your alone time with breakfast in bed. You can make an extravagant meal with all of your favorite foods: from scrambled eggs with cheese and fresh vegetables to crispy bacon and toast topped with butter and homemade jam. Order in from a local diner – somewhere you may have frequented before the kids came along – and enjoy every greasy bite.

**Moms, we want to hear from you: What's your favorite date idea? Share below.**

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**Relationship Advice: Finding  
Your True Destiny After  
Losing Love**





By Susan Russo

The other day a friend asked me, "What am I going to do? I can't live without him in my life. How do I go on? He was my life." When faced with being alone after your relationship ends, it literally feels as if you don't know who you are, where you are and how you got there.

Your life was so intertwined with your partner's life that it seems that the two of you became one. No wonder people tend to use the cliché, "A part of me is missing."

**Related:** [Returning to the Dating World](#)

## **NEWS FLASH**

*You're normal!*

How do you think you're going to feel after you've spent years sharing *everything* together? That includes family, friends, vacations, pets, children, life ... and the most private and intimate details of who you are with the person you believed would be there forever. Is it any wonder you can't get your head on straight after this emotional volcano erupting in your life?

But rest assured, even though you feel like you'll never find your way out of the darkness, there is a light shining so

bright at the end of the proverbial tunnel that you will bask in its glory when you're through it and this heartbreak is behind you.

I'll never forget the time Nicole Kidman was on *The Oprah Winfrey Show* after Tom Cruise had filed for a divorce. Her pain was so palpable you could hear it in her voice, feel it through her words, and see it on her face.

*I was crushed and it wasn't even happening to me!*

I'm sure millions of viewers could relate to Kidman's pain because they know there isn't anything quite like the devastation you feel when the person you love decides they don't want to be with you anymore.

*But...look at her now!*

## **PICKING UP THE PIECES**

**1. GRIEF:** *Cry until you're dry!* Grief is a process. You can't go around it, under it or over it. You have to go through it. Get it out so you can get on with your life.

**2. ACCEPTANCE:** This is the first step in letting go of the past. You will begin to pick up the pieces when you finally let go of all of the lamenting of how you wished things would've turned out differently and accept the reality of your situation.

**3. FORGIVENESS:** This can be one the toughest things to do, but at the same time when you find forgiveness it is the most freeing thing you can do. It is a gift you give yourself.

**Related:** [Falling Out of Love and Back Into Life](#)

## **MOVING ON**

The end is just the beginning. There is life after this relationship and it's going to be a great one. Look at all of

the people who have loved and lost and who are now happy. You'll find your soul mate when you let go of the past. So, embrace the future one day at a time and before you know it you'll be living the life you so richly deserve.

*Susan Russo is the author of: There Is Life After What's-His-Name, The 7 Keys to Unlock the Power Within You and is co-author of, Success and Happiness-16 Experts Reveal Their Secrets. A graduate from the EPIC Coaches Academy and with over 10 years' experience as a Life and Relationship Coach, she teaches you how to transform adversities into life changing opportunities.*

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## **Dating Advice: Why A List of Requirement Won't Get You Mr. Right**





By Laurel House for

GalTime.com

When it comes to finding “Mr. Right,” I used to believe in lists. After each relationship, I would add to my “Musts” and “Won’t Stands” based on experiences had and realizations made.

It seems the whole list thing is pretty common. The idea is that if you make a detailed, honest list of exactly what you are looking for in a guy, it will help you find your Mr. Right. Why? Because you are being clear on what you want and putting it out there.

Essentially, you are creating this perfect person in your mind so that either:

**A. You can use it as your gauge to judge each guy** you go out with and be prepared to look out for red flags or (hopefully) your ideal perfection.

**B. You are tossing your picture of perfection out to the universe** so that that guy will be sent your way, cross your path, and you won’t be able to help but take notice when you come across the embodiment of your specifications.

But it’s more than a list of positive attributes and the components that you want your ideal guy to bring to the table ( or what I call “must haves”). It’s also about the negatives-



the “won’t stands.” Those are the deal-breaker elements that you absolutely cannot look past.

So I made my list. And after each date I would check it, x’ing the poor guy off because he didn’t qualify. When my list exceeded 250 pre-recs, I realized that pretty much no one could embody my needs.

... ***And then I found him.*** He was the complete (as hard as it may be to believe) embodiment of my list. Every single item was checked off. He defined who I have always wanted. He wrote little notes telling me how great I am. He picked flowers and put them in a bud vase beside my bathroom sink. He was successful and interested in helping boost my career too. He woke up in the morning and allowed me to sleep for a few extra minutes as he prepared coffee for me – despite the fact that he wasn’t a coffee-drinker himself. He wanted to and had the financial and scheduling means to travel with me – anywhere, everywhere, anytime – on a whim. He loved my body, and told me all the time. He was emotionally available and supportive. He liked to live a healthy lifestyle and wasn’t addicted to any drugs nor did he excessively drink. I learned from him, both from his personal experiences and his career. He would make an amazing husband, partner, the type of man who you could spend a life with, and always have something to talk about. He was interested and interesting. He was perfect... *paper perfect.*

Sure, he was the embodiment of my list, but once the initial excitement wore off and regular life set in, we realized that we were better off as friends. We didn’t have that spark, that chemistry that is so hard to define but so necessary in a relationship. And so we had a conversation about it and decided that that was what we should be – just great friends.

**And that’s when I realized... screw the list!**

Like when a smile doesn’t touch the eyes, just “paper perfect” sometimes doesn’t touch the heart. But the fact is that you’re

not looking for a walking list. You're looking for a feeling. What you might find is that the person who in fact is perfect for you, might be very different from what you thought you were looking for. Because it's not your eyes that should be doing the looking. It's your heart.

### **So What Do You Do?**

**Create a list.** But don't just write the musts in terms of activities, appearance, location, interests, or even personality. Think about:

**1. Core Values.** What are your core values? I mean, what are the most important things to you at the core? I'm talking about home, family, trust, close relationship with parents, ability to be emotionally raw and available, compassionate, giving back, and close friendships.

**2. Feelings.** How do you want the relationship to make you feel? Comforted, excited, sexy, calm, balanced, secure, safe, at home... If "home" is on the top of the list, what does "home" feel like to you?

**Now let go of the list.** You aren't going to find someone who is "exactly perfect", someone who embodies every line on your list. But someone can be a lot of what you are looking for, and maybe even more of things that you didn't realize you wanted. Sometimes you didn't realize the things that really matter to you, because you were never exposed to them in the past.

### **Create an Intention Board**

An Intention Board is a collage of images and words cut from magazines, drawn, or written that illustrate the energy, feelings, and loose goals of what you are looking for. Each morning, and before you go on a date, spend 5 minutes looking at the board. Focus on the elements that pop out at you and remind you what truly is important to you and important in the person you are looking for, and life you are looking to live.

## How to make it:

- **Use a poster board and cover it in images, words, photos, magazine cutouts, whatever you want, that helps bring to life your ideal**
- **Visualize what living that wish might be like.**
- **Every morning as you are drinking your tea or coffee or eating your breakfast, sit in silence with your board and just take it in. Look at the images, read the words, and imagine how the energy of that board, those desires, and that energy can translate into your life. Don't take each image literally, just take its energy.**
- **With the intention of your board in mind, see how you can make small changes throughout your day to make those goals take shape.**
- **Don't be attached to the form or outcome of your wish.** You have to surrender a little bit of control here and trust that your wish will come true in some shape or form- just maybe not in the exact shape you saw in your head. Focus more on the energy or feeling that your board expresses instead of the exact pictures or words that it contains.

Screw the list, go with your heart instead.

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# Celebrity Couples: Celebrity Women Involved with Non-Celebrity Men





By [Ashley DelBello](#)

Celebrity relationships always seem like they're over before they start, but for some women who look outside the world of entertainment it appears that long-lasting love becomes a possibility. Is that the key to finding love in Hollywood, or is it easier to date someone in the biz since they may be able to better understand the pressures of the industry? Cupid takes a look at a few relationships between celebrity women and "normal" men:

### **Scarlett Johansson + Romain Dauriac:**

Scarlett Johansson has only been dating French creative agency manager Romain Dauriac since November, but whether she's dating a star or a non-celeb, ScarJo doesn't seem to stay single for too long. She was married to Ryan Reynolds for two years, quickly rebounded with Sean Penn, dated advertising executive Nate Naylor for about a year and then quickly moved on to her current beau just one month after her break up with Naylor. Considering Johansson's fame, the new couple appear to be trying to keep their relationship as [normal](#) as possible.

**Related:** [Matt Damon Returns to Work After Renewing Vows with Wife Luciana](#)

### **Tina Fey + Jeff Richmond:**

Tina Fey met Jeff Richmond in Chicago when he was a composer, while she was trying to make it big with the Second City improv group. According to UsMagazine.com, the key to this long-lasting relationship is to “never stop having fun.” The couple has been married for more than eleven years and has two daughters.

### **Drew Barrymore + Will Kopelman:**

Before meeting art consultant Will Kopelman, the actress was in a serious, five-year relationship with The Strokes’ drummer Fabrizio Moretti – who is now dating Barrymore’s close friend Kristen Wiig! However, this shouldn’t bother Barrymore as she’s now not only newly married to Kopelman, but gave birth to the couple’s first child, Olive Barrymore Kopelman last September.

**Related:** [‘Glee’ Star Heather Morris Is Pregnant!](#)

### **Meryl Streep + Don Gummer:**

Surprisingly, the three-time Academy Award winner has a leading man who is not in the entertainment business. Streep and sculptor Don Gummer have been married for nearly 35 years and have four children together. Keeping their relationship out of the public eye seems to have helped this marriage last.

**What do you think? Do relationships between stars and non-celebs last longer? Share your thoughts below.**

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## **Angela Zatopek Talks ‘Ready**

# For Love,' Saving Herself for Marriage and OneLove



By [Rachael Moore](#) and [Lori Bizzoco](#)

Angela Zatopek, the youngest contestant vying for the heart of Ben Patton on NBC's cancelled dating competition show *Ready for Love*, has always been open about her love life, even before she joined the reality television world. What really sets her apart from other young women are her Christian values, particularly the fact that she has decided to "save herself" for marriage.

**Related Link:** [Ready for Love, Episode 4: Angela Zatopek Recaps Her First Kiss with Ben Patton](#)

The Texas native feels strongly about breaking the stereotypes that come along with being abstinent. "People think that when you're a virgin, it's a very conservative belief. But I'm not this Amish girl walking around with a bonnet on my head or a

person who sits at home and knits sweaters,” she explains. “You can still be sexy and fun and have a romantic, passionate relationship even if you’re waiting to have sex until marriage. It makes it that much better when you find the right person and don’t rush the physical stuff.”

Being abstinent was an important choice Zatopek made from a very young age, and surprisingly, she says many guys from her past have been accepting of her decision. “Before the show, I didn’t have a problem finding a date. Being a virgin would never be the first thing I said to a guy, but I did let them know within the first couple of dates who I am and what I’m about.”

When it comes to sharing her views regarding the show’s cancellation, the blonde beauty says that she was very confused when it went off the air. “It was such an exciting thing in my mind, and then hearing that it was cancelled was very hard. But you have to look on the bright side. It’s on NBC.com, Hulu and On Demand, and there’s a lot of fans who still watch the show and send me supportive messages.”

Zatopek also reveals some secrets about Patton and his ex-girlfriend, Kari Krakowski, who makes a surprise appearance on the series. Of course, she had her doubts at first. “We look completely different. She is a brunette with dark eyes, while I’m blonde with blue eyes. So I wondered if I was his type.” Still, she says she really likes Krakowski. “It was hard, though, because we were roommates. She would confide in me every night and pour her heart out. I was learning all of this girl’s secrets, but then we were competing against each other.”

Though she claims that she tried to stay away from the drama, she did get frustrated when Krakowski had her one-on-one time with Patton on last week’s episode. “He came back from his date with glitter on his face, and I saw that her lip gloss had glitter in it, so I knew they had kissed. I thought, I’m

not going to be here and put my heart on the line if they're going to work it out. He shouldn't make all of us go through this show if they're going to get back together. It's a very mentally taxing process."

Throughout their conversations, Zatopek learned that they had a few things in common. She is from Houston, and Krakowski is from Dallas; the Texas social scene can be a small world. "We have a ton of mutual friends. I learned that Ben and I even have mutual friends outside the show, which is so crazy. I felt like it boosted my confidence because it gave me a connection to Ben since we have similar interests from the people we hang out with."

Even so, the 24-year-old questioned her relationship potential with Patton because of their age difference. She reveals something that was edited out of the first episode: "Before Ben chose me, he asked, 'What makes you ready to be in a relationship? It worries me because we are at different points of our lives.' And I told him that I feel like maturity is not defined by your age but by your life experiences. I'm the oldest of four kids, and my mom was a single mom. I know I'm young on paper, but I grew up quick."

**Related Link:** [Ben Patton from 'Ready for Love' Is Still Dating His Final Pick](#)

Before her *Ready for Love* journey, Zatopek was in two serious relationships. Her first boyfriend was a long-distance relationship that lasted for a year, and her second relationship was with her college sweetheart, who she dated for three years. The pageant girl says that both guys respected her morals, but she is ready to meet the person she'll be with for the rest of her life. "I want to get to know a guy first and then make those steps towards the altar. I also want to have a huge family."

While she can't reveal how far she got on the show, she's



staying busy until the finale airs. She's currently teaming up with Lisa and Brittny Gastineau to form a jewelry line called OneLove. "I want to make cute, trendy purity rings to represent loving yourself first and not needing someone else to complete you. When you're doing your own thing, and respecting yourself first. That's when you're most attractive."

*For more information about Zatopek, Ready for Love and OneLove, you can follow her on [Twitter](#) and [Facebook](#) or visit [angelazatopek.com](#). Be sure to watch the remainder of the show on [NBC.com](#)!*

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## Four Dates and a Wedding



By Lisa Becker

You've heard of the movie *Four Wedding and a Funeral*? Well, the story of how I met my husband online is *Four Dates and a*

Wedding. Those online dates yielded some valuable lessons, which I'm happy to share in order to help other online love seekers:

### **Date 1: Justin**

When I dipped my toe into the online dating pool, I was reeling from a bad breakup. Too modest and emotionally-bruised to write glowing things about *myself* in my profile, I instead wrote what *other* people would say about me, such as my family and co-workers. For example, I wrote, "My friends would say I'm fun, easy going and incredibly loyal, and my nephew would say I'm incredibly silly but sing a mean rendition of *I've Been Working on the Railroad*." I received dozens of generic emails reading, "You sound interesting and I think we would have a lot in common." It felt as though these men were carpet bombing the online dating site in the hopes of getting *someone* to respond. Justin emailed me one simple line that captured my attention and heart: "I would say adorable." I was hooked! While it didn't work out in the long run, he was as sweet, charming and sincere as I had imagined he would be.

Lesson: If it doesn't sound as if he's read your profile, he might not have.

**Related:** [3 Benefits of Meeting People Online](#)

### **Date 2: Pete**

From his profile and our brief email exchanges, Pete sounded like fun. He had three photos posted, and all of them seemed to be taken in a party setting where he was enjoying a cocktail. On our one and only dinner date, Pete's true colors rang through. Every story seemed to begin with, "My buddies and I were out drinking one night." I knew right away that he wasn't the man for me.

Lesson: Pay attention to the little details, as they can often be quite telling.

**Related:** [How to Find Love Online with Non-Traditional Dating Sites](#)

### **Date 3: Eric**

After receiving an email from someone and deciding I wanted to start an online conversation, I sent a series of questions to see if we would be compatible, such as the last book he read or the favorite part of his job. I'm a huge fan of pop culture so I also asked questions to see if we would have fun bantering about various topics. Eric and I seemed to be twins separated at birth. We had so much in common that I was convinced he was perfect for me. Unfortunately for me, after our lunch date, it became quite apparent that Eric was gay. And to toss out a *Seinfeld* pop culture reference here: "Not that there's anything wrong with that." As lovely as he was and as much fun as we had together, I was convinced that once he came out of the closet, we would both be competing for the same man.

Lesson: If he sounds too good to be true, he probably is.

### **Date 4: Todd**

Typically, I would avoid anyone who didn't post a photo online because I heard that men who were married or in committed relationships would secretly troll the dating sites looking for hook ups. Todd didn't have a photo posted with his profile, but he was so charming via email that I decided to meet him anyway. We planned to meet at a local restaurant. Since I didn't have a picture to reference, he gave me a description of himself. It could not have been farther from the truth. Fortunately, he knew what I looked like, so he was able to spot *me* in the crowded restaurant. I don't know if he was delusional or trying to be deceptive, but either way, it was a turn off.

Lesson: If there's no photo, proceed with caution.

### **Wedding: Steve**

Not long after my date with Todd, I had my first date with Steve, which turned out to be my last first date ever. We've been happily married for 10 years, which in Los Angeles is apparently no small feat. So, if it happened for me, there's hope for anyone!

*Lisa Becker had endured her share of hilarious and heinous cyber dates, many of which inspired [Click: An Online Love Story](#) and [Double Click](#). She is now happily married to a wonderful man she met online and lives in Manhattan Beach with him and their two daughters.*

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## **Relationship Advice: 10 Signs He's Not Really Committed**





By Johanna Lyman for

GalTime.com

Men may have a reputation for being commitment-phobic, but I'm not sure they *all* deserve the reputation. I think men just show their commitment differently than women do. It's the whole Venus/Mars dilemma: how are you supposed to know if he's committed to your relationship when you seem to be speaking a different language?

While you might not be speaking the same language, there is a universal communication that everyone understands. It is the language of actions. What you consistently *do* shows the world what you believe, and what's important to you. There are ways you can use this universal language to decipher how committed your partner is to you and to your relationship.

Take these 10 tips from Dr. Hernando Chaves, resident sexologist at AskMen.com, to assess if your own partner isn't really in it with you.

**1. They say they'll change, but they don't. Actions speak louder than words.** This is the first thing to look for when you're reading the language of actions. Unfortunately, when you don't like what you see you might want to ignore it. Don't just look for big actions; inconsistency in small things will tell you just as much as whether he does the big things.

**2. Your partner enjoys spending their time with others more, and the time spent with you seems forced or less enjoyable to them.** In a healthy relationship, you each will spend time apart, but if he starts spending more time apart, or you're fighting more when you're together, he's probably feeling less committed.

**3. They threaten to break up with you often or break up with you often.** People who have problems with commitment need to have an "out" or an exit strategy. When things get too intense, they want to run. They're afraid of their feelings, so they're afraid of commitments.

**4. They prioritize their own desires and needs before the relationship or partners' needs.** While it's healthy and important to make sure that your needs are getting met, it shouldn't be at the expense of the relationship. If you find that your partner's needs are consistently at odds with the relationship, pay attention.

**5. The commitment seems to be based heavily in one or a few aspects of relationships, such as sex, money, stability, or some other personal gain.** Relationships have a lot of moving parts. It's normal, especially in newer relationships, for some of those parts to work better than others. But if there's really only one or two aspects that are working, it's time to consider the commitment level of both your partner and you.

**6. They don't do the little things.** This goes back to the first point. All actions, not just the big ones, will show you how committed your partner is. Does he remember your favorite restaurant, or your food allergy? Does he do little things to make you feel special? (And conversely, do you do little things that make him feel good?)

**7. They are uncomfortable with relationship titles, feelings, and behaviors with you and in front of others.** If your guy is really committed to you, he'll want to bring you

around his friends, and he won't pull back from being affectionate because you're in front of other people. Unless he has the emotional maturity of a thirteen year old, he should be the same person in public as he is behind closed doors.

**8. You notice changes in their behavior that gives you evidence they are pulling away.** Some people jump into relationships with both feet, then realize they've made a mistake. Or they get afraid as the relationship deepens and don't know how to communicate what's happening. When something like this happens, your previously committed partner will start to pull back. He might make excuses about why you can't get together, or he'll cut your time short. He might start arguments or just withdraw.

**9. They have a pattern of having commitment issues in their past relationships. History often repeats itself.** While you might harbor the illusion that "this time it's different," don't fool yourself. Unless he's done work on himself with a coach or therapist to change long standing patterns, they will surface. Don't fall into the illusion that you're the One who can change him and make him finally commit.

**10. Your partner has a negative view or expresses negative comments on relationships, marriage, or commitment.** Men are generally congruent. They say what they mean and mean what they say. Their actions back up their words (unless they're conflicted inside themselves). Don't make the mistake of thinking you can change him, or he doesn't really mean it. If he's saying negative things about relationships, marriage, or commitment, consider it a big red flag. Don't keep going with the relationship, hoping it'll be different with you. It won't.

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# Dating Advice: The Pros and Cons to Taming a Bad Boy



By Andrea Surujnauth

There is nothing like the thrill of dating a bad boy. He is exciting to be around and is always taking chances. They give you goosebumps every time you're around them. He is spontaneous and always knows the right thing to say or do to send shivers up your spine. You dated him for fun but what happens when you discover that you are beginning to feel real feelings for this bad boy? Can you eventually tame him and make him boyfriend material? If Angelina Jolie could do it to Brad Pitt then why can't we do it? We decided to weigh in the pros and cons of dating a bad boy to help you come up with an answer to your question, is it worth it to attempt to tame a bad boy?

**Pros:**



**1. Best of both worlds:** By taming your bad boy, you will be able to have a guy that is both exciting but also loyal. You can teach him to cut out the bad boy aspects that don't work for you while keeping the ones that do. You will be able to have a bad boy that is good for you!

**2. Confidence:** By taming a bad boy that many girls before you have always been running after, your confidence level sky rockets. You bad boy beau changed for you, you were the one that was able to get him under control. That's enough to make any girl feel good about herself.

**3. Life changer:** By helping your sweetie become a good boy, he will be thankful to you for helping him turn his life around. Getting his life on track towards a successful future will make him see how good you are for him and how much you care for him. He will see you as his savior and is sure to fall for you because of it!

**Related:** [What Attracts Us to Bad Boys?](#)

#### **Cons:**

**1. Relapsing:** This guy is a naturally a bad boy, those are his instincts. By attempting to tame your honey, you are risking him relapsing and going back to his bad boy ways. You might stop him from breaking the law or being a player, but you never know how strong the pull is for him to return to his old lifestyle. You are at risk of getting hurt.

**2. Tables may turn:** When taming a bad boy, you are also risking becoming a bad girl. If you let yourself get sucked into his lifestyle while in the process of trying to tame him, you might find yourself breaking laws, becoming irresponsible, or enjoying the recklessness of being bad.

**3. Unwillingness:** There may be certain things about the bad boy lifestyle that your new man may not want to give up. This may cause a fight about your desire to change him. No one is

ever happy about changing who they are, so this may cause your relationship to expire.

**Related:** [When Do Opposites Not Attract?](#)

So are bad boys worth taming? After weeding through the pros and cons, we still don't have a straight answer for you. Whether it is worth it is an answer only you can decide for yourself. Take all of this into consideration when deciding if you really want to tame your bad boy. Make sure you are confident in yourself and stick to your values if you decide to do it. Some bad boys can be tamed but take care of yourself first and don't lose your self respect or sanity while trying to tame the stubborn ones.

**What are some of your pros and cons of taming a bad boy? Comment below and let us know!**

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# **Dating Advice: How to Meet, Attract and Keep the Right Man!**





Single in Stilettos founder Suzanne Oshima developed a 14-video series called **How to Meet, Attract and Keep the Right Man** to help viewers navigate the dating world. The videos feature 15 top relationship experts including CupidsPulse.com founder and executive editor [Lori Bizzoco](#), dating coach Hunt Ethridge, founder of The Wing Girl Method Marni Kinryst, sexpert Yolanda Shoshana and founder of The Professional Wingman Thomas Edwards. The videos, which are broken up into three series (How to Meet Men, What Attracts a Man and What Keeps a Man), will teach you where to go to meet men, how to get more men to approach you and ask you out, what you're doing to make men disappear, what makes a man think you're marriage material and more.

For more information on the videos or to purchase the series, click [here](#).