

How Can Celebrity Couple Jennifer Aniston Justin Theroux Make Her Love Last?



By Amy Osmond Cook,

Ph.D.

Can it be true? It appears that Hollywood's All-American sweetheart Jennifer Aniston has finally found lasting love with fiancé Justin Theroux. As they get ready to walk down the aisle, here are a few tips that can help them (and all of us!) build healthy relationships with our loved ones.

Create Your Own Space

Happy couples carve out their own little piece of the universe—a place where only they have the final say. They listen to their mom-in-law pontificate about the advantages of hardwood floors but choose carpet if their partner has a

penchant for shag.

They enjoy each other's company but support independent hobbies. They watch *Vampire Diaries* together—of which separate viewing constitutes a personal betrayal—but also welcome independent golf trips and weekends at the spa. In essence, they build togetherness but foster autonomy.

Related Link: [7 Ways to Build a Love That Lasts](#)

Fireproof

To prevent a house from burning down, you take certain precautions. You blow out the candles before you leave the room. You don't leave the dishrag next to the gas stove. And you certainly don't let your three-year-old daughter play with matches.

Happy couples fireproof a relationship in much the same way. They create a safe place for conflict by avoiding inflammatory communication, like name-calling, stonewalling or derogation. They deal with an issue specifically and avoid making blanket statements. Pizza on the wall after Monday Night Football? Game on. But it doesn't snowball into comments like, "You don't pull your weight in this relationship." And the pizza on the wall five years ago after a bachelor party? Off-limits.

Go Organic

There's something about growing your own food that makes you appreciate nature's magic. It's exciting to see the first tendril break ground, then another and another. And when those sorry little tomato plants in chipped clay pots are weighed down with ripe, red fruit—well, that's something to celebrate, especially when you find out how much better homegrown tomatoes taste than their store-bought lookalikes.

In much the same way, happy couples know that a relationship needs constant nurturing—emotional, sexual and social—to grow.

If even one of these areas is neglected, the relationship can become diseased and die. Happy couples rally when they're really too tired for sex because their partner is in the mood. They say, "You do not look fat in those jeans" for the thousandth time and still manage to sound sincere. And they laugh at the same old story that their partner has been telling at parties for years, even when everyone else groans.

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So how can Jennifer and Justin make it work for the long-term? If they create a space for their relationship, fireproof it and cultivate it into something special, they have a great chance of keeping it strong and making it last.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have six children. For more information about Amy, please visit amyosmondcook.com.

Dating Advice: Deal breakers That REALLY Matter





By Marcus Osborne

for GalTime.com

If you're one of the millions of women who are single, dating regularly, and yet you've had inconsistent luck in the match game, it may be time to do some introspection. I can't begin to tell you how often I hear complaints about scarcity of quality guys. I hear it in the dating echo chamber with alarming regularity; "Men don't want to commit!"

Okay, let me clear that last bit up. The idea that guys won't commit or don't want to commit is an unabashed fallacy. I've said this before, it's not that the guy won't commit – he just won't commit to *you*. The right guy for you will find you. That's a guarantee.

Now about this so-called, "quality guys" drought...complete bunk. Seriously, most of the guys I know who are looking for serious relationships bristle at that statement. Because they know a certain general truth that women don't seem to appreciate; the quality guys are there but you're either ignoring them or not giving them the opportunity to show you how great they are. But why does this chasm exist? There are obviously variables aplenty that cause these missed connections. But I would submit that the idea of "dealbreakers" is a major culprit.

We all have relationship dealbreakers. That handful of key traits that any potential partner must possess in order to stay in the game – dealbreakers. And quite frankly, we all *should* have them. But our dealbreakers should be meaningful. I like to have women break their dealbreakers into two separate groups: shallow dealbreakers and substantive dealbreakers. We should have both but with the understanding that the major emphasis should be placed on the substantive dealbreakers. You'd think that that would be a given.

Of course the substance should take precedence over the shallow.

Unfortunately, what we *know* doesn't always inform our actions. So let this be your reminder. Keep your priorities in order. Those shallow dealbreakers, "must be this tall, must have this color hair, must have this type of degree, must make this six-figure salary, must come from this kind of family, must look like George Clooney" should ultimately be seen as great-to-haves instead of must-haves.

The real stuff, the substantive stuff, is what's going to get you through the years. You want to find the quality guys? Use these as your new dealbreaker template.

1. His closest friends should be great people. – You want a real gauge on what kind of guy you're getting involved with? Observe his friends. The type of people in your potential partner's inner circle will say a lot about his character.

2. He should be calm under pressure. – Long-term relationships are rife with emotional highs and lows. That being the case, the person closest to you had better be some one you can count on to be not only be in control of his emotions but who can also be a steadying and comforting influence when times aren't quite as great.

3. Must be in pursuit of his passion. – Maybe he doesn't make six figures. Heck, most people don't. But he had better be

driven by something other than money. Far too often women get involved with guys because they have a juicy bank account, then they get serious with that guy and realize that the man who's passion is making money may never have *enough* money. This then creates the real possibility that Mr. Moneymaker may only have time to make money and not have time for you.

4. *Must appreciate your independence.* – You're your own person with your own opinions, perspectives and aspirations. Whether you're traditional and expect to be a stay-at-home mom or a lady with dreams of being the President of the United States, your guy had better be on board with you. Do NOT commit that typical mistake of trying to change your guy's mind try to get him to understand your position. The *right* guy requires no convincing.

5. *Your friends should like him.* – This isn't to say that your judgment should be completely colored by your friends' opinions, but if there's a collective aversion to your guy by your inner circle, it's definitely time to start asking questions.

6. *Laugh, laugh, laugh.* – He better be able to laugh...and you'd better be able to laugh with him. Few things in a relationship are as intimate as a couples' ability to share the gift of laughter. You'll find that successful couples' most common trait is the two simply know how to make each other smile.

So there you go. Take those deal breakers to the bank and that's where you begin seeing your quality guys. Everything else, the looks, the money, the career, are all amazing icing on the cake, but for long-term potential start with those six building blocks and you're suddenly finding good quality guys to date.

Dr. Wendy Walsh Shares How Single Women Can Benefit From 'The 30-Day Love Detox'



By [Whitney Baker](#)

[Johnson](#) and Andrea Surujnauth

You probably recognize Dr. Wendy Walsh from *Good Morning America*, FOX News or the *Today Show*. She's a well-known relationship expert, psychotherapist, author and actress. Currently, she appears as the expert commentator on Investigation Discovery's *Happily Never After*, a show that looks at stories of newlyweds who's marriage turned deadly shortly after saying their vows. "My job is to retrace the romantic steps of both partners and figure out what red flag could've saved the bride or groom's life," she explains.

Despite her busy schedule, she found time to write a new book, *The 30-Day Love Detox*, which was released on April 23rd. In it, Dr. Walsh answers common questions that women want to know: How can I stop falling for the wrong type of guy? How can I find a man who is willing to commit? She also lists common mistakes that women make when dating someone new and shares her tips for avoiding them. The author chatted with us about her ground-breaking new book.

What inspired you to write *The 30-Day Love Detox*?

I'm a single mother, and I wanted to explore the social reasons why a very smart, very attractive woman like myself would "end up" as a single parent. And what I discovered is the more educated a woman is, the more attractive she is, the more cities she's lived in, the more likely she is to be divorced. Attractive women will leave relationships earlier, they say, because they have more sexual opportunities than others. Having a higher education means that women are often using up their fertility window on schooling and careers and grabbing whoever they can at the end of their fertility window. The more places you live during your childhood, the less likely you are to have a committed relationship. Moving around, instead, teaches you to have a lot of mobility. It teaches you how to say goodbye.

How did you come up with the title?

It's called *The 30-Day Love Detox* because I found a study that showed that, if you have sex within 30 days of meeting somebody, you have a 90 percent chance of breaking up with them within one year. If you wait 31-90 days, you have a one in four chance that you'll be together a year later because you've taken the time to build some kind of friendship, some kind of emotional bond. Unfortunately, plenty of women think that a hookup is a stepping stone to a relationship. But I promise you that not one man thinks that! The

true aphrodisiac is saying “no.”

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

You say that you saw yourself as Carrie Bradshaw from *Sex and the City*. Can you elaborate on this idea?

The *Sex and the City* generation and even young women today have been sold a false bill of goods, a mythology if you will, by the fertility clinics who market that women *can* have a **baby** when they’re 50, which is absolutely absurd. The success rates for in vitro fertilization have not changed since the 1980s; it’s about a 15 percent success rate, and it costs 13,700 dollars on average. So that means for your hard-earned money, you’ve got an 85 percent chance of failing.

My point is that 80 percent of women are going to become mothers – good boyfriend or not, good husband or not. And where they end up financially, psychologically and physically at the age of 45 has to do with the choices they make in their 20s.

Can you share any positive results that people have seen after doing *The 30-Day Love Detox*?

Well, I did backward research. First, I held a series of wine-and-cheese focus groups for single women to hear the stories of what’s been going on in the dating market place. Then, I went on a hunch and interviewed married women with children who were in, what I believe is, a healthy relationship, and I asked them how long they waited before they had sex with their husbands. I found that a number of them actually even waited until marriage. One of the things that people do as a reaction to the high-supply sexual economy is check out of it by saying, “I’m not even going to participate in this nonsense.” So I found a population of post-modern virgins; some of them are married now, and some of them are single women who don’t use religion as a reason for staying a virgin in their 20s. Instead, they stay a virgin so that they can take the time to find a real relationship.

Let's shift gears a bit. Our readers are fans of reality shows like *The Bachelor* and *The Bachelorette*. Do you think those shows are helpful in teaching viewers how to find good partners? Or do they ultimately damage our perspective of relationships and love?

I think they hurt as much as romantic comedies do because nobody is teaching anybody relationship skills. They don't practice slow love. They also subscribe to the myth that if you just choose the right partner, everything will be okay. The truth is being a good partner with good relationship skills will increase your chances of having a long, healthy, happy relationship. A great example is people who divorce and say, "Oh well, my second marriage is going to be better because I'm going to choose better." But divorce doesn't teach you how to choose better; it doesn't teach you how to be a better partner. Divorce only teaches you to say goodbye. Therefore, second marriages actually have a much higher divorce rate because the only thing divorce teaches you is how to survive divorce, and once you learn how to do that, it's even easier to leave the second time.

Related Link: [Cancelled: Why NBC's 'Ready for Love' Fueled America's Hatred](#)

Can you tell us about any other projects that you have coming up?

Yes! I'm developing an app based around my book *The Boyfriend Test*. Women will be able to crowd source the guys that they're dating. They can share a picture and biographical information and then ask other girls if they know them, if they've dated them, if they think he'd be a good boyfriend. *The Boyfriend Test* itself is also coming out as an e-book right after *The 30-Day Love Detox*. And I'm continuing to shoot *Happily Never After* – we have a whole new season for you!

You can purchase a copy of The 30-Day Love Detox in bookstores

and online from [Amazon](#). For more information about Dr. Wendy Walsh, visit [drwendywalsh.com](#). Be sure to check her out on [Facebook](#) and [Twitter](#) too.

Celebrity News: 10 Hot Latin Celebrities



By Jennifer

Harrington

It's no secret that the influence of Latino celebrities is growing every day (Latino celebrities have 600 million followers on Facebook and Twitter!). And with a new South American pope in office, Cinco de Mayo quickly approaching, and frequent news coverage of the growing Latino population in the United States, we figured it was a good time to look at the hottest Latino/Latina celebrities. Here's Cupid's opinion

of who is sizzling!

Jennifer Lopez

Jennifer was born in New York City to Puerto Rican parents, and she's been a staple in the entertainment world for years – as a dancer, actress, entrepreneur, fashion designer, singer, and *American Idol* judge. When J-Lo joined *American Idol* as a judge, it was seen as an important move because the show is very popular with Hispanic audiences, and she brought a kinder, more positive attitude to the show. While she's moved on from the popular show, there's no question she will continue to remain a staple in pop culture.

Related: [Jennifer Lopez Still Believes in the Fairytale Marriage](#)

Alex Rodriguez

Like Jennifer Lopez, Alex was born in New York City. He was raised in a Dominican family and currently plays baseball for his hometown team, the New York Yankees (although he grew up a Mets fan!). In addition to making plays on the baseball diamond, Alex has also been linked romantically to several major celebrities, including Kate Hudson, Cameron Diaz, and Madonna.

Eva Longoria

Eva is a Mexican-American, and best known for her roles on *The Young and the Restless* and *Desperate Housewives*. Her role as the saucy Gabrielle Solis on *Desperate Housewives* may have ended when the series wrapped last year, but Eva remains in the spotlight. Most notably, she was actively involved in President Barack Obama's re-election campaign in 2012, and she even spoke at the Democratic National Convention!

Mario Lopez

Mario is a close friend of Eva's, and like Eva, he is of Mexican descent. Mario is best known for his role as A.C. Slater on *Saved by the Bell*, and in recent years, he's remained in the limelight with an appearance on *Dancing with the Stars* and as host of the daily entertainment program, *Extra*. Recently, it was announced that Mario's family with dancer Courtney Mazza is expanding; the couple is expecting their second child in the fall.

Sofia Vergara

Sofia is a Colombian-born actress, television hostess, and model – and if you watch television, it's hard to miss her. A star of ABC's hit TV show *Modern Family*, Sofia is also featured in advertisements for Diet Pepsi and Cover Girl cosmetics. Sofia has also made a splash within the Latino community because many wonder if she takes the Latino stereotype too far with her portrayal of loud and boisterous Gloria on *Modern Family* and remarks she made in a 2012 interview with *Esquire* magazine about common Latino stereotypes.

Enrique Iglesias

Enrique was born in Spain, and his father was a well-known singer and entertainer. Enrique established himself as a singer in the late 1990s with songs such as "Bailamos" and "Hero". He has performed at the Super Bowl, and has been dating tennis star Anna Kournikova for the past decade. Enrique is extremely private about his relationship with Anna, and has even remarked that marriage is not a priority for the couple as long as they are happy and committed to each other.

Penelope Cruz

Penelope was born in Spain, and is well-known worldwide for her work as an actress. She first burst on the scene with films such as *Blow* and *Vanilla Sky* (this movie also sparked her three-year romance with co-star Tom Cruise; the couple

allegedly broke up because she refused to embrace his Scientology beliefs). She's now married to Spanish actor Javier Bardem, and she is expecting the couple's second child later this year.

Antonio Banderas

Antonio is also Spanish. He was in several high-profile movies in the 1990s, including *Evita*, *Interview with the Vampire*, *Philadelphia*, and *The Mask of Zorro*. He is married to fellow celebrity Melanie Griffith. Today, Antonio does voice work for movies such as *Shrek* and focuses on parenting his daughter, Stella. He's spoken out about the importance he places on fatherhood by saying that he takes Stella out on "daddy-daughter" date nights once a week.

Shakira

Shakira is a Colombian singer-songwriter. She crossed over into the English market in 2001 (a native Spanish speaker, she's fluent in English and Portuguese, and can speak some Italian, French, and Catalan) with hits like "Whatever, Whenever" and "Hips Don't Lie". Shakira is featured on this season's installment of *The Voice* and recently welcomed her first child (son Milan) with her boyfriend, a Spanish football player.

Salma Hayek

Like Eva and Mario, Salma is Mexican-American. She's known for her roles in films like *Desperado*, *Dogma*, and *Frida* and the television show *Ugly Betty*. She is married to French billionaire François-Henri Pinault, and the couple has a young daughter. Her charitable work over the years has increased, and she focuses her efforts on raising awareness of violence against women and discrimination against immigrants.

What do you think – who is your favorite Latin celebrity, and why? Share your comment below.

Illusionist David Copperfield Keeps His Relationship Magical By Relaxing in The Bahamas!



By Royal Young

World renowned illusionist, David Copperfield, talks with us about keeping the magic alive, not only when he's performing a show, but in his personal relationship as well. Copperfield, performs over 500 shows a year and has won 21 Emmy Awards. He has accomplished mind-boggling illusions such as walking on the Great Wall of China and making the Statue of Liberty disappear. His newest passion is focused on educating people about the joy of relaxing in the Bahamas. Copperfield who

enjoys The Bahamas with his family owns a chain of eleven islands “Musha Cay and the Islands of Copperfield Bay” which he calls the most “magical vacation destination in the world.”

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7 Things NOT to Do in a Relationship



By Sujeiry Gonzalez

for GalTime.com

For many women, the first week after a breakup goes a little something like this:

Hide under the covers. Sob uncontrollably while watching reruns of “Sex and the City.” Play “I Will Survive” to feel

empowered. Sob uncontrollably because Aretha Franklin has a man, while you are single again. Talk to your girlfriends and feel better. Take a shower. Sob uncontrollably in the shower. Repeat sequence.

The cycle eventually ends in reflection. We ask ourselves what went wrong and what part we played in the demise of our love affair. Well, it just may be one of these seven mistakes women make in relationships.

7 Things NOT to Do In A Relationship

1. Drunk Dialing: If you're upset at your partner, put down the booze and step away from the phone. Alcohol triggers deep-seated emotions that roar once the sweet nectar brushes our lips. Once inebriated, drunk dialing ensues. Like a clumsy boxer, you attack your lover verbally, slurring through the conversation. In the end, the relationship suffers. He thinks, "What happened to the cool, confident woman he fell in love with?" Too much Bacardi and Coke, that's what.

2. Facebook Stalking: Facebook has changed the way the world communicates. It also drives women to stalk their boyfriends online. If he hasn't returned your phone call or text, you check his Facebook profile. (He just updated his status! Why didn't he call me back?) If he went out with friends, you spend the night scanning his photos. (Who's that girl he's hugging?) And, of course, there's the dreaded relationship status. (I changed my status to "In a Relationship." Why is his status still hidden?)

Ultimately, stalking his Facebook profile shows a lack of trust. No man wants to be with that woman.

3. "I'm Fine": Your boyfriend asks what's wrong. You turn to him, shrug and say, "I'm fine," though you want to kick him for not remembering your birthday or changing his Facebook relationship status. As women, we "I'm fine" men to death. We

let our anger simmer for fear of rocking the boat or just because we want him to “figure it out.” This is an unhealthy tactic. No matter what you fear or assume, you must communicate with your partner. If you don’t, then he will think everything is “fine.” Until you drunk dial.

4. Nag, Nag, Nag: You tell him what’s wrong. Every minute of the day. That’s a big no-no! As women, we must give men time to process our feelings, especially when it’s a serious matter. When we nag and push, men withdraw. They begin to see us as negative and that is so not sexy. So speak your mind, give him space... and regroup once you are both ready to tackle the issues.

5. Ignoring the Blaring Red Flags: Often times, instead of ending a relationship, men call less, text less and show up less. Still, we push for the relationship. We believe there is a chance for change because he hasn’t ended the relationship. The thing is men hardly ever end relationships. *They show us through actions*, and in many cases... it’s their inaction that shows us they want out. That’s when we must stop fighting for a relationship that no longer exists.

6. Talking About/Comparing Exes: Nothing kills a relationship faster than talking about your ex-boyfriend and comparing him to your current beau. This leads your partner to feel insecure, with good reason. He doesn’t need to know that your ex gave you multiple orgasms or that he was the one that got away. If you are still dwelling on your last boyfriend, you shouldn’t be with your new one.

7. Compromise Is Not Sacrifice: Women sacrifice themselves for the good of all. We are everything to everyone, forgetting about our needs and what makes us happy. In romantic relationships, we suck it up and “compromise” on relationship deal breakers because we are afraid of the consequences. We hold it in because we want to be the perfect girl. The thing is there is no such thing as perfect.

So, when you are in your next relationship, take note of these common mistakes. Remember who you are and what you stand for. Leave the drama, self-sacrifice and mistrust behind, and self-analyze to find solace in heartache. Remembering what NOT to do can give you better chance at lasting love.

Star-Casted Romantic Comedy, 'The Big Wedding'



By Meghan Fitzgerald

The Big Wedding has a vamped up cast, including Diane Keaton, Robert De Niro, Susan Sarandon, Robin Williams, Katherine Heigl, Amanda Seyfried and Topher Grace. This new romantic comedy directed by Justin Zackham is about a modern family attempting to remain sane for the weekend of Alejandro (Ben Barnes) and Missy O' Connor's (Amanda Seyfried) wedding. Don

(Robert De Niro) and Ellie Griffin (Diane Keaton) are a long divorced couple who are playing “happy” for their adopted son’s wedding. Alejandro’s biological mother is also in attendance, after deciding to fly halfway around the world. Not only does she not approve of divorce, but she also doesn’t know that Alejandro’s foster parents are adopted. The Griffin family tries to keep their cool as they are bombarded with the past, present and future throughout the weekend.

Should you see it?: This movie will be one for the books. One that people will remember for years to come. With this cast, how could you not see it? With the soft hues of humor intertwined with an old and new story of love, you can not miss it. It has the dysfunctional family attempting to keep it together, old romance, comedy, and a real story.

Who to take: All people who enjoy Rom-Com’s should without a doubt see this movie. It has Katherine Heigl in it: Queen of Rom-Com city. *27 Dresses*, *The Ugly Truth*, *Life as We Know It*. The list goes on and on. Do you love the humor of Diane Keaton, Robert Williams, and Robert De Niro? Than you need to see this movie as soon as possible.

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How do you avoid wedding chaos?

Cupid’s Advice:

It seems that wedding chaos is inevitable if your family is the slightest bit dysfunctional. Any wedding malfunctions are common, even if it seems drastic and not normal. To keep the slight malfunctions from turning into complete chaos, you need a leader. A person to put everyone in line, to keep calm and organized. Cupid has some more advice on this:

1. Keep the bride calm: As much as men can say they have equal part involvement as the bride, they’re wrong. Most women have

been thinking about their wedding since they were young. They have been checking over the table arrangement, moisture of the cake, songs played at the reception...all since day 1. They know their wedding like the back of the hand, and if a slight problem occurs; the bride must remain calm.

2. Unwanted guests: At some wedding, unwanted guests may arise. Ex-husbands, old friends, abandoned family members; they all could pop in at any moment. With these unwanted guests showing up at your perfect wedding, chaos may loom. The best thing to do here is stay perfectly calm, and have a responsible and unbiased adult exit them out of the venue. No chaos if there are no unwanted guests.

Related: [Add a Little "Luck O the Irish" to Your Wedding Day](#)

3. Caterer/flowers: Check in with your caterer constantly days before your wedding. Make sure they have the right times, addresses, and menu. Chaos will emerge if there is no food at the wedding. The same thing goes along for flowers. It is necessary to keep in contact with your florist and be aware of what you ordered, how much you ordered, the colors, and anything else essential.

Have you ever been to a wedding resulting in chaos? Share your experience below.

5 Ways to Spice Up Your Relationship



By [Sarah Ribeiro](#)

Even if you and your love have been dating for a short time, it's not unusual to find yourself bored quickly. If you're spending all your time together, you may find yourself running out of things to do or talk about. You've gone on as many dinner-and-movie dates as you can handle, and you need to spice up your relationship before it grows stale. Here are some ways to keep your love exciting and new:

1. Try a different kind of date: Traditional dates may be fun, but they grow repetitive quickly. Try a unique date that involves something you've never done before. Go on a weekend outing; explore some place exotic for a cultured experience that will broaden your horizons and give you and your babe something new to talk about.

Related: [10 Ways to Keep the Honeymoon Phase Going Strong](#)

2. Play a game: When your conversation runs dry, the only way to save it is to get creative. Not sure what you don't know about your love? Those ice-breakers you did all throughout

high school may come in handy. Playing 20 questions or “never have I ever” is a good way to learn new things about your honey and feel like a kid again at the same time.

3. Spice things up – literally: Does your boyfriend burn water? Take a cooking class together. You can learn ways to incorporate different and exotic cuisines into your everyday cooking, like spicy Indian, Peruvian, or Brazilian food for a flavorful experience. Plus, a class gives you a chance to work hands-on and learn something together.

Related: [Date Idea: Attend A Stand-Up Comedy Show](#)

4. Stop saying no: Most of the time, relationships fizzle out because one person is constantly turning down the other’s ideas. Next time your sweetheart asks you to go to a basketball, don’t turn him down just because you don’t like it. Keep yourself open to his interests and he’ll be more open to try new things, too. Who knows – you may even have a blast!

5. Take some time: A big reason most people get tired of their partner is because they’re exhausting all their time with each other. Take some time to yourself – hang out with your girlfriends, run some errands on your own, and stop spending every night at his place. You’ll find the time you spend together more precious when it’s not so constant.

How do you and your partner spice things up? Share with us below.

Date Idea: Go Paintballing

Together



By Daniela Agurcia

This weekend, be a little playful and adventurous with your loved one: go paintballing together. Research places nearby and sign up for a day where you can both get away and have some fun. This activity is great for couples that are highly active and welcome a little challenge. You've already had those one-on-one dates where you get to know each other over a casual cup of coffee or fancy dinner out, and now it's time for something different. Paintballing is the perfect way to see the more carefree and child-like side of your partner.

Don't wear your typical date outfit; instead, wear something simple and comfortable like old jean shorts and a white t-shirt. This date is the perfect opportunity to show your man that you're low-maintenance and not always concerned with how you look. And be sure to bring a change of clothes – you may get dirty with all that paint flying through the air.

Make it a group outing, and invite other couples to join you.

Get even more competitive and split into teams: girls versus guys. It's date against date. These games usually work like capture the flag, where the goal of each team is to capture the other team's flag. In this case, you'll be shooting the enemy with paintballs along the way.

Remember that well-known playground rule from your elementary days? If someone picks on you, it's because he likes you. Well, that idea comes into play when you collaborate with your teammates to make it a strategy for every one to target their date – or in this case, enemy. Don't hold back and don't be afraid to get dirty. Showing a competitive side is sexy and attractive to the opposite sex. Even make it a bet that the losing team has to buy their dates lunch afterwards.

Once the game ends and the winner has gotten their applause, clean up a little and grab a couple of burgers and fries at a place nearby. Spend the rest of the day taking it easy and regaining the energy lost from your paintball game. It's the perfect ending to a busy day! If you've had a long week of work and just want to let go of your stress, this date can be your solution.

What other adventurous dates would be fun? Share your ideas below.

Three Hollywood Breakups That Offer a Lesson In How Not To Behave During Divorce



By Sheena Clarkson

While about half of all marriages end in divorce, in Hollywood the rate is undoubtedly higher. We look to celebrities to see the latest trends in everything from hairstyles and designer shoes to baby strollers and exercise regimes. But when it comes to breakups, stars aren't always the greatest role models.

If you're facing a difficult breakup, take a lesson in dealing with lost love from a few celebs that handled it less than famously.

Related: [Is Divorce the Best Option?](#)

Kim Basinger and Alec Baldwin

At the center of this couple's divorce was a bitter child custody battle. Kim claimed to have been victim to physical and emotional abuse during the marriage. Meanwhile, Alec tried to discredit his estranged wife by portraying her as moody and unstable.

What really turned up the spotlight on this nasty divorce was when a voicemail was leaked to the press in which Alec, in an angry rant, referred to his 11-year-old daughter as a “thoughtless little pig”. It was the voicemail heard ‘round the entertainment world, and resulted in a judge ordering that Baldwin be temporarily banned from seeing his child.

Lesson: Don't let frustration toward your ex spill onto your kids.

Related: [Demi Moore Proves There's Hope After Divorce](#)

Liza Minnelli and David Gest

Having been married and divorced 4 times, Liza is one celeb who could single-handedly affect Hollywood divorce statistics. Though their marriage officially lasted about five years, after the first year of marriage the couple separated and things got messy fast.

Gest hurled accusations and lawsuits at Minnelli, suing the Oscar-winning actress for verbal and physical abusive, even claiming she had given him an STD. Though David Gest hurled a slew of allegations in the courts, the whole ordeal ended with his case being dismissed.

Lesson: Toss the dirty laundry out with the relationship.

Denise Richards and Charlie Sheen

Nowadays, the name Charlie Sheen is pretty much synonymous with traits that are big red flags to most marriage-seeking women. Egomaniac? Check. Self-described porn-addict? Check. Drug and alcohol problems? Check, check. It probably doesn't come as much of a surprise that Sheen also has difficulty handling rejection.

When the couple split after three years of marriage Richards accused Sheen of being abuse, unfaithful, and an addict. Charlie responded with a string of voicemails and emails that

make Alec Baldwin's post breakup rant sound cordial in comparison. In a message leaked to the press, Sheen calls Richards a "sad, jobless pig" and even makes fun of Richards' cancer stricken mother.

Lesson: Don't resort to personal attacks.

There's no getting around it, love has the potential to make us all a little crazy. But if you skip the angry voicemail in favor of some healthy self-reflection you'll rebound from heartache as a stronger, happier person.

Sheena Clarkson is a freelancer who writes for McKinley Irvin and others. While researching this article she learned more than she ever wanted to know about Charlie Sheen.

Celebrity Couple Predictions: Halle Berry, Jada Pinkett-Smith and Heidi Klum





By Shoshi

A celebrity's love life tends to be packed with things that create a hot mess. At the end of the day, when it comes to their relationships, they're just like everybody else: simply trying to figure it all out.

For my first expert post, I took a look at the energy (aura) of some hot couples: the sexy Halle Berry and Olivier Martinez, open marriage lovers Jada Pinkett-Smith and Will Smith, and last but not least, Heidi Klum and her bodyguard boyfriend, Martin Kirsten.

Related Link: [Spring Cleaning: 5 Signs It's Time to De-Clutter Your Love Life](#)

Halle Berry and Olivier Martinez: I have been keeping a psychic eye on Halle Berry since she announced that she's dating Olivier Martinez. From the very beginning, their energy as a couple looked vibrant and stable. While women envy Berry and assume she can have any man that she wants, her love life tends to be filled with drama and heartache. Berry was always into the "pretty boy" types, not that that's a bad thing. However, Martinez is an upgrade; Berry finally has a grown man by her side.

Recently, Berry revealed that she is pregnant with Martinez's baby. Berry has never looked happier on the outside, but there has been a shift in her energy on the inside too. She is more settled and comfortable in her own skin. While she has made a shift to fully embrace self-love, Martinez has been a big part of healing Berry's energy in her heart. Looking at their relationship as a whole, they have a wonderful connection.

From what I can see, it looks like Berry will have a bouncing baby boy. I also predict that Berry and Martinez will pull a Janet Jackson move by getting married at a secret sexy location in Paris.

Jada Pinkett-Smith and Will Smith: Finally, Jada Pinkett-Smith decided to address the rumors about having an open marriage with Will Smith. Not so fast, though: she actually did *not* come out and say that they have an open marriage. We did find out that Smith is his own man who can do whatever he wants and that Pinkett-Smith trusts him since they have a grown-up relationship. Some people are confused about what the heck she means since it wasn't a direct statement.

This couple has a very interesting energy that looks strained in certain areas. It look like they were talking about divorce, which was coming more from the side of Pinkett-Smith, but she changed her mind. Smith appears to be exercising their rule of doing whatever he wants more than her. She was feeling a bit neglected, but it made her hubby realize that he has to prioritize what he has at home, or it shall be lost.

Although there is love in their relationship, it looks like the type of love that is friendship-based. There is a lack of passion between them at this point; if that doesn't shift, this marriage will be over for good.

Related Link: [Will Smith Says Family Is All About Love and Communication](#)

Heidi Klum and Martin Kirsten: When Heidi Klum started dating

her bodyguard, Martin Kirsten, it raised a few eyebrows. Hopefully, Kirsten will guard his heart in this relationship since Klum's energy has rebound written all over it. What Klum was missing in her marriage with ex-husband Seal, she is getting from Kirsten; however, she isn't allowing her feelings for him to run deep.

Kirsten is completely smitten with Klum and her kids. In fact, he had feelings for her before they started dating. It's not looking good for him though. Klum isn't ready to fully open her heart to anyone. One day soon, Kirsten is likely to get a kiss goodbye from Klum, and he won't even see it coming.

Dating Advice: The Key to a Lasting Relationship



By Alan Strathman

for GalTime.com

What makes a relationship last? Many people would say love keeps a relationship going. But if your love doesn't translate into compromise, it might be extremely difficult for both partners to stay committed.

On some level, we all hate compromise – when we compromise, we may not get what we want. In fact, we may not get anything close to what we want. But that's the nature of compromise, and it's necessary if you want to see your relationship go the distance.

Creating “We-ness”

Compromise creates what psychologists call “we-ness,” the sense that both partners feel they're “in this together.” Partners who have this sense of we-ness tend to use couple-oriented words like we, us, and ours, rather than individual-oriented words like I, me, and mine.

We-ness is self-perpetuating; as we hear the words more often, we *think* the words more often, and when we notice that our thinking has changed, we feel more engaged in “couplehood.” As we become more entrenched in this way of thinking, we are more likely to search for solutions that serve both partners and continue this positive trend.

Obstacles to Compromise

Our willingness to compromise is deeply impacted by our perception of fairness. If we think we're getting the short end of the stick, we become more stubborn. But it's important to understand that the amount of compromise may balance out only in the long run. If you zero in on a single negotiation, one person may seem to come out ahead. Fortunately, what often matters more than the outcome of a discussion is that both partners have a say in the negotiating process. This can make

even an unfair outcome feel fair.

In addition, comparison can throw off your perceptions of your relationship. It's common to compare your contribution to the relationship to your partner's contribution. It's also typical to contrast your relationship with other relationships. This is a dangerous game. There are many aspects of other relationships that you *don't* see, so focus on your own relationship and don't make assumptions. We are all individuals, and our relationships are reflections of this very fact.

Tips for Developing We-ness

A deep connection doesn't typically develop on its own – it's far too easy for us to take our partners for granted, or expect our partners to compromise on our behalf. There are ways, however, to consciously create a sense of we-ness.

Put the Relationship First

We often get so focused on getting what we want that we sometimes lose sight of what would be best for the health of the relationship. Recognize that what is best for "us" as a couple can be different than what's best for us as individuals. In other words, don't be selfish.

Don't Keep Track

Keeping track of who got more, or who won a particular negotiation, is characteristic of the type of short-term exchange relationships you have with car dealers, not the lasting, communal ones you have with people you love.

Have a Win-Win Mindset

Give-and-take involves negotiating, but not the kind of negotiating you do when buying a car. Negotiating with your partner in a lasting relationship should involve finding outcomes that are mutually satisfying. Resentment shouldn't

secretly build over any of the decisions you make together.

Consider Your Partner's Perspective

Research has found that both parties end up with better outcomes when each is considering his or her partner's interests – and the possible reasons behind them. Be careful to avoid making decisions based on assumptions about what your partner wants. Instead, listen carefully and consider what he's telling you.

Focus on Feelings over Words

Accept that, sometimes, we cannot clearly express why we want what we want. We often get focused on explanations, but behavior is often driven by feelings, which are hard to put into words.

Compromise can be hard, but if you're focused on the greater purpose of establishing a lasting relationship, you can find the strength to resist taking what you want all the time – and instead focus on giving to the one you love.

Celebrity News: Actor William Levy Plays Casanova in New Pepsi Next Campaign





By [Lori Bizzoco](#)

Actor William Levy has had a very busy career! Modeling, *Telemundo*, JLo's *I'm Into You* music video, VH1's *Single Ladies*, *Dancing with the Stars* and so many other credits to his name. Now Levy is here to chat with us personally and giving us the scoop on his upcoming movies "Addicted" and "Single Moms Club." He also talks to us about life as a single dad, what he looks for in a woman and his newest campaign for Pepsi Next Campaign. William will play six different characters in the upcoming campaign, including the role of Casanova, one of his favorites.

Which William Levy Character is Your Favorite? Check them out [here](#).

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

Celebrities That Actually Get Their Hands Dirty When Giving Back



By Samantha Menjor

Picture this: You are helping rebuild homes destroyed by Hurricane Sandy down on the Jersey Shore. You ask a fellow volunteer to give you a handful of nails, and when you turn around you're staring into the eyes of Brad Pitt himself! While the chances of that scenario actually happening are slim, it is no surprise that most, if not all, celebrities attach their name to some sort of charity work. Whether they are boosting their image, expanding their brand, or truly helping out those in need, you can always count on seeing a celeb promote a foundation or organization at some point throughout their career. However, many times it is hard to differentiate between those who volunteer for good publicity and those who are really adamant about helping the less

fortunate.

Most Charitable Celebs

Angelina Jolie: We've watched Angelina Jolie grow from a wild child to a doting mother and philanthropist for a plethora of causes. A majority of her work surrounds her children, three of whom were adopted from different countries around the world. Her want to help others seems to have rubbed off on her celebrity love Pitt, who has joined her on many humanitarian efforts. The parents of six started the Jolie-Pitt Foundation in Cambodia, the native country of their eldest son. The organization focuses on eliminating rural poverty and protecting natural resources and wildlife. Since its beginnings in 2003, the foundation has expanded to provide aid in over 60 countries. Jolie is also a special envoy for the UN High Commissioner for Refugees, a role in which she will contribute to finding solutions for people displaced by conflict. Are you wondering how she does it all? So are we!

Related Link: [Jay-Z and Beyonce Raise \\$1 Million at Fundraiser](#)

Oprah Winfrey: Even if you haven't watched her number one daytime television talk show, you know that the celebrity news surrounding Oprah has shown she has always been a strong advocate for education. The Oprah Winfrey Foundation awarded grants to organizations that support the education and empowerment of women, children, and families everywhere. During a visit with Nelson Mandela in 2000, she pledged to build a school, which created the Oprah Winfrey Leadership Academy Foundation. Winfrey herself contributed 40 million dollars towards the creation of her self-named leadership academy for young girls in South Africa. Because she has such a large following, she encouraged her audience to get involved with her public charity Oprah's Angel Network, which has raised over 80 million dollars to fund projects all over the world. Winfrey is one of the few celebs whose altruistic

credibility you cannot deny.

Related: [Charlize Theron's 'Scary' Blind Date for Charity](#)

Elton John: This British pop singer has lost many close friends to HIV/AIDS over the years. As a coping mechanism, he decided to dedicate a large part of his time and money to fighting the auto immune disease. In 1992, he started the Elton John AIDS Foundation (EJAF), which works to cushion the blow of destruction the disease causes worldwide. EJAF has raised over 125 million dollars to support efforts in 55 countries since its commencement. The singer has also given a staggering amount of his own money to charity. In 2004, he gave 43 million dollars to different foundations, making him the most generous person in music that year. We cannot forget about his song "Candle in the Wind," which he wrote following the death of Princess Diana. Proceeds from the hit single totaled 40 million dollars, all of which was donated to charity.

These three celebs have made it their life's mission to use their fame to make a difference in the world. Their selflessness has made an insurmountable difference in the lives of so many of the less fortunate throughout the world. There are plenty of stars who could probably take notes from these influential characters.

What other celebs do you think deserve to be on this list? Let us know in a comments below!

Dating Advice: 3 Ways to Use

the Psychic Edge to Find Mr. Right



By Louise Helene

Celebrities face the same challenges in love as everyone else, only their mistakes and heartbreaks are made public. Many of them seem to be repeating the same mistakes. If they would just listen to their inner intuition, or their “psychic edge,” their love lives would be much happier. Here are a few exercises that can help them *and* you:

Related: [Is That You, Mr. Right?](#)

1. Visualize Your Dream Man

Visualization is a powerful tool not only to draw to us what we want, but to exercise our psychic muscles. When we focus on something, we help the universe send it to us. I psychically feel Kim Kardashian longs for her soulmate. Because of her numerous failed relationships, many people

wonder if it will last with Kanye West. Kim should lie down in a quiet place and get comfortable, closing her eyes and taking a few deep breaths. When she is totally relaxed, she should visualize the man of her dreams, being as detailed as possible. Once she has a clear image, she needs to say out loud, "Darling, I will know you when I meet you," repeating this five times. Kim's main problem is not recognizing her dream man when he comes along; this exercise will help her – and you – to do just that.

Related: [Fishing for Mr. Right – Types of Guys to Throw Back](#)

2. Command Him into Your Life

Never underestimate the power of sound, especially your own voice. Sound vibrations are very powerful in the universe and help us focus intuitively, helping us make the right decisions. Taylor Swift is one celebrity who's famous for singing about her Mr. Wrongs. She could use a psychic nudge to attract Mr. Right.

Every morning when Taylor wakes up, she should look in the mirror, close her eyes and take three deep, relaxing breaths before saying out loud, "Love of my life, come to me." She should say this three times, with confidence and belief, and repeat this mantra before she goes to bed. Done regularly, she might be planning a wedding in the coming year.

3. Write Down the Possibilities

There are many potential conclusions to any romance. Writing down these possibilities gives us a powerful psychic edge. What does your gut say? Just imagine the heartbreak that could have been avoided if Katy Perry, Selena Gomez, or Demi Moore had tried this simple exercise.

Whenever you have a question about a man in your life, write several statements about him down on slips of paper and fold them in half. For example: "he is a cheater," "he loves his

ex,” or “he is my soulmate.” Put all the slips of paper in a bowl. Close your eyes and meditate for a moment before randomly choosing one of the slips of paper. What is your immediate reaction to the statement? Many times our conscious mind suppresses our natural insight. This is a wonderful way to feel the subtle sensations of your own intuition.

Romance is very challenging for all women, famous or not; that’s one thing we all have in common. We need to start using our psychic edge to find the happiness we deserve.

Louise Helene is a second-generation psychic, Tarot reader, and crystal ball gazer who has conducted thousands of readings during her thirty-year career as a spiritual advisor. She is the co-author of I Saw Your Future and He’s Not It: A Psychic’s Guide to True Love. www.louisehelenethepsychic.com

Dating Advice: Words That Wound Men





By Marcus Osborne

for GalTime.com

For most guys, the very idea of being caught in an emotionally vulnerable moment is...oh, what's a good word?

Nauseating. Literally.

Yes, I absolutely mean that if offered a choice between throwing up and admitting that he cried at the end of "The Notebook", most guys would choose to bury their faces in a barf bag. It doesn't matter how enlightened or evolved the guy happens to be, when it comes to exposing of real, raw, hurt, guys will fight it. And they will fight it like Luke Skywalker fought the dark side of The Force.

It's not that men *want* to be that way; it's just something that simply can't be helped. Guys are genetically predisposed to hide feelings because showing feelings of hurt is showing weakness. And as much as ladies say that they admire a guy who's unafraid to bare his soul and shed a tear, that guy may get a pass at first. But if he bares that bleeding heart too often, the lady eventually thinks, "too soft" and she's out of there! An inconvenient truth...women get the lifetime emotional hall pass, *guys...don't*.

And though women tend to believe otherwise, when couples argue, guys are often hurt by many of womens' mid-fight retorts and declarations. And just as guys know that there are certain buzzwords and statements guaranteed to be a roadblock to reaching any resolution, women should know that there is a female equivalent. Guys have feelings too!

So I'm going to give you an assist. The following list is comprised of a few particular words and phrases that are guaranteed to wound a guy no matter how he may react outwardly. So here we go...

1. "I'll just talk to someone who understands me." – So you're saying that I'm such an awful partner that I've spent all this time with you without paying attention to your particular emotional needs? Wow. That hurts.

2. "You never..." – This is a particularly hurtful statement. Why? Because by saying, "you never...", you've essentially made it clear that something he most likely *has* done at least periodically, was a waste of time and effort because you didn't notice it anyway. And you can't save the situation by saying, **"Well, you know what I mean."** Nope. We don't know what you *mean*. We don't read minds. We know what you've *said*, though.

3. "You always..." – See above.

4. "I just can't talk to you." – This stings. All we ever want to do is make you happy. It may not always seem like it, but generally that's where most guys' heart lies. Say that and the guy immediately thinks, "You can't talk to me? All I do is try to talk to you and hear whats on your mind...but when I ask you 'what's wrong?' You say, 'nothing.' I can't win."

5. "_____ used to do _____ for me/with me!" – Ouch. If _____ was so great, why the hell didn't you stay with him?

6. "You're boring." – Come on. Seriously? I mean even if that's kind of true, there's got to be a better way to relay the message that you'd like to go out more often. Being told you're boring is a stab right in the heart...NO guy wants his

partner to think he's bland. That comment is also a kick to a guys' confidence. Now he's worried that his lady is seeking excitement somewhere other than him.

There are more, but the greater point here is that you may want to think twice before blurting out something in anger or out of blatant insensitivity. Guys may not always share the hurt, but they feel it – and far too often that point is forgotten simply because a man is....*a man*.

Dating Advice: When Do Opposites Not Attract?



By Courtney Allen

'Opposites attract'... a saying you've heard from your supporting best friend as you desperately try to put the

puzzle pieces together in order to explain why you find interest in the 5'9" college freshman, instead of the tall, stacked senior track star that runs alongside you. Well, don't waste your time trying to figure it out; it happens to the best of us! The truth is: dating someone who is opposite from you is quite the learning experience if you have the right combination of differences. Sometimes opposites are not so hot, and can backfire at first sight or first discussion. If you meet someone whose opposite from you in the following three ways, your red flag will most likely go up:

1. Religion: Religion can be a killer when it comes to attraction. It's the one thing that many people are not willing to compromise on. If you and a potential love interest are on two completely different pages when it comes to religious beliefs, the attraction between you will suffer.

Related: [Five Reasons Why Opposites Attract](#)

2. Physical attractiveness: Physical attraction is the first and usually most important rules of attraction. It's very rare that you spot a picture-perfect model with someone who is short and seems to be out of shape. We are typically attracted to those we consider just as attractive as ourselves.

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

3. Needs: Having different needs can ruin attraction right off the bat. People that are independent and needy, in search of a relationship and in search of a good time, the desire for kids and the desire to not have kids... all of these needs most likely need to be aligned.

What qualities that are opposite from your own do you find unattractive? Share your ideas with us!

Celebrity News: Actress Brooke Burns Says, “Love Is the Inspiration For Life”



By Sarah Ribeiro

Actress Brooke Burns, who is perhaps best known for her role on *Baywatch*, hits the small screen this weekend in the premiere of Lifetime's made-for-television movie, *A Sister's Revenge*. In the film, she plays Suzanne Dell, a relentless woman seeking revenge on the man who hurt her sister many years ago. “It was a really fun role to play because of Suzanne’s single-minded evilness,” says the blonde beauty. “She’s a rich, layered character who justifies incredible wrongs because of her deep love and devotion to her sister. Her desire to avenge her sister’s death blinds her to reality.”

Despite this merciless role, Burns tends to focus her career – and her life – on love. She just shot the pilot for GSN's new dating show, *Where Have You Been All My Life?*, which she will be hosting. The show is rumored to be a modern-day version of the popular 70's show, *The Dating Game*, but she explains that the only similarity is that there is one "looker" who is interviewing three bachelors or bachelorettes. "It's different in that we show a timeline of the date's photos from birth to young adult life," the host reveals. "The questions are focused on getting to know the person throughout his or her life. We do occasional 'status updates' and a 'friend request', so the show is congruent with the very popular social media and online dating scene of 2013."

Related Link: [Online Dating Isn't a Threat to Monogamy – It's a Blessing](#)

Burns says she was attracted to the show because it focuses on the psychology of dating, which is important to someone who is a self-proclaimed hopeless romantic. "I've always been the girl to save love notes, the napkin we doodled on in Paris, the leaf he gave me at the park," she confides. "Without love, the garden of life is dull and mute. Love breeds growth and vibrancy that allows you to expand, the way a garden does in the spring."

In contrast to her current success with love – Burns is engaged and happily planning her wedding to director Gavin O'Connor – she has experienced her share of dating woes, not unlike the contestants on *Where Have You Been All My Life?* "The worst date I've ever been on was a first date," the actress reveals. "The guy went overboard and showed up at my apartment with groceries forty-five minutes early. He made himself at home in my kitchen and cooked breakfast. He had a limo waiting outside to take us to a tennis tournament that lasted all day. I know it sounds divine and fabulous, but five minutes into the date, he gave me the creeps! I was young and felt guilty into staying with him the whole day."

However, she credits those bad dates with her emotional growth and says “love is the inspiration for life. Every experience I’ve had with love has made me a fuller, stronger person. I’ve experienced the highest of highs and the darkest of lows because of love, and I’m thankful for both. “

Now, as a mother to her twelve-year-old daughter, Madison, Burns has learned how to balance her relationships with her career. “The balance, for me, comes in always putting my family first,” she shares. “It’s the way I’m programmed. My fiancé has an eleven-year-old daughter, and we got really lucky because the girls adore one another.”

Related Link: [‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set for Your Child”](#)

Burns, who was married to *Fantastic Four* actor Julian McMahon for two years and also dated Bruce Willis, understands the importance of remaining hopeful and not giving up on romance. “You can never predict when or where love will find you. The secret is...there is no secret. When chemistry comes, it comes, and hopefully, love will follow.”

A Sister’s Revenge premieres on Lifetime this Saturday, April 27th at 8pm EST. *Where Have You Been All My Life?* is set to premiere on GSN in the fall.

Reality	TV:	‘The
Bachelorette’	Star	Arie

Luyendyk, Jr. Says, “When You Stop Looking, You’ll Find What You’re Looking For”



By [Whitney Baker](#)

[Johnson](#)

Most women know Arie Luyendyk, Jr. from appearing on Season 8 of *The Bachelorette* with Emily Maynard, but this eligible Dutchman made headlines far before ABC’s popular reality competition show.

Growing up the son of a two-time Indianapolis 500 winner and Indy speed record holder, Luyendyk initially made a name for himself in the car racing world. “I grew up at the track, so being a driver felt natural to me,” he says of his career choice.

Being a driver wasn’t enough, though. “Honestly, I needed a

break from racing after Dan Wheldon's tragic death, so when *The Bachelorette* producers called, I thought why not! I've always been a very open and optimistic person. I went into the show with that mentality and met an amazing person."

Although he didn't win Maynard's heart, the handsome runner-up formed lifelong friendships with two of the men he strongly competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard's final choice. "Sean and I still chat every now and then, and I'm really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit." He adds, "You definitely grow close to the other guys. I think it's because being on the show is so crazy and hard to explain."

Related Link: [‘Bachelor’ Sean Lowe Fires Back at Rumors Pointing to Troubled Relationship](#)

When it comes to dating, he confesses that he definitely learned some important love lessons from being on the show. First, "love potions don't work!," he jokes, referring to his last date with Maynard in Curacao.

On a more serious note, his relationship advice to others would be "when you stop looking, you'll find what you're looking for." It seems like he's strongly committed to this motto because, simultaneous to our interview with him, he took to Twitter to share the same quote with his fans.

Could these words of wisdom be a result of his short-lived relationships with Courtney Robertson, *The Bachelor* Season 16 winner, and Selma Alameri, one of Lowe's eligible bachelorettes?

"Dating is more difficult now because there are some big expectations." Still, he believes that he'll find "the one" someday. "I think falling in love is rare and the way that you are with someone special is unique. Hopefully, I can meet someone who loves me and not the idea of who they think I

might be.”

When it comes to the right woman, he says he wants someone who is “witty, amazing and has a good sense of humor.” And whenever she comes along, he’ll be ready. “When the time is right, I’ll know it, but you can’t plan a wedding if you don’t even have a girlfriend.”

Related Link: [Desiree Hartsock Is the New ‘Bachelorette!’](#)

So would he ever sign on to be *The Bachelor*? “I think I would if it didn’t conflict with racing and if I wasn’t dating anyone.”

For now, though, ladies, when it comes to dating, this man is taking to slow. It seems like he’s back to focusing on his career.

Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he’ll be driving at The Long Beach Grand Prix in Robby Gordon’s Stadium SUPER Truck Series and IndyCar’s 2-Seater. “I’m super excited for the weekend. This race is the only one we have on pavement, so I feel like I have the advantage going in,” he shares. “I hope the fans enjoy the race and come out to our stand-alone event at the LA Coliseum on Saturday, April 27th.”

Plus, he’s working towards a new show of his own, so we should be seeing the good-looking driver on the screen again soon. Cross your fingers!

For more information about Luyendyk, you can follow him on [Facebook](#) and [Twitter](#).

Relationship Advice: Is He In It for the Long Haul?



By Abraham

Morgentaler, M.D.

One of my goals in writing my new book was to help women understand men better. Over the last 25 years of talking with thousands of men with their pants down – literally and figuratively – I’ve learned what makes a man tick when it comes to love and romance. Although there’s no foolproof way to tell if he’s really in it for the long haul, a number of clues can help a woman tell if her man is smitten. Hopefully those clues are easier than figuring out if he’s faking orgasms during sex, like the young man in love in my book.

Men and commitment

Contrary to popular “wisdom,” men have a tremendous capacity for commitment and loyalty. However, men will not happily

commit to any woman unless he feels manly with her. I say “happily commit” because some men do wind up with women who don’t make them feel good about themselves. Those marriages are doomed before the wedding vows are over. Trust me, you don’t want that. No, you want a man who commits to you because he adores you.

Related Link: [What To Know Before You Say ‘I Do’](#)

A happy romantic commitment by a man requires two key elements. First, he feels like a good provider, inside and outside the bedroom. If a man can find a woman with whom he feels gallant, big and capable, then he’s more than halfway home to his own vision of romantic love. Second, he has to make his own decision to commit.

Promising signs

Here are some promising signs that he thinks of you as more than just a casual girlfriend:

- He introduces you to his family and friends
- He invites you to join him for his reunion scheduled a month or more away
- He is attentive to your sexual pleasure
- He opens the car door for you or insists on buying the popcorn at a movie long after the second date

Related Link: [Guys Edition: How To Behave Like A Gentleman](#)

What if he doesn’t seem ready to step up?

Many couples stay together for a while because things seem fine and easy. However, a more serious commitment requires more serious feelings. Sometimes it’s just not there for the man. And sometimes the man does want more but isn’t sure whether the woman feels the same. If your guy seems really into you, but the relationship isn’t progressing, take a moment to consider whether you’ve stepped up for him.

-Have you introduced him to your parents or other family members?

-Do you invite him to work events as your boyfriend?

If you don't seem proud to be identified with him among the important people in your life (not just your roommates or best friend), he may well believe you don't see him as "the one."

Finally, show some self-respect. If you're not already monogamous, tell him he'll now need to be or you'll be unable to see him any longer. If you don't believe you're worth it, he won't either.

Dr. Abraham Morgentaler is the author of Why Men Fake It: The Totally Unexpected Truth About Men and Sex, and you can follow him on Twitter @DrMorgentaler.

Dating Advice: When Can You Trust Him?





By Jane Greer, Ph.D.

for GalTime.com

Sports celebrity couple Tiger Woods and Lindsey Vonn announced recently that they are officially an item after much speculation. Adding to the intrigue, of course, is Tiger's history, which speaks for itself. It makes one wonder, how do you know if you can trust your new partner?

Take a typical dating scenario any single person might find themselves in: everything seemed great at first, then he canceled one date, and then another. The first time he said he had a cold, the second an old friend was in town. Last night he couldn't make dinner because he said he had to work late unexpectedly. The thing is, you really like him and he keeps making future plans. But with his recent track record, can you trust that he's going to come through on Thursday as promised? And what can you do so you're not just stuck in a holiday pattern?

The first step to take is to have a back-up option – something scheduled in case he once again cancels the next date. That way if you're already halfway through getting ready you will still have someplace to go. Most important, you won't be alone and stranded with nothing to do. Next, if you do see each other again, check out his M.O. with a causal question, "Do

you often change plans at the last minute?" If he says yes he does, then let him know you would rather leave things more open and flexible. Instead of making a date to go out on Friday night, ask him to call you at whatever point he knows he is going to be free. If you are still available, you'll go out, and if not, you'll try for another time. This will eliminate your waiting and wondering all week if he's going to come through.

The bottom line is, if you're not feeling that your time is being considered and that you're important to this person, you especially want to make sure you look out for and take care of yourself. While it's possible that three things came up in a row that he couldn't help, and it has nothing to do with his feelings for you, you want to make sure you don't feel like a puppet on a string. Avoid waiting around in limbo and stay active and involved in your own life. When you think about yourself and have something else to do just in case, you won't get derailed by his thoughtless behavior.

Celebrity News: Comedian Julia Sweeney Tells Us Why 'If It's Not One Thing, It's Your Mother'





By Jessica

Conigliaro

It's almost every girl's dream to get married and start a family one day. But what do you do when you reach a certain point in your life and that dream hasn't come to fruition—yet? Actress, comedian and author Julia Sweeney took matters into her own hands: she adopted her daughter Mulan *before* she found Mr. Right. In her new memoir, *If It's Not One Thing, It's Your Mother*, she tackles life's challenges with both humility and humor. Sweeney shares the difficulties of having a family and the importance of making time for yourself. Here, she chats with CupidsPulse.com about adopting her daughter, finding love as a single mom and her upcoming projects, including a voice over role in the upcoming *Monster Inc.* sequel, *Monster University*.

In your book, you discuss how important starting a family was to you and your decision to adopt a baby without a partner. There are so many single women out there who want the same thing and feel like time is escaping them. How difficult is it for a single woman to adopt?

For me, it was really easy. I decided to adopt from China. There was a two-year waiting list, and I wanted a long wait; there were so many things I wanted to do first. I'm really

glad I did it. In many ways, I was very naïve, but I'm sure that's how it is for all parents before they have a kid.

Was adoption always the only option for you?

There are so many kids in this world who desperately need parents. There are definitely more children who need parents than there are parents out there to take care of them. I felt like trying to have a biological child was unethical, so I never seriously considered it.

Was your daughter's name inspired by the Disney character?

No! Put that in caps – NO! That was her name in China, and I immediately changed her name to Tara Mulan. When she was about three-and-a-half years old, she announced that she was Mulan. My daughter came from China with so little, but she did have a name, and she liked it – so we legally changed it back to Mulan.

Let's talk about relationships. Was it challenging for you to find love after you adopted your daughter?

In some ways, I've never had so many guys interested in me as I did after I became a single mom, which I think is so funny. I think the reason is that, before Mulan, I was like a loaded bullet on dates. I wanted to be a mom, and I was over 40; there was a lot that I wanted from a man. I think that scared them off, which is understandable. You like to start a relationship thinking people don't need so much from you. People start healthy relationships that way.

Once I actually had a kid, two wonderful things happened. First, all of that was off the table – I'd done it on my own, so I didn't need a guy to do it anymore. Second, I had so much love in my life from this kid that I was a much less needy date. I didn't care if I was dating or not, which made a lot of guys more interested.

How did you meet your husband? How old was Mulan at the time?

Mulan was six years old, and we met him in a crazy way. I got a fan letter from his brother, proposing to me on Michael's behalf, even though Michael didn't know anything about it. It was a cute letter, but I didn't respond to it. Several months later, I came out of a show, and there was a guy waiting in the lobby. He told me he wrote a letter about a year ago, proposing for his brother. He told me his entire family, including Michael and his mother, were mad at him for sending the letter and weren't talking to him. I wrote to Michael and told him not to be mad anymore. He wrote back and said how embarrassed he felt. We just kept writing to each other, and eventually, he did, in fact, propose.

How did you know your husband would be both a good partner for you and good father to your daughter?

I was so smitten with him, and nature just took over. He had a solid career, and I admired that. The thing I really liked was he had achieved success in his field and wasn't an insecure guy. Insecurity is such a poison, but Michael was comfortable with himself. That was a huge ingredient that went into our comfortableness around each other.

He was also really great with Mulan. He's a quiet, calm, reassuring presence and doesn't get ruffled very easily. I'm much more emotional, and he's more steady. I could see that personality trait being such a good addition to our family.

You discuss how hard you worked to start a family, yet you feel like you need to escape from them sometimes. Mothers have such guilt when it comes to needing time for themselves. Any advice you can give for just letting go?

One thing that was hard for me when it comes to having a family is having constant interaction with others. I lived a long time by myself where I could work and come home and really decompress in my own way. Even though it seems like I'm

an extrovert, I really have to honor the part of me that's an introvert. I guess my advice would be to try and do things on your own: go off to a movie by yourself or go sit in a park for an hour each week. I definitely need that.

You spent a month away from your family. During this time, you reflected on your life and what you wanted out of it. What did you learn during this time?

I realized how much I loved and cared about my family. I just missed them and wanted them to come back. I also realized I needed to build more breaks into my life, so it doesn't get to the point where I need a month alone again. I'm always a better mother when I've had a couple hours off.

And finally, outside of your book, do you have any other projects in the works?

I do! I have this show that I do with Jill Sobule called *The Jill and Julia Show*, and we have a website going up soon. We go around and do shows over the summer; she sings, and I tell stories. It's really fun – Jill is my best girlfriend, and we just have such a great time on stage together. Our shows are really about the ups-and-downs of our careers and relationships. We've kind of been humbled by life.

I'm also a voice in *Monsters University*, the sequel to *Monsters Inc.*

You can purchase a copy of If It's Not One Thing, It's Your Mother in bookstores and online from [Amazon](https://www.amazon.com). For more information about Sweeney, visit her juliasweeney.com. Be sure to check her out in Monsters University too, out on June 21st.

Dating Advice: Fun Dates That are Virtually Free



By Meghan Fitzgerald

Money is not always available in times of need. Queue dating. Dating is difficult as it is...the anxiety of the date, the stress of where to go, what to do. Double that difficulty if your financial situation is not at "its' best." Plus, perhaps your mate's financial situation is also in the dumps. There are always ways to bend the rules of physics and plan the perfect date for little or no cost. Fun dates are a possibility, even if you are flat-out-broke. A relationship can loom from Ramen noodles! Here are some tips:

-Make a time capsule. Gather you and your partner's favorite memories. Take apart these memories and put something into the capsule that reminds you of it. Put in the shirt you wore your first date. A picture of you two together. Items you both will cherish.

-Picnic. Pack a basket full of your favorite Chardonnay, gourmet cheeses from Trader Joe's, and a music player filled with a mix tape of your favorite songs. Enjoy the day outside with one another.

-Roller skating. As corny as it may seem, roller skating not only takes you back years. However, it is cheap and a fun night out. Enjoy some drinks, disco balls, and cheesy love songs.

Related: [How to Avoid Arguing Over Money](#)

-Play grown-ups. Dress up in your finest, most adolescent clothes and visit open houses. Joke about where you would put your beige Northern Hemisphere Marc Blackwell love seat. What you would do with the kids in the house. Have fun with it.

-Nature. It is given to us people to enjoy. Go hike up Diamonds Head. Pack a bag of trail mix, water, electrolytes, and a camera. Sweat and laugh. Joke and embrace one another.

-Local farm. Spend the day with your beau picking fruits at the nearest farm. Take back all of your goodies to the kitchen and spark up some spice in the kitchen. Think of what you can use it for, make up your own recipe!

Related: [Who Do We Really Think Should Pay for The First Date?](#)

-Wine tour. All you have to do here usually is buy a ticket for the venue and drink away. Enjoy the scenery, culture, and your partner.

-Movie date: Take your mate out to a matinee. It is immensely cheaper to go to the movie theater during the day. Sneak in candy and drinks. Buy a large popcorn and share under the dark lights.

-Art gallery: Walk or cab it towards your local art gallery. Have pretentious conversations of the paintings lighting, hues, and purpose. Enjoy cappuccinos at the nearest coffee

shop afterwards.

Have you ever gone on a fun date which was virtually free? Explain below.

Dating Advice: 5 Signs It's Time to De-Clutter Your Love Life



By Rachel Sussman

Spring is the season of renewal and fresh starts; as the days start to get longer, you may begin to see your relationship in a new light. So how do you know when it's time to do some "spring cleaning" in your love life?

Online dating sites ChristianMingle and JDate recently

surveyed more than 2,700 singles for their inaugural State of Dating in America report, revealing what they really think about dating, sex, marriage and more. The stats in the report can help you see how your relationship stacks up in comparison to other U.S. singles.

To help determine if it's time to do a clean sweep of your love life, I've compiled a list of five tell-tale signs based on the report's findings:

1. If he won't commit: More than one-third of singles surveyed think that one to two years is the minimum amount of time to date before getting engaged, and only two percent said that more than five years is the appropriate amount of time. So if you want to take that next step and after five years of dating he still shows no signs of proposing, it may be time to move on.

Related: [Falling In Love: When to Say the L-Word for the First Time](#)

2. If he doesn't get along with your friends: As the saying goes, chicks come first, so it's no surprise that women say their friends have the most influence on who they date. It's important to make sure your friends and your guy get along, for the happiness of all.

3. If he's unfaithful: This one might seem like a no-brainer, but in fact data shows that men and women have different views on cheating. Women are more likely to believe that having an emotional relationship, texting or online flirting is cheating; make sure you discuss these issues to prevent future conflict or misunderstandings.

Related: [You've Cheated, So Now What?](#)

4. If he doesn't like your pet: One quarter of singles would break up with someone if their pet didn't like that person. Fido or Fluffy is going to be in your life for a long time, so

it's important that they mesh well with any humans you bring into the family.

5. If you have different world views: Nearly three-quarters of singles are looking for a partner who shares their religious faith. If you and your mate have vastly different views on religion or other important issues, it's not an issue that will easily go away, and could cause conflict down the road.

Rachel Sussman is a licensed psychotherapist, relationship expert, author and lecturer. She is the founder of Sussman Counseling, a psychotherapy practice specializing in treating couples and individuals with relationship dilemmas. She is the author of THE BREAKUP BIBLE: The Smart Woman's Guide to Healing from a Breakup or Divorce.