

# Must Love Dogs: More Singles Getting Pets



By Laura Seldon for GalTime.com

A new study suggests American singles are taking their search for love into the wild! The American Veterinary Medical Association (AVMA) says there has been a major rise in pet ownership among singles since 2006 as they look to fill a sense of love and family in their lives. It seems these little creatures are serving as creatures of comfort for singles.

## Singles Tap into Their Animal Instincts

According to a recent AVMA survey, pet ownership among single people has increased by an impressive 16.6 percent – from 46.9 percent pet ownership in 2006 to 54.7 percent in 2011. While

it's still more common for a pet to be owned by a family, the increase in pet ownership by singles far exceeds the growth of pet ownership for families, which has only grown by 1.37 percent since 2006 (from 65.5 percent to 66.4 percent). Other interesting findings include:

- Pet ownership among divorced, widowed and separated adults grew by 17.7 percent, from 51.3 to 60.4 percent.
- The number of single men living alone with pets increased by 27.7 percent, from 34.3 to 43.8 percent.
- The number of single women living alone with pets increased by 22 percent, from 46.8 to 57.1 percent.

## **Paws for Thought**

Pet ownership has not only been linked to positive mental and physical health outcomes, but in general has been shown to make people happier.

“Surely the most important role our pets play in our lives is that they love us. No person is too old or ugly or poor or disabled to win the love of a pet – they love us uncritically and without reserve,” writes *Between Pets and People: The Importance of Animal Companionship* author and animal behavior expert Elizabeth Marshall

Increasingly, singles are becoming aware of just how much a pet can serve as a source of love.

“It's interesting to see that more and more single people are discovering the comfort and satisfaction that owning a pet can offer,” says Dr. Douglas Aspros, president of the AVMA. “Pets are powerful, positive influences on our lives, offering unique emotional, psychological and physical health benefits to their owners.”

Animal Magnetism

Pets can serve as important sources of social and emotional support. However, according to research published by the American Psychological Association in 2011, researchers found that pet owners were just as close to key people in their lives as to their animals, indicating no evidence that relationships with pets came at the expense of relationships with other people – or that people relied more on pets when their human social support was poorer. So, while more and more single people may be in the throes of “puppy love,” it doesn’t mean your love life has to go to the dogs!

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## American Romance Film, ‘To The Wonder’





By Meghan Fitzgerald

In this new movie, 'To The Wonder,' Ben Affleck plays Neil, an American traveler who winds up falling in love with Marina (Olga Kurylenko). Marina is a Ukrainian divorcee raising her ten year old daughter Tatiana in Paris. The newlyweds take their romance to Mont St. Michel, with Neil making a firm commitment to his love, Marina. Marina and her daughter Tatiana move to Oklahoma for Neil's sake, and settle down as a family.

**Should you see it:** This is not some measly star actor here ... it's Ben Affleck ladies and gentleman. He's got scruffy facial hair, superb eye for producing, and is an all-in-all phenomenal actor. Plus, he's the director and actor of *Argo*, and *The Town*. If you are completely infatuated with Ben Affleck, or simply enjoy his impressive acting skill...see this movie.

**Who to take:** For this movie, take someone who thoroughly enjoys cinema. Someone who appreciates great acting, a strong romance story, and is willing to shed a few tears in the

theaters. This is a great movie for a date night out. With warm weather rolling its' way in, take your partner to dinner somewhere outside. Than treat them to this tear-jerking, heart ache of a romance film.

**Related:** [Comedic Romance Film 'Admission'](#)

The relationships cools off as Marina and Tatiana go back to Paris because of visa expiration. Neil rekindles a past relationship, Jane. An old flame who he inevitably falls in love with again. Drama ensues with Marina and Neil is left to decide what to do. Who to love. Where to go. What is life supposed to be.

**When should you get back together with an old flame?**

**Cupid's Advice:**

There will usually come a time after a breakup when you'll want to get back together with your ex. You have to handle this situation carefully because you may get back into the relationship for the wrong reasons. Make sure your head it clear when you reconsider the two of you. Cupid has some more advice:

**1. Soul mate:** Many believe that there is a person out there in this enormous universe which is yours. Your other half, the person who keeps you sane, keeps you happy, and keeps you in love. If you know that your ex is your soul mate, make sure of it. Don't hop back into the relationship because you're lonely or jealous. If you know you two should be together, do something about it.

**2. Responsibility:** There are certain responsibilities attached to relationships. Especially if children are put into the equation. If your ex is suffering, both physically and financially. There comes a time where it may be your responsibility to rekindle the relationship for your partner's



sake. Only you know what these situations are, and only you can determine if it is worth the risk.

**3. Change:** Did you and your mate end things because they weren't what you thought they were? Have they now changed and you are considering getting back together? This is common throughout breakups everywhere. It is possible for a person to change. You may not want to believe it, however it is true. If your ex really has changed, rekindling is a superb idea.

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## Celebrity News: Celebrities In Trouble with the IRS



By [Whitney Baker Johnson](#)

Everybody dreads tax season – and celebrities are no different. Sure, it's a huge pain to gather all of your receipts and organize your files, but it's even worse if you owe money to Uncle Sam. Of course, you can always ignore that looming deadline and file late, although some people take this extension for granted. Many folks – famous or not – try to avoid payment for years, resulting in millions of dollars owed. Let's take a look at a few celebrities who have gotten in trouble with the government.

**1. Nicolas Cage:** It's no secret that Cage makes a lot of moola. It's estimated that the movie star brought in over 40 million dollars in 2009 alone. Still, he managed to blow every penny – and then some. By 2010, he owed the IRS around 14 million dollars. At the time, he owned 15 houses, four yachts and a Gulfstream jet. Ultimately, the bank repossessed his home in Bel Air, and the Internal Revenue Service (IRS) auctioned off a few more. He's now living a modest life in Las Vegas and still paying off his debt. Lesson learned!

**Related Link:** [Top Most Romantic Celebrities](#)

**2. Ozzy and Sharon Osbourne:** In 2011, it was reported that this Tinseltown twosome owed more than 1.7 million dollars in back taxes. Fortunately, the couple acted immediately and paid off their debt only a few days later. Sharon even released a statement saying that she hoped “none of this reflected negatively” on their moral character. Good for them!

**3. Wesley Snipes:** Poor guy ended up in jail for his tax debt! He received a three-year sentence for tax evasion and owed over two million dollars to the IRS. Unlucky for him, he spent his 50<sup>th</sup> birthday in a minimum security Pennsylvania prison last August.

**4. Lindsay Lohan:** This girl just can't stay out of the

tabloids. In December 2012, it was reported that Lohan's bank accounts were frozen until she paid off her debt of over 230 thousand dollars. Allegedly, she owes taxes from as far back as 2009. Given that she's already facing court cases on both coasts, let's hope she gets this situation taken care of before she ends up in any more trouble.

**Related Link:** [5 Reasons Men Are Attracted to Celebrity Bad Girls](#)

**5. Pamela Anderson:** This beach babe knows what it's like to be on bad terms with the IRS too. With a tax bill of over 450 thousand dollars, she joined the cast of *Dancing with the Stars* during its tenth season, hoping to make some extra money. Unlike other celebrities, she was open about her problems, working hard to pay off her debt.

**What celebrities would you add to our list? Tell us in the comments below!**

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## 'Scary Movie 5' Actress Molly Shannon Talks About Life's Biggest Headaches & Being a "Happy Mom"







By [Lori Bizzoco](#)

Actress and comedienne Molly Shannon first stole our hearts on *Saturday Night Live* in the mid-1990s. Since then, her career has expanded to include movie star in *How the Grinch Stole Christmas* and the recently-released *Scary Movie 5*.

Additionally, she's a children's author, her book *Tilly the Trickster*, is inspired by her own childhood and the silly antics she used to play. Here, the newly-named Excedrin spokesperson chats about what gives her the biggest headache. Shannon also opens up about life with her husband Fritz Chesnut and their two children, Stella and Nolan. She gives us the inside scoop about how she uses her comedic background and attitude to be a better parent, saying, "I know for sure that my kids think of me as a happy mom, someone full of joy."

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# Relationship Advice: 7 Secrets to Make a Long-Distance Relationship Smokin' Hot



By Dr. Diana Kirschner

You meet a hottie and it is a glorious, soul mate relationship. You are dreaming about an amazing future with this great match, who definitely feels like the One. The only problem is, he or she lives a long way away from where you are, and you are afraid that this will be the kiss of death for the whole relationship.

Your fear is well founded—long-distance relationships have

lots of built-in obstacles. Consider what recently happened to Michelle Williams and Jason Segel. Jason couldn't let go of his successful LA life to come and be with Michelle in Brooklyn. And by most reports, this played a big role in Michelle breaking up with him because she felt that in this kind of a distant situation she simply could not commit to him.

You wonder: *Just how do you keep a long-distance relationship smokin' hot so you can have the happiest-ever-after you are dreaming about?* Here are seven secrets:

**1. Bookend your days with connection.** Each morning and every night make sure you talk with your Beloved on the phone. This will cement you in as a regular part of their day.

**2. Utilize technology.** Use Skype or the phone strategically to bond with your partner and keep the spark alive.

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

**3. Text or call throughout the day...** so that you are in contact and talking about what is happening for each of you.

**4. Take turns coming to stay with each other.** During this time make sure you have a lot of fun and intimacy, which releases oxytocin, the bonding hormone. Over time make these visits longer so that you can see how you do as a couple when you are living together.

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

**5. Be supportive.** If your Beloved has a crisis, drop everything and be as supportive as possible. Show him or her that they come first in your life.

**6. Consider making a sacrifice.** If the relationship is growing for a year or more in a way that feels more intimate,

committed and nourishing, consider making the sacrifice of giving up the life you have in order to move in with your long-distance partner. If you do this, take time to work out a contract about what your partner will do so that he or she is supporting you and making his or her own sacrifices to establish your new life together with the least stress possible for you.

**7. Make it possible for your partner to move.** If you do feel that the relationship has been developing well for a year or more, but moving in with your partner is not feasible: discuss with him or her what you would be willing to provide in terms of financial, emotional, networking, job search or other support if your partner would consider moving in with you or into housing together in your area.

When you use some of these tips, a long-distance relationship can work out to be your happiest-ever-after! So give it a try and see if you and your Beloved can grow together despite the obstacles involved. True lasting love is well worth it.

*Dr. Diana Kirschner starred in a PBS TV Special on love. She is the best-selling author of **Love in 90 Days** and **Find Your Soulmate Online in Six Simple Steps**. Through her unique phone/Skype free coaching program Dr. Diana has helped thousands all over the world find and keep a passionate lasting love relationship! Her free Dating Tips & Relationship Advice newsletter is available at [www.lovein90days.com](http://www.lovein90days.com).*

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## Celebrity News: Drea de



# Matteo Talks About 'Stalkers' & How Life Changes After Babies



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

Drea de Matteo best known for her role as “Adriana” on HBO’s critically acclaimed show *The Sopranos*, and “Angie” on ABC’s *Desperate Housewives*, returns to the small screen playing detective Diane Harkin in the Lifetime Original Movie *Stalkers*, premiering Saturday, April 13th at 8/7 c.

“There haven’t been many great roles out there lately,” the actress says. But for de Matteo it seems like she was drawn to this script and her character. In the upcoming movie, she is a hotheaded detective who is investigating unsolved stalking



cases while on the run from her ex-husband. “I’ve never played a cop, and I’ve always wanted to,” she says. “I’m always sort of the “victim” in my roles. In this film, I get to be a victim and a tough woman at the same time. This character has a past, and she’s breakable, but she’s on a mission to conquer her fears. She can’t afford to be afraid.”

As a mother of two, the Sopranos-alum says *Stalkers* reminded her of how important it is to keep her children safe. “I don’t know if I have the strength to figure stuff out like my character, Diane can. As far as teaching my kids to protect themselves, playing a role like this definitely reminds me that there are a lot of crazy people in this world.” de Matteo was filming the movie when the tragic shooting at Sandy Hook Elementary occurred, and she couldn’t let herself hear anything that was going on “because of the pain and fear that set in” and the thought of that happening to one of her children.

de Matteo has played a mom since she was in her twenties, but *being* a mom to five-year-old daughter Alabama Gypsy Rose and two-year-old son Waylon Albert “Blackjack,” her kids with fiancé Shooter Jennings, is quite different. “Oh my gosh, my life has changed so much since I’ve had babies. Now, I know what it’s like to be a mom in real life, and I can really play the part,” she shares. “At this point, I don’t even have to think about anything to get upset on camera. All I have to do is see an image of something harmful happening to my children in my head.”

**Related Link:** [Long-Term Relationships: 5 Ways to Keep the Spark Alive](#)

She adds, “I am so madly in love with my children, and they affect everything I do and any role I play.”

Shooting *Stalkers* was the first time she was away from her family, but she made the best of a tough situation by

traveling back and forth between California, where her daughter is in school, and Vancouver, where the movie was filmed. "That part of it was awful, but luckily, the experience of making the film was so great that it definitely helped to overshadow how painful it was to leave my kids."

Like any parent, de Matteo's still learning what it means to be a mother. "No one ever really gave me advice on parenting," she shares. "I feel like my daughter is my teacher to a certain degree, and I let her guide me. On the other side, I am here to guide her, and I am going to catch her every time she falls."

It's no surprise that de Matteo's children are her number one priority. Still, her work is important too. We can't help but wonder: Can women really have it all? de Matteo says, "I think we can. We just have to work harder than any man has ever worked in his entire life."

**Related Link:** [Kristin Cavallari: "Motherhood Came Very Naturally to Me"](#)

To keep her life in balance, after filming, de Matteo focuses on spending time with her family. "When I come home, all I want to do is hug on my kids. We like simple things," she says. "I love going to the park and walking down the street, holding hands with my babies and my boyfriend."

*Stalkers premieres on Lifetime Saturday, April 13, at 8:00pm ET/PT.*

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# Relationship Advice: Why We Are Insecure About Relationships



By Sheila Blagg for GalTime.com

Insecurities. We've all got 'em. The million dollar question is, is it possible to get rid of them? Although most of us will probably never be completely insecurity-free, I believe that it is possible to work toward a goal of reducing our insecurities. First, we have to pinpoint where they stem from.

Your insecurities may be the cause of one simple comment made by a schoolmate. Or, maybe a "loved one" voiced a critique that has stayed with you no matter how hard you've tried to

shake it. For me, many of my insecurities are a result of my relationship with my father.

I grew up with a father who assured me that I'd never be good enough. He also cemented into my head that I was a mistake and that I ruined his life. After my father was through with me, my first husband continued feeding my insecurities with comments that told me that I should have been better than I was. Whether he was comparing me to my friends, the wives of men that he worked with, or any other woman, I always fell short of the person he felt I should be.

### **Whose Problem is it Anyway?**

I now know that the people who went out of their way to bring me down are the ones who have the insecurities, not me. My father and my first husband made themselves feel better by making me feel "less than."

Take a look at your life, your insecurities, and ask yourself "Did I get here on my own?" Is each self-criticism something that you truly do not like about yourself, or are your insecurities the result of the unkind words or actions of someone else? The majority of my insecurities were rooted in me by someone else. They are not mine to own, nor do I allow them power in my life any longer.

Make a list for yourself. Write down all of the positives that you like about yourself. Make a list of the negatives, too. Then, as you are reading the good and the bad, ask yourself, "Is this truly how I feel, or has someone made me feel this way?"

Keep the positives on your list; they work for your better good. But, if you come across a negative that started from someone else's actions or words, then it's not yours to own. Get rid of it.

Analyzing and owning (or not owning) your positives and

negatives is not an easy process, but it's also not as hard as you may think. Every day, take steps to rid yourself of any and all negativity by reinforcing the belief that you are strong, beautiful, loved, and important. Anything other than positive thoughts have no place in your life, so I want you to reject all negatives as soon as you possibly can.

Fill yourself with your chosen positive thoughts every single day. Plant your seed, water it, and watch it grow. The more you believe in yourself, the less power others have over you and your future. You control your thought process. You control what you allow to take root in your life. Do the work, get rid of the bad, and start your life as *you* want it.

Take the first step. The results will be more than worth it!

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## Celebrity Couples Who Don't Need Marriage to Prove Their Love







By Andrea Surujnauth

Some celebrities tend to run off and get married at the drop of a hat, while others seem to be doing their best to avoid walking down the aisle. After years of dating and one paparazzi shot after another, none of these celebrities have been spotted with a rock on their finger. We took a look at some celebrity couples that seem content to just be dating their sweethearts rather than getting hitched. Will they eventually tie the knot? Who knows, but until then, they belong on our Celebrity Couples Who Don't Need Marriage to Prove Their Love list:

### **Kourtney Kardashian and Scott Disick:**

Here is a couple that has been through it all...except marriage. They have been dating for years and display their relationship on the Kardashian's shows *Keeping Up With the Kardashians*, *Kourtney and Kim take New York*, and *Kourtney and Kim Take Miami*. The couple has two children, Mason and Penelope. After all these years of dating and two children later, Kourtney still has not been spotted sporting a diamond of any kind.

### **Goldie Hawn and Kurt Russell:**

The sweet *Overboard* couple have been together since 1983. They have a son, Wyatt Russell. Hawn has two children from a previous marriage and Russell has a son from a previous marriage. Their children has since made them grandparents. After decades of tying the knot on screen in their multiple movies together, they have yet to take the big step in real life.

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### **Oprah Winfrey and Stedman Graham:**

This couple has been exclusive since 1986 but after all the years of being in love, they have not officially jumped the broom. In November 1992, the couple made a step towards marriage when they got engaged, however, the wedding ceremony did not take place and we have not heard of anything since.

### **Michael Jordan and Yvette Prieto:**

This long-time love story seems to have one hitch: no plans on getting hitched! They got engaged on Christmas Eve of 2011, but since then, there has been no talk of marriage from either party. Will the plans stop at an engagement? We'll find out!

**Related:** [Stars Who Go Public With Love and Affection](#)

### **Lebron James and Savannah Brinson:**

Maybe it's a trend with the basketball players these days, but it seems like James is following Jordan's game plan. After proposing to his high school sweetheart in 2011, James has not made any moves since. Now they have two kids and only engagement under their belt. Is the marriage in the works? No word about that for the past two years!

### **Kristen Bell and Dax Shepard:**

This couple decided to take a stand against California by not getting married. They got engaged in 2010 and have a daughter together, however, they refuse to get married until California passes a law allowing gay marriage.

What are your reasons for not getting hitched? Comment below and let us know!

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## **‘Ready for Love’ Matchmaker Matthew Hussey Tells Us How to ‘Get the Guy’**



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

Although he began his career as a life coaching at the age of 17, Matthew Hussey soon became an expert in the field of love and dating. His popularity with male clients grew in the United Kingdom, but it wasn't long before he made the transition to helping women in the UK, eventually crossing the pond to the United States. Hussey has built a platform to help women find, attract and keep their ideal match through his organization, *Get The Guy*. Over six million single women tune in online for his motivational seminars, and around 50,000 females attend his live events. With all of Hussey's success, including his role on the upcoming NBC dating reality show, [Ready for Love](#), writing a book to share his eye-opening advice seemed to be the logical next step. In his debut book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, out today, Hussey gives women the confidence they need to find – and keep – their soulmate.

**What are some of the things you talk about in your book that help women find the right guy?**

I teach them to look for a man who already has balance and is playing on their level. I let them know if they want a guy who doesn't play games, they shouldn't play games either. Also, it's important to be true to yourself. If they want a guy who is confident enough to walk up to a woman and make something happen, then they need to be confident too. Like any area of life, if you don't go out and get what you want, it won't happen for you.

**Related Link:** [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

**You've had a lot of success coaching men. Was there a pattern that you observed with the men who came to you for relationship help? What was their biggest challenge?**

Their biggest challenge was that they weren't being men. I realized that guys have a lot of misconceptions about girls and that men have different stages they go through when dating. The first stage is to be really nice. When they were young, that's what their mother's taught them. But they soon figure out that women don't want a people pleaser; they want the guy who has an edge and might break their heart. Guys learn quickly that being nice doesn't work.

The second stage occurs when they think they need to become a jerk or a bad guy. Women also think they want this type of guy, but what women really want is a man who is a leader, who is confident in his decision and who carries himself well. A lot of guys find it difficult to strike that balance between being nice and being a jerk.

**What was it like transitioning from coaching men to coaching women?**

The truth is I was terrified. I know men; I didn't know women. Then it hit me: that was exactly how I could help them. I didn't need to tell them about themselves; I needed to tell women about men and why they do the things that frustrate them. I worked with guys for so long, and working with the other side was so rewarding for me. It was great to see women get happier and figure things out about themselves through my coaching.

**Related Link:** [The Most Powerful Tool to Help You Find Your Soulmate: Intuition](#)

**With the world of technology being used to find love – online dating, texting and even Facebook – women are more overwhelmed than ever. What is your number one piece of advice when it comes to technology and relationships?**

People have too many options available, and relationships end up lacking depth. The problem is that as soon as we meet someone, we're already confused about that next step. Do I



text, call, Facebook or e-mail them?

Ultimately, you have to boil things down to simple truths. Wherever you engage with someone, you have to be building a connection. Everything text or typing-related is the lowest form of communication. One step above texting or typing is talking on the phone. Regardless of your initial form of communication, the goal should always be to progress to a phone call as quickly as you can.

**And finally, should women initiate it if the guy doesn't ask for her number?**

Some guys won't initiate anything. They don't want to seem overly desperate or needy, so they try to play it cool. But then, everyone plays it cool, and you end up in this limbo of no one doing anything. Remember that *someone* has to make a move. You can do this by texting, "Hey, I'm free tonight – give me a call." That way, the ball's in his court.

*To order a copy of Hussey's new book Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve, click [here](#). For more information about the life coach, check out his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#). Don't miss him on the premiere of Ready for Love tonight on NBC at 9/8c!*

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## **Relationship Advice: 5 Must-Knows When Dealing with an**

# Addicted Partner



By Dixie Somers

Dealing with an addicted partner can be one of the hardest things that you may ever have to go through. Day in and day out, it's the same thing over and over again. As soon as you walk in the door, you notice that they're either drunk or high on some sort of drug. Whether they're drinking hard liquor, using drugs, or addicted to sports exercising, putting up with their antics is something that you shouldn't have to deal with. If you've tried to reason with them in the past, but haven't gotten anywhere with possible recovery options, these five must-knows can help you in dealing with your addicted partner and putting them on the right path to sobriety:

## Put Yourself First

You are not able to help your partner if you can't even help yourself. If you are also struggling with addiction, it's time to break the habit and get clean. By putting yourself and your health first, your partner may notice a change and want to get clean as well. Even if you do not have an addiction, simply dealing with someone who does can put a major toll on your health and well-being. Take the wife of Guns N' Roses rocker Slash. She helped him seek help and get sober after he was diagnosed with congestive heart failure from continued drug use. Make sure you take time out of the day to spend to yourself, healing yourself emotionally and psychologically to be in the best place possible.

**Related:** [10 Reasons Women Stay in Bad Relationships](#)

### **They Are Who They Are**

Before you can help your addicted partner, you must realize that they are who they are and that you are not able to change them if they are not willing to receive the help. They must want to put in the time and effort that it takes in recovering before they will reach true sobriety. Catherine Zeta Jones was a smoker until she was caught by the media smoking while pregnant. She realized the danger she might be posing to her children, and this encouraged her to quit for good.

### **Educational Material**

To deal with these sorts of addictions, you will want to educate yourself on the types of substances that they are using and why they may be turning to drugs and alcohol as a crutch. You must know what you're dealing with in order to effectively help them. Books and 12-step meeting programs will provide you with a little more insight into the current addictions that they are facing and how you can be there for them.

**Related:** [Is Tiger Woods Capable of Being Monogamous with Lindsey Vonn?](#)

## **Do Not Enable Their Habits**

Enabling your partners habits will never help them to recover. You must put your foot down and say enough is enough. Do not provide them with money to purchase drugs or go out to get them alcohol. According to experts at DelrayRecoveryCenter.com, Enabling will only further their disease and addiction.

## **Going to Meet With Them**

Attending meetings with your loved one will show them that you support them on their road to recovery. You can participate in these meetings by simply being there, hearing the stories of others and sharing your stories which can be a very helpful recovery method. If your like Grey's Anatomy star Eric Dane's wife, encouraging them to get help is a great way to get them started. Attending meetings can also be encouraging for lasting sobriety.

*This article was written by Dixie Somers and coauthored by Stanley Martinson. Dixie is freelance writer and blogger who loves writing about entertainment, family, and health and topics.*

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# **Relationship Advice: Online Dating Isn't a Threat to Monogamy—It's a Blessing**





By Terri Trespicio for [GalTime.com](http://GalTime.com)

Online dating is revolutionizing all relationships – whether you’re dating or not.

For most of recorded history women did not have romantic options. You married the dude who your family deemed appropriate, and he likely lived within a quarter mile, and you stayed with him for life, like or not.

When I interviewed Dan Slater, author of *Love in the Time of Algorithms* (excerpted in *The Atlantic*, in a piece called “A Million First Dates”) on my show on Sirius XM, he agreed that it’s changing the way we view commitment. He also said that those who are happy don’t have that much to worry about.

But for those of you in less-than-ideal situations, or relationships that have gone south, online dating—even if you don’t actually use it – creates this sense of options. That this doesn’t have to be it for you.

This is the best news ever. Because if the only way you think you can “keep” a man or woman is by eliminating his or her



other options, that means you want an inmate, not a life mate.

The internet didn't invent options—it just brought them a little closer—made it a little easier, yes. But if you were under the impression that disconnecting someone's internet is all you need to do to keep someone from having options? Yeah, that's not gonna work.

Look, I've struggled with this myself – I worried that the more options someone had, the less likely he was to choose me. That's not a technology problem. That's a self-esteem problem.

Could someone decide to be with someone else instead of me? Of course! Always. That's something you can't ever protect yourself against – not you, not me, not anyone. But what I'm realizing is that what I'd rather have is someone who chooses me and continues to choose me, regardless of the other options.

Lest you think I'm not a romantic, I'll remind you that there's nothing romantic about being stuck in something going nowhere fast. You don't get points for martyrdom. Just a sucky life.

While everyone's freaking out about online dating killing love, rarely do we realize those options can work in reverse. Competition – even the idea of it – works in everyone's favor. The idea of options not only makes your partner hop to, but makes you bring it as well. Because throwing your relationship into park once you've "landed" him is a sure way to end the forward momentum. The whole "oh yeah where are you going to go" argument just doesn't hold water anymore.

People will always gravitate toward coupling – and long-term coupling. Monogamy itself isn't dying – but commitment for its own sake is. The idea that you'll only ever want one person is not true for most people (and that's being generous). So if having other options means you're able to leave something that isn't working anymore, then that alone is worth the price of

posting a profile.

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# Relationship Advice: 10 Ways to Keep the Honeymoon Phase Going Strong



By Jennifer Harrington

Love takes time and hard work to nurture. And, for newlyweds, this is especially true, following the intensity and attention that accompany a wedding and honeymoon. What are some practical ways for newlyweds to keep the honeymoon phase going

strong, and the spark alive as the marriage progresses? Here are ten ideas to keep your love sizzling:

### **Don't stop celebrating**

While the wedding and honeymoon have passed, it doesn't mean you have to stop the celebrations. Take opportunities to pause from daily life and acknowledge special milestones in your relationship. Have a special night together when your wedding pictures come back from the photographer. Plan a trip back to your reception venue to mark your six-month wedding anniversary. Planning these types of activities will give you a reason to look back at how far you've come together, as well as an opportunity to make new memories together.

**Related:** [Long-Term Relationships: 5 Ways to Keep the Spark Alive](#)

### **Pencil in a regular date-night**

As some couples settle into their relationships, regular date nights can become less frequent. Don't make that mistake. Make it a priority to schedule dates with your sweetie. Dates are important because they allow you to spend time and share experiences with your partner. You can take turns planning your outings to ensure date night is always something new to anticipate!

### **Plan thoughtful surprises**

Everyone loves a spontaneous, thoughtful gesture. Surprises can range from extravagant to simple, but it ensures your chosen one feels special and loved. They can be especially important when you know your partner is going through a rough or busy time.

### **Embrace a new hobby**

While you and your partner have hobbies you already pursue

individually and together as a couple, it's also a great idea to adopt a new hobby together! Choosing a hobby together and pursuing the hobby can be a very gratifying way to learn together, and can also be an interesting way to learn more about your honey. From dancing to cooking lessons, the options for hobbies you can do as a pair is limitless!

### **Get away**

Plan a long weekend or vacation. Not only is it a great way to check out different places and experience a new destination with your better half, it's an opportunity for you to spend time together uninterrupted by the people and tasks you face every day. One great idea is to make a list of places you'd like to visit someday with your partner. Consult this list as you plan future getaways and cross things off your travel "bucket list" together! Need inspiration? Check out this list of the 50 most romantic places on Earth!

### **Book club for two**

Reading the same book and discussing it can be a fun, easy, and thought-provoking way to bond. Aim to read a book together each month and you can take turns selecting the book. Not only will you end up reading some books different than your usual selections, but you will have guaranteed fodder for conversation as you both make your way through the novel.

### **Branch out**

While quality one-on-one time together is crucial, it's also important for you and your partner to have a close knit group of friends and family. Taking the time to nurture and build your social network together can be a great way to establish and deepen your relationships with others as you nurture your social life together as a couple. Spending time with others is fun, and will also give you the support you need as you navigate life together. An easy way to incorporate this idea is establishing a regular date night with another couple!

## Spice up your routine

Newlywed actress Anne Hathaway recently said, “Mellow doesn’t always make for a good story but it makes for a good life.” This quote means that everyday life can be routine, mellow and sometimes boring. Cherish the fact that you’ve found your life partner, but always be on the ready to find ways to mix up your routine so things always feel fresh. Instead of the usual Monday nights you hit the gym together, make plans to go rock climbing instead. If you always order in pizza on Fridays after a long week at the office, mix it up and take an Italian cooking class instead one week! These are small and easy changes, but will help you escape the rut that people can sometimes feel when they are in an established routine.

**Related:** [4 Steps to a Stronger Long-Term Relationship](#)

## Keep talking

When relationships are new, it’s easy to soak up every word and story your new love interest says. Keep this in mind, and look at each day as a new opportunity to learn more about your life partner. Listen to the stories and jokes, and be sure to ask questions when you want to know more about a particular experience or point-of-view. The more you communicate, the deeper your relationship will be, and the better foundation you will have to avoid future conflicts.

## Don’t sweat the small stuff

When you spend every day with a person, it’s easy to become frustrated and annoyed by some of their habits. So your partner sings really loud in the shower, or forgets to tell you when they used the last of the toothpaste. Is it worth it to pick a fight? Probably not, because little fights (over nothing) over time can cause problems in your relationship. Pick your battles! Remember, this is your soul mate – try to overlook a few little things and focus on the wonderful person you are spending your life with.



What are some other ideas to help keep the romance alive after the honeymoon is over? Tell Cupid your suggestions!

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# NBC's 'Ready for Love' Contestant Ben Patton Says, "When You've Fallen in Love, You Can't Deny That It Exists"



By [Whitney Baker Johnson](#)

It's no secret that dating-based reality shows like [\*The Bachelor\*](#) and *The Bachelorette* are a huge hit among fans – even if they very rarely end with a match made in heaven (or on some Caribbean island, as is often the case). In twenty-four seasons of the ABC shows, only two couples, both from *The Bachelorette*, have made it to the altar: Trista Rehn and Ryan Sutter and Ashley Hebert and J.P. Rosenbaum. For those of us who can't give up the hope that someone *can* find their soul mate on television, NBC introduces [\*Ready for Love\*](#), a show that enlists three talented matchmakers to help three eligible men find the one thing missing in their lives: true love. Adding credibility to the show, which premieres tonight, are three big names: Eva Longoria is an executive producer, while Bill and Giuliana Rancic are the hosts.

One of those lucky bachelors is Ben Patton, a 30-year-old international financier from Dallas. Patton moved back to Texas from Dubai in 2011 because, even though business was great overseas, he was missing balance in his life. "I didn't have a personal life that was really growing, and I wanted to move back to the states so that I could establish my roots a little more," he shares. "Truth be told, I wanted to start dating again and hopefully meet someone special."

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

As for why *now* was the time to look for love, Patton says it was mostly social awareness. Attending wedding after wedding without a date – "I've attended more weddings as a single guy than anyone else I know!" – he realized that a part of his life was missing. "Everyone I know is getting married, and all of the sudden, it started moving up on my priority list. Everything was great, but I wanted to fill that gap – and really, that gap, at the end of the day, is the most important thing."

Of course, even fans of similar shows would be skeptical of actually finding love on television. And Patton was no different. As he explains, “I wasn’t home but eight months before I got a call from NBC. Eva got on the phone, and she’s pretty good at selling you on an idea. She convinced me that the format was completely different than other dating shows.”

Unlike *The Bachelor*, *Ready for Love* shows the process of picking the girls who will be the best fit for the three guys. Matchmakers Amber Kelleher-Andrews, Tracy McMillan and Matthew Hussey each select four compatible girls to introduce to each bachelor. “It’s not about finding a bunch of cute, little girls who are going to be dramatic for the cameras,” Patton says. “It’s about introducing you to the other guys first; then, when women apply for the show and the matchmakers see real compatibility, that’s when they decide who they want to put on the show.”

He adds, “If there’s any sort of competition, it’s among the matchmakers to prove that they know what it takes to find a match for us – not among the guys or the girls.”

During the first week, the guys talk to their twelve matches and get to know each of the ladies without ever meeting them face-to-face. Based on the chemistry that they feel, they eliminate three girls and then start the dating process with the nine remaining contestants.

**Related Link:** [Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates](#)

Like many people, Patton had never worked with a matchmaker prior to the show. In fact, he never felt like he needed help from a professional when it came to his love life. He describes *Ready for Love* as a “learning experience” and says it definitely changed his mind. “I started to realize that it’s really okay to go to someone for help and admit that you’re obviously doing something wrong. At the end of the day,

90 percent of what matchmakers tell people is pretty much common sense, but it's easier to hear it from a professional than to hear it from your best friend, your girlfriend or your parents."

Even with professional help, Patton still had to believe that true love exists. It's easy to become jaded after a few failed relationships, but this bachelor didn't let a broken heart deter him. "When you've fallen in love – and I've been in love before – you can't deny that it's there, that it exists," he says with conviction. "When you are really, absolutely in love with someone, everything takes a sideline to that relationship. You just want to make sure that person is okay because she means so much to you."

So did Patton find that all-consuming, lasts-for-a-lifetime love? While he can't reveal too much about the show's ending, he does say that he's very happy. Of course, it's been a struggle to keep his relationship under wraps for so many months. "We're always having to see each other in secret," he shares. "It's like, 'Hey, I'll meet you in Arkansas for the weekend.' We're going to towns where people won't recognize us so that we can go out to dinner together."

Filming the show last summer, he's had a lot of time to reflect on his journey, and given the outcome, he encourages people to never give up. "It's really easy to get frustrated in relationships and just throw in the towel. For a long time, that's what I did," he explains. "But you should just hang on because there's somebody out there who probably feels the same way. You guys will run into each other one day and be like, 'Where the hell have you been my whole life?'"

In other words, always be *Ready for Love*.

*Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c NBC. For more information about Ben, follow him on Twitter @Ben\_Patton.*

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# Dating Advice: 5 Red Flags in Online Dating Profiles



By Kelly Rouba for Galttime.com

If you're looking for love and feel like you just aren't meeting the right type of people, online dating *can* be a great alternative to the typical dating scene.

"Dating sites do increase the number of people, at least in principle, (who are) interested in meeting you," says Dan Saper, Ph.D., a clinical psychologist who runs a private practice in Long Island, NY.



But navigating these vast online dating pools can be tricky.

“Dating sites sell the most powerful thing of all—the promise of love and/or sex. The responsibility for making it work or making it a disaster rests both with the seller and the customer. But, as we’ve all heard, let the buyer beware,” Sapen cautions.

According to Sapen, if you are a woman who is looking for a mate online, you can “assume Mr. X is trying to impress you enough to get you to go out with him with as little delay as possible. Assume he is not interested in giving you a complete listing of accurate, relevant facts.”

Sapen says some dating profiles remind him of sales pitches used by traveling salesman back in the good old days.

“Fancy talkers would roll into towns full of hard-working miners and poor folk with little education or money and convince them that the mystery liquid in the bottle would solve their problems.”

The same goes for guys looking to reel in vulnerable women, so it’s best to bypass profiles that sound too good to be true.

“With dating sites, a candidate’s sales pitch, based on the information he wants you to believe, mostly comes long before there is any chance the two of you will be in the same room. So, what is he going to tell you about his status, his success, or his financial security that will get you into the same room with him?”

Stacie Ikka, a relationship expert and founder of the dating consultancy Sitting In A Tree, shared this example of an online dating profile to avoid:

*“I consider myself an honest and stand-up guy. I enjoy skiing, soccer, and cycling. Although, I don’t box, I am a avid fan of boxing. I think I am a pretty darn good cook. I love trying*

*out new recipes. I like to travel and at least take one big trip a year. Guilty Pleasure: I still watch South Park.*

When I do go out on dates, they are with very attractive females so after a few minutes you better win me over with your personality or else I move on. I am looking to date and have it turn into something long term but want to find that special girl to do it with. I am not looking for someone to hang out with, if you are emailing me to do so, it means there is something wrong with you and you don't have any friends and aren't good enough to be around me.

Please have a picture when you email, if you don't i'll just assume you are fat or very ugly or both and I don't have time for that. You might be very nice and have a great personality but there are fit girls who have that too so why would I settle for less?

I have a nice job downtown around the financial district. *Please at least be able to pay for half on the date. I won't be paying for you (at least not at first) so you better be able to pay your own way. Sorry I have to admit that was out of line. What I should have said is, don't expect to be going to upscale restaurants and have me pay for everything. (I don't mind picking up the coffee tab on the first date!!) I want an equal, not a freeloader!! If you are a picky eater, than you are not the girl for me.*

*Quick Question: Why is the "average" female body 20 pounds overweight? They should really refer to the BMI when choosing a body type. I think it's a conspiracy of some sorts. I know my comments may seem rude but I am being brutally honest. Thanks for your time and best of luck!"*

Unlike the sample profile above, some may be worded in such a way that women think they've found a catch, though the person is actually someone to avoid. To help online daters discern fact from fiction and guard their hearts, Ikka says there are

at least five red flags to look for when perusing profiles (while keeping in mind that her remarks are generalizations and that there are exceptions as well as alternate perspectives, intentions, and interpretations).

## **1. Me, me, me**

Some profiles overuse the word “I,” and the person focuses too much on himself/herself. It is about what he/she wants, needs, or is looking for with little to no mention of what the lucky suitor will get in return.

“A well-balanced person and, therefore, a well-written online dating profile that accurately depicts one’s personality, preferences, and relationship goals will ensure that the profile covers what they’re looking for in addition to what they are willing to contribute to a relationship. You should be able to glean some observations around whether the person is a giver, a taker, or both by the way the individual packages their profile,” Ikka says.

## **2. Attractive picture but few words**

“In these cases, [typically] this is a person who is accustomed to getting by on their looks and, perhaps, their looks alone,” Ikka says. She adds that this type of profile also suggests superficiality, lack of substance, and/or laziness.

## **3. Negative positioning**

These profiles often use words like “can’t, won’t, don’t, shouldn’t, or wouldn’t. ” They contain statements, such as “I won’t date someone who doesn’t have a job.” or “You shouldn’t be too opinionated or you’re not for me.”

“These profiles indicate a variety of potential difficulties with their authors, including control issues, a negative

perspective on life (or at least on dating), a sense of entitlement, or a victim's mentality—basically nothing that one should find attractive right off the bat,” she says.

A former client of Ikka's had a profile that fit this description when she started working with him, she shares. In it, he wrote, “If you're not fit and into exercise, don't bother contacting me.” After reading that, Ikka quickly worked with him to change the wording in order to make him sound more approachable.

“I helped him understand that his value of wanting to lead a healthy lifestyle and wanting to find a partner who was like-minded was understandable (but that) he could communicate the exact same thing in a more positive manner. Ultimately, we changed the text to read, ‘Because I value my health and enjoy staying active...I am looking to meet someone who shares the same or similar interests and fitness goals.’”

## **4. Window shoppers**

“These are people who are active on a website but who have not paid for a membership,” Ikka explains. In some instances, “this is a huge red flag because they have no skin in the game and are one foot in, one foot out. You can identify these people only when you go to contact them and realize that you're not able to or your message goes unanswered; this is because they are not able to access messages, flirts, or e-cards because they are not paying for those services. In that case, do you really want to date someone who can't even commit to their own online dating profile?”

## **5. Monologues**

“Although people who write long-winded profiles typically have the best of intentions, it is often an indication of what's in store when you meet them in person,” Ikka says, adding, “It can be innocent and chalked up to a lack of dating experience,

an attempt to be everything to everyone, an autobiography, or, in its worst form, it can be a preview to the 'it's-all-about-me' show.'"

Ikka believes online dating profiles should be like movie trailers.

"The purpose is to whet the audience's appetite, create interest and perhaps some intrigue and mystique, and then let those wanting more opt to buy a ticket to see the full movie. In this case, by reaching out through some form of communication."

Having to watch for red flags, like these, can make online dating seem daunting. "Some of the problem lies with the fact that the two of you are starting out backward. In the real world, there will be eye contact, body language, scent, and the ability to witness social behavior," Sapien says.

"The good and hopeful news here is that a woman who is honest with herself, is willing to separate reality from imaginary romance, and who understands that real communication (in a real room, where eyes and hands can be seen, words considered, aroma savored, body language studied, and social behavior observed) stands the best chance of finding a lover for now or for forever, who is really a match based on the realities of sexual chemistry and interpersonal harmony."

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## **Celebrity News: 5 Best Celebrity Pranks**





By [Whitney Baker Johnson](#)

Everybody loves a good prank – and celebrities are no different. Of course, their pranks usually get more attention than those executed by everyday folks. They have endless means at their disposal (including a fan base to share the funny news) and often take pranking to a whole new level. In honor of April Fools' Day, we pulled together this list of our five favorite celebrity pranks (in no particular order):

**1. George Clooney versus Brad Pitt:** These two leading men are involved in an ongoing war of pranks both on and off film sets. It started when Clooney put a bumper sticker on Pitt's car that read, "I'm gay and I vote." In response, Pitt bought a few ads in the Hollywood trade papers about Clooney being twice named *People* magazine's "Sexiest Man Alive." Wonder what these actors have up their sleeves next!

**2. Ashton Kutcher versus Justin Timberlake:** Who can forget MTV's show *Punk'd*, which was created, hosted and produced by Kutcher? One of the best pranks was played on Timberlake. One of Kutcher's friends posed as someone from the Internal Revenue Service and told Timberlake that he owed over a million dollars in taxes and that they were going to take all of his possessions – even his dogs. The “Suit & Tie” singer was nearly brought to tears before Kutcher revealed the truth.

**Related Link:** [April Fools' Pranks to Play on Your Significant Other](#)

**3. Sarah Silverman and Matt Damon versus Jimmy Kimmel and Ben Affleck:** Silverman paired up with Damon to prank then-boyfriend Jimmy Kimmel. Their hilarious video has had almost four million views on YouTube! To retaliate, Kimmel teamed up with Affleck, Damon's BFF, and created another video that featured Cameron Diaz, Brad Pitt, Don Cheadle and more.

**4. Taylor Swift versus Keith Urban:** To ensure that her tour with Urban ended on high note, Swift decided that pranking was a must. The country starlet, along with a few of her band members, dressed up in full KISS makeup and outfits and rushed the stage while Urban performed “Kiss a Girl.” Certainly made for a memorable photo op!

**5. Khloe Kardashian and Nicole Richie versus Kim Kardashian:** In 2010, Khloe and Nicole teamed up to prank Khloe's big sister, Kim. They hacked into her Twitter account and posted hilarious updates until the reality star figured it out. Luckily, she was a good sport about the joke and later tweeted, “That was hands down the funniest April Fools'!!”

**Which celebrity prank do you love most? Tell us in the comments below!**

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# Celebrity Pregnancy: 'High School Musical' Star KayCee Stroh Celebrates Her Baby-to-Be



By [Whitney Baker Johnson](#)

KayCee Stroh's spring is already looking pretty in pink. On Saturday, March 23rd, the *High School Musical* star and former *Celebrity Fit Club* contestant kicked off the new season with a chic baby shower at the W Los Angeles-Westwood. With blooms by Sky Flowers, food by LYFE Kitchen and dessert by Magnolia

Bakery, the guests, including Vanessa Hudgens, *Hannah Montana's* Anna Maria Perez and *I Kissed a Vampire's* Autumn Grabeel, were treated to a day of pampering from beauty companies like Nail Garden, Lash Fairy, LipSense and more.

The mother-to-be got ready for the event with celebrity stylist Anya Sarre, who also helped plan the soiree. Sarre recently welcomed her first baby – son Sawyer William – with husband Tim and knows firsthand that a bundle of joy makes everything different. “The definition of romance has changed,” Sarre says of life post-baby. “We still make time for us, but we incorporate the baby. A date doesn’t have to be a candlelit dinner for two.”

**Related Link:** [‘My Girl’ Star Anna Chlumsky Is Expecting](#)

It sounds like Stroh and husband Ben Higginson have taken this advice to heart. For starters, the twosome has built a strong foundation for their relationship since tying the knot in 2009. After dating for only six months, Stroh realized that her man was someone she couldn’t live without. “I knew he was ‘the one’ because of the way he made me feel and how he made laugh in times of despair. He balances me and always reminds me of what really matters in life.”

Plus, they’ve already “made a few packs” to ensure that romance doesn’t fall to the wayside after their daughter is born. In order to keep their love a priority, after a long day of work, they’ve promised to kiss each other first before turning their attention to the baby. Another important activity is a weekly date night. “Ben’s parents always did this, and we feel it’s really great advice. Sometimes, couples just need time together to talk like adults and remember why they love each other,” the star explains. “We’ve decided on every other Friday night. That’s our plan to keep our marriage healthy and happy!”

While they know a baby will add a lot more responsibility and

stress to their relationship, they also think their child will improve their marriage for the better. “I can’t think of anything that would strengthen our bond more than looking into the eyes of our baby girl and knowing that we created something wonderful together,” the actress gushes. “What an incredible bonding experience!”

**Related Link:** [Holly Madison Discusses Baby Names and Wedding Plans](#)

Higginson is already proving to be an involved daddy-to-be, which is no surprise for his wife. “He’s always been a part of the decision-making process in our lives. He’s helped me every step of the way, whether it’s going to doctor’s appointments with me or tracking down my most ridiculous request for the nursery.”

“He’s such a champ,” Stroh adds. “I’m really lucky.”

Stroh’s close friend, Rachel Leigh Cook, has no doubts about the couple’s growing family. “Any child coming into this world would be lucky to have you two as parents. You are both all heart,” she said at the shower. “I hope your daughter is blessed with Ben’s silliness and KayCee’s singing voice.”

*To keep up with Stroh, follow her on [Twitter](#).*

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**Relationship      Advice:      5  
Lessons      to      Learn      from  
Celebrity Divorce**





By Dixie Somers

The pain of divorce is a well-known one in our society today. Lending to this general awareness is the constant influx of celebrity break-up news that seems to flow endlessly. Although viewed negatively by some, such news can provide high-profile educational experiences. Take a lesson from these celebrities. Here are five lessons we can learn from celebrity divorces:

### **Watch the Signs**

Sometimes it can be conveniently blissful to ignore certain signs. Ignoring the signs can lead to even greater heartache and woes in the future. Take it from Elin Nordegren, ex-wife of golf legend Tiger Woods. According to various reports, Elin had ignored many troubling signs of the dozens of affairs. Today, Lindsey Vonn is dating Woods. Apparently she isn't one for signs either.

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

### **Don't Rush**

Time and time again, we see the perils of marrying too quickly. Britney Spears became infamous for rushing to the altar in such a fashion. After a very quick, whirlwind romance excursion, Spears and Jason Alexander got married in a Las Vegas chapel. Sure, they had known each other for a long time before. But the topic of marriage had been fairly instantaneous and unplanned; so too was the decision to end it merely days later.

### **Get a "Prenup"**

Prenuptial agreements protect the marrying parties and their individually owned assets and worth. For chivalry, for love, or maybe just for sheer lack of knowing, some go without any such protective measures. The results seen can be devastating: Mel Gibson paid \$425-million, Michael Jordan paid \$168-million, Madonna paid approximately \$80-million – the list goes on. Talk with a Lexis Nexis lawyer to make sure you've done your prenuptial agreement right.

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

### **Don't Cheat**

In case you didn't know it, cheating is bad, destructive, and a quick end to an otherwise successful marriage. Take Jesse James for example. He had it all – wealth, a name, reputation, career, and last but certainly not least, Sandra Bullock, America's sweetheart as his wife. So what does the genius do? Cheat. We have seen the sad results for James as Bullock has moved on.

### **Be Sure**

It's always important to understand your potential partner in marriage on a deep level. You need to really "know" them. Kris

Humphries found this out with his brief and now alleged “fake, staged” marriage to socialite celebrity, Kim Kardashian. We still can’t figure out if we should pity Kris and his situation, or simply point to it all as one big public service announcement.

There you have it; five more reasons to be take a second look before saying your vows. If your getting married, do it right. Take a few tips from these celebrity divorce stories.

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## Relationship Advice: Can Love Conquer All?



By Jane Greer, PhD for GalTime.com

Actors Michelle Williams and Jason Segal recently announced their official break-up after spending much of the last year trying to make their bi-coastal romance work. She lives in New York City with her seven-year-old daughter, Matilda, and he lives in Los Angeles. The couple cited busy schedules and irreconcilable distance as the reason for the end of their partnership. It raises the question, when is love not enough?

Many people would like to think that finding love is the answer to most problems, and, in the name of it, one or both people in a relationship should be willing to uproot their lives or let go of important aspects of their individual routines. Jason made numerous cross-country trips over the course of their connection. Michelle's waterfront loft in Brooklyn became his home away from home, and he could often be seen playing at a local playground with Matilda. But despite all of that, his life remained rooted in California, where his professional commitments run deep. If the reports are true, then in the end, the pull for each of them to hold onto their own lives won out over the desire to maintain their relationship. This may have surprised fans, and forces us to wonder, when is it time to make that hard call – to call things off?

Two people can be drawn to each other and still have strong personal or professional ties that don't suit the other person. What if you're committed to a neighborhood and everything that goes along with that, wanting to give your children stability? Or what if one person's job can be found in only one part of the country and he or she must live there, no questions asked? Or you are dealing with two different religions that initially didn't cause a problem, but as you begin to make a life together, you are looking to your partner to convert to your religion and they don't want to?

When it becomes a matter of feeling that you are being asked to literally give up your identity, core values, and beliefs, so that the necessary change is equivalent to losing yourself, then that is the point when compromise can instead become too much of a sacrifice. And if one does give up their sense of self, then what is relinquished for love can really take a toll with the relationship crumbling under the pressure and resentment.

By Michelle and Jason taking responsibility for their respective individual needs, they prevented this from happening. For them, dropping everything for love was not a viable option. And in the end it seems that Michelle didn't expect, or even want, Jason to leave his career to further immerse himself into her family. For them, sadly, love did not conquer the obstacles they faced.

**Has distance ever ended a relationship for you?**

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## **Stephanie Meyer's Novel Turned Into a Movie, 'The Host!'**







By Meghan Fitzgerald

Aliens, called 'souls' invaded Earth and have begun to take control of people's minds! The new upcoming supernatural movie, *The Host*, is adapted from Stephanie Meyer's novel. Written and directed by Andrew Niccol, the stars on deck include Saoirse Ronan, Max Irons, Diane Kruger, and Jake Abel. Souls can only survive through inserting a host into another person's body. Melanie Stryder (Ronan) was inserted with one of these 'souls.' Melanie begins to feel sympathetic towards humans, discovers what love is, and is trying to run away from the people trying to kill her.

**Should you see it:** Are you a huge fan of the *Twilight Saga*? Are you completely obsessed with the love story of Edward and Bella? Are you interested in the movie, *Beautiful Creatures* currently in theaters? If answered yes to any of these questions, you should absolutely see this movie. If you have read the book by Stephanie Meyer, this movie better be number one on your list.

**Who to take:** When I endured a *Twilight Saga* opening night, I



was immersed in teeny-boppers. Since Stephanie Meyer is responsible for *Twilight* and *The Host*, an I think this may be a 'bring your kids' kind of movie. People who enjoy supernatural beings, and a sci-fi romance should also go. The age level may vary with this movie compared to *Twilight*, bring anyone with an open mind!

**Related:** [Supernatural Love Story, Beautiful Creatures Hits Theaters!](#)

**When do you know a friendship can loom into a relationship?**

**Cupid's Advice:**

This type of relationship is the trickiest kind to get into. Turning a friendship into a relationship is more than challenging. The main dilemma here is if the relationship fails, your friendship is gone. And if you're considering getting into a relationship with your friend, they are definitely one of the best. Although this may be a sticky situation, there are many ways where a friendship can blossom into a relationship. Cupid has some advice:

**1. Love:** Love is everywhere you go. In super markets, restaurants, movie theaters, work places, the park, dinner table, almost everywhere you look. This being said, it is not uncommon that you fall into love with your best friend. If you have fallen into love with one of your friends, and wish for it to turn into a relationship, make sure it is real love. Don't think it's love because they are around all the time or you tell them everything. Make sure you can't spend a day without them and wish to be with them romantically.

**2. Subtle hints:** If you do want to turn a friendship into a relationship, you need to know if the other person feel the same way. If they already drop hints, such as, casual touches, strong eye contact, constant blushing; they may feel the same way. If they don't, than you need to drop these hints and see

how they react to them. This reaction will determine whether or not you can turn your friendship into a full blown relationship!

**3. No change:** A great thing with turning a friendship to a relationship is how little change there will be. Obviously you both will now be involved romantically. However, you two most likely already know every little thing about each other, have a routine, nick names, favorite restaurants. You and your mate do not have to worry about meeting each others parents because you already did! The relationship would be effortless since you both are already comfortable with one another!

**Has a friendship of yours turned into a relationship? Share your experience below!**

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## Celebrity Couples Who Are Unlucky in Love





By Andrea Surujnauth

Celebrities' love lives are made public for the whole world to see and to judge. But even though some celebrities are all over the place with their love interests, that doesn't mean that there is no hope for them. A big celebrity that we all had our doubts about was Jennifer Aniston. From a broken engagement with Tate Donovan to a relationship with Paul Rudd to a failed marriage with Brad Pitt to a brief fling with Paul Sculfor to short relationships with both Vince Vaughn and John Mayer, Aniston has a long list of past unions that simply didn't work out. Now Aniston has finally found her leading man, Justin Theroux. The two started dating in 2011 and got engaged a year later. So although we thought Jennifer Aniston couldn't find love, after all these years she has finally found "the one."

The question is, are celebrities really that much different than us? Or do their love lives just look dysfunctional because they are always in the public eye? Let's take a look at a few more celebrities who have had trouble finding love and you can decide for yourselves:

## **Britney Spears:**

Britney Spears became a pop idol sensation during the early 1990's. She began a relationship with Reg Jones from 1995 but ended it in 1997. She had a brief fling with Jason Geddart in 1997. By 1998 Spears moved on to begin her infamous relationship with Justin Timberlake. Their relationship lasted four years, and then Spears then moved on to her producer and dance choreographer, Wade Robson. They were together from 2001-2002. By 2003, Spears was rumored to be dating Tom Brady, Fred Durst, Nick Carter, Jared Leto, and Columbus Short. 2004 was Spears' wildest year yet. She got married...twice! First up at the altar was Jason Alexander, who was Spears' childhood friend. They were hitched during a drunken night in Vegas and annulled the marriage a few days later. Husband number two was Kevin Federline, one of Spears' background dancers. The two were together for three years and had two kids together. Spears then dated J.R Rotem, Issac Cohen, Howie Day, Criss Angel, and Adnan Ghalib. Spears then found love with Jason Trawik. The two were engaged for three years, but decided to call the wedding off. Lately, Spears has been seen with a new boyfriend named David Lucado, an employee at a law firm.

**Related:** [Celebrities That Remained Friends After Dating](#)

## **Taylor Swift:**

Taylor Swift may be young, but she already has quite a reputation with the fellas. Swift first began a romantic relationship with Joe Jonas of the Jonas Brothers in 2008. This relationship didn't last very long because Swift moved onto her "You Belong With Me" co-star, Lucas Till. By the summer of 2009, Swift switched over to new boy toy, Taylor Lautner. The relationship was over by December of 2009. In 2010, Swift fired up a relationship with John Mayer, which only lasted a few months. Jake Gyllenhaal was Swift's next victim. They broke up in 2011. Conor Kennedy was the next heartthrob to date Swift. This relationship lasted a few

months as well. She went on to One Direction's Harry Styles and the two broke up after a while.

### **John Mayer:**

John Mayer has quite a long list of love interests. Here is only a handful of the women on Mayer's list...just to name a few. In 2002 John Mayer was reportedly dating actress Jennifer Love Hewitt. The relationship was short-lived. He then moved on to dating Jessica Simpson in 2006. However, by the next year, Mayer began dating Minka Kelly. That only lasted a few months as well because by the year after that, 2008, Mayer began an on-again off-again relationship with Jennifer Aniston. He was apparently serious about her since he reportedly told Rolling Stones that the breakup "was one of the worst times of my life." He bounced back pretty quickly since by a little while after the breakup, he began dating Taylor Swift which lasted from 2009-2010. He then moved on to Katy Perry. The two seem to have an on-again off-again relationship going on. Lets see how long this one lasts!

**Related:** [Single Traits to Lose so You Can Move Forward in a Relationship](#)

### **Demi Moore:**

In 1980, Moore was married to Freddy Moore. Their marriage lasted 5 years. In 1985, she became engaged to Emilio Estevez. The two had plans to wed in 1986 but called it off. By 1987, Moore was married to husband number two, Bruce Willis. The two were married for 13 years and had 3 daughters together. They were divorced in 2000. She then began a relationship with Ashton Kutcher who is 16 years younger than her. After dating for two years, Kutcher and Moore were married in September 2005. The marriage lasted a while but the two announced their divorce in 2011. Infidelity was rumored to be the cause of the divorce.

**Who are some other celebrities who have had trouble finding**



love? Share your thoughts below.

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# **‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set for Your Child”**



By [Whitney Baker Johnson](#)

Giuliana and Bill Rancic have a relationship that many of us



admire, so it only makes sense that the couple was tapped to host NBC's upcoming dating competition show *Ready for Love*. They've opened up their personal life to fans on their own reality show *Giuliana and Bill* on the Style Network, and now, they'll be taking on a new role in front of the camera. "We absolutely love working together," Giuliana says of the experience. "We banter back and forth quite a bit, but it's all in fun."

She adds that deciding to host the show was a no brainer. "We're always traveling and working apart, so it was the perfect opportunity for us to not only be a part of such a great show with amazing people but to spend some time together while doing it."

The premise of *Ready for Love* is different than other dating shows. The three bachelors – Ben Patton, Tim Lopez and Ernesto Arguello – were each paired with twelve ladies by three matchmakers, Amber Kelleher-Andrews, Tracy McMillan and Matt Hussey. Giuliana knows firsthand that *Ready for Love* is the real deal. "By using relationship experts, the compatibility between the bachelors and each girl is really tested," she explains. "This is, by far, the most realistic dating reality show I've ever seen."

So did the Rancic's share any of their wisdom and experiences as a madly-in-love couple with the single men? "Well, the matchmakers are experts, and they don't necessarily need help from us, but we did throw in little pieces of advice to the guys here and there. You'll have to tune in to find out!"

That's not to say that the couple didn't get to know the bachelors both on and off the set – Ben and Ernesto even came to their baby shower! "We really bonded with each of them and truly rooted for them while they searched for love," the host says. "They are all such great guys."

If the men had asked for their advice, the twosome believes

that communication is most important for a successful relationship. When they're in different cities for work, they're "always checking in and trying to put each other first – that's what keeps us strong."

**Related Link:** [Ready for Love: Three Extraordinary Men](#)

Of course, they have a new member of the family who they have to make a priority too: their seven-month-old son, Edward Duke. Even so, becoming parents hasn't changed their relationship. "If anything, it's just brought us closer. We're both so happy and grateful."

"Baby Duke is so adorable, and we're loving every minute of parenthood" the first-time mom adds. "Every 'first' he has is the greatest moment in the world."

For new parents who are struggling to fit romance into their lives, the television personalities say spending one-on-one time together is a must. "It's so important to stay connected to your spouse as a new parent," Giuliana shares. "Having a strong marriage is the greatest example you can set for your child."

*Be sure to check back next Monday, April 8 for our interview with Ben Patton and Tuesday, April 9 with Matthew Hussey! Catch the premiere of Ready for Love on Tuesday, April 9th at 9/8c on NBC. For more information about Giuliana, you can follow her on [Twitter](#) and watch her on E! News.*

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## Relationship Expert Tracy

# McMillan Says 'Ready for Love' Will Change the Way America Dates



By [Whitney Baker Johnson](#)

Unlike both Matthew Hussey and Amber Kelleher-Andrews " her fellow matchmakers on NBC's upcoming reality show, [Ready for Love](#) " Tracy McMillan considers herself to be a best friend matchmaker. "I come from the loving perspective of a friend who's going to tell you the things that your real friends are afraid to say because you might get mad."

**Related Link:** [Matchmaker Amber Kelleher-Andrews Chats About Being 'Ready for Love'](#)

She further explains, "My philosophy isn't about getting the guy. It's about opening your heart wide enough that the guy can walk into your life and that you're ready for him."

With that said, in today's world, there's not a "one size fits all" approach to dating. "It used to be that you'd date in your early 20s, settle down in your mid-20s and be married for the rest of your life," McMillan explains. "Now, there's a lot of confusion because people don't understand that you don't date the same as you do when you're 25 and 38."

Still, the author of *Why You're Not Married Yet: The Straight Talk You Need to Get The Relationship You Deserve* believes that it's "not necessarily harder to date." There's just more circumstances to consider when looking for love " which is where she can help.

**Related Link:** [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

The matchmaker believes that *Ready for Love* is going to change the way America dates. "I don't think anybody's ever seen a show get into the process of meeting someone, dating and falling in love. There's something very riveting about it. You'll laugh; you'll cry; and you'll say, "No, she didn't! " McMillan shares. "It's just not like anything else on television."

Be sure to watch McMillan on "[Ready for Love](#)," which premieres on NBC on Tuesday, April 9th at 9/8c after "The Voice." To purchase her book "Why You're Not Married Yet," click [here](#). For more information about the matchmaker, check out her site [tracymcmillan.com](http://tracymcmillan.com) or follow her on [Facebook](#) or [Twitter](#).

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# Relationship Matchmaker Amber Kelleher-Andrews Chats 'Ready for Love'



By [Whitney Baker Johnson](#)

If you're anything like us, then you're anxiously awaiting for the premiere of NBC's new dating reality series, *Ready for Love*. Not only will we have a front row seat as three very eligible bachelors search for love, but we'll also be privy to the advice they receive from three renowned matchmakers, one of whom is Amber Kelleher-Andrews.

**Related Link:** [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)



Kelleher-Andrews comes from a family business of matchmaking. "I like to say that I'm the fly on the wall on over 40,000 dates," says the CEO of Kelleher-International. Kelleher-Andrews' mother founded the "extremely personalized professional matchmaking firm" about 27 years ago, and the *Ready for Love* star has been working there for almost two decades now.

Separating her from other matchmakers, she engages with both the man and the woman involved in each match. She listens to the criteria and perspective of both parties and goes into every detail of every date. "I learn the do's and don'ts of dating from every age range in most of the major cities of the United States as well as overseas. I find major patterns in dating based on gender, based on age and based on different communities."

Of course, different generations must consider that there are different ways to navigate the troubled waters of dating. But regardless of background, it ultimately boils down to one question: where do you find your person? That's where matchmakers can help. "When you're truly ready for love and approach an expert for guidance, you get to skip that problem because we already have your potential matches in our files."

"You're attracted to people based on your personality and what you want in life," the matchmaker adds. "I compare it to college. Like-minded people go to Harvard, and those people are very different from the students at MIT or UCLA."

**Related Link:** [Ready for Love: Three Extraordinary Men](#)

Adding a huge amount of credibility to *Ready for Love*, Kelleher-Andrews and her fellow matchmakers had the final say in the female contestants vying for the men's hearts. "We chose these women because we felt that they were very similar to the bachelors. Do we know who they pick in the end? Of course not," she explains. "But we can at least bring a group



of women to the stage that we feel are very compatible with them.”

As for the men on *Ready for Love*, Kelleher-Andrews believes that “they already have the charm and charisma and success. They just need their person.” Given the expertise of the three matchmakers, it sounds like picking out “the one” might not be so easy!

*Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c on NBC! For more information about Kelleher-Andrews, click [here](#). You can also follow her on [Facebook](#) and [Twitter](#).*

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## Date Idea: Personal Spring Cleaning





By Sarah Ribeiro

Spring is here, and with it comes the ever-dreaded cleaning that comes along for the ride. This isn't anything your babe can't help with, though. This weekend, make Spring cleaning fun: take a chance to welcome the new season early with your honey and apply spring cleaning to your daily lives.

Start off by clearing your wardrobe. Go through your closet with your love and pick out clothes you've never worn – or never will wear. Take them to your local Goodwill or consignment store to rid yourself of the clutter. Afterwards, head to the shops with your honey. Pick out outfits for each other that make you feel sexy and attractive.

Once you've had your fill of refilling your closet, head to your closest spa or salon. Pamper yourself with a massage, facial or manicure and pedicure. Most spas have couples deals that allow you to get treated side-by-side, and many of them offer a Jacuzzi or sauna at the end of your treatment. Take the time to relax and feel good about yourself; after all, if you're comfortable and confident, you'll both be happier in

your relationship.

Feeling healthy is a surefire way to breed confidence both for yourself and for your relationship. You'll feel great and look great too, and you'll want to go out with your sweetheart more often. Take the time this weekend to talk over your health concerns with your partner and consider picking up a new health regime. Make a plan to stay fit together this spring. Schedule weekly bike rides, jogs or walks at sunset to keep your exercise feeling less like a chore and more like a date. Maybe a little cardio is what you need, or you could sign up for exercise classes. Many gyms provide couples classes like spinning, yoga, Pilates and even Zumba. If you can hold each other accountable, you'll be sure not to skimp.

While you start your exercise plan, make sure to include some dietary guidelines for the two of you. Pick a diet that is easy to follow. Some popular "fad diets" include the DASH diet, which cuts your salt intake and in turn your blood pressure and cholesterol; the Therapeutic Lifestyle Changes (TLC) diet, which decreases fat and cholesterol consumption while increasing fiber; or the "Real Food" or Happiness diet, which encourages avoiding heavily processed foods and eating whole foods instead – without the need to count calories. Grab a recipe book based on one of these diets and start planning romantic – and healthy – dinner dates with your love.

**How do you and your partner plan to spring clean? Share in the comments below.**