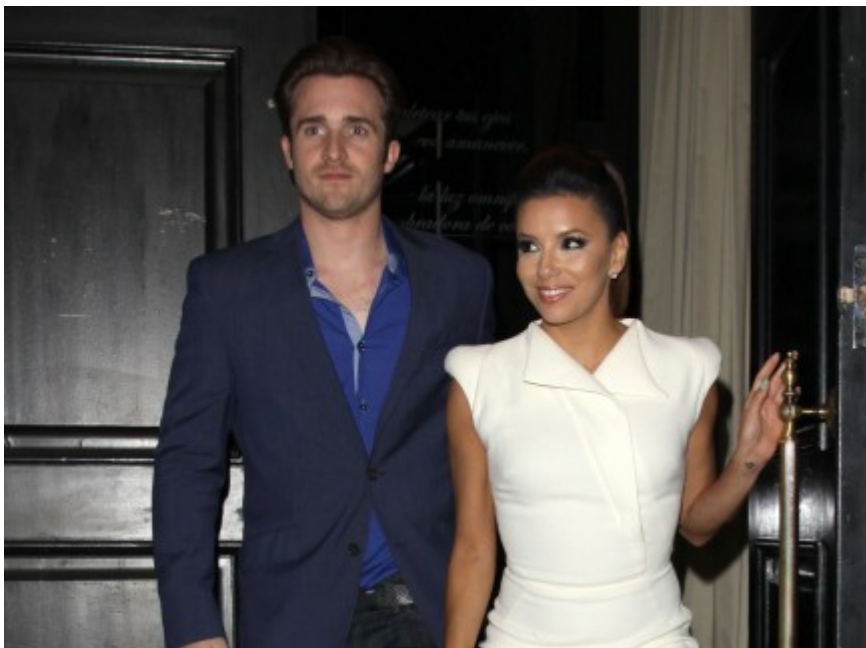


Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach



By Rachael Moore and

[Lori Bizzoco](#)

It's spring time now, and love is in the air. So much so, that NBC's new dating competition show, *Ready For Love*, premiering Tuesday, April 9th, is already getting tons of buzz. The innovative series, with Executive Producer Eva Longoria and hosts Giuliana and Bill Rancic, follows three eligible men looking to find their soulmates. With twelve women vying for each man's heart, three matchmakers provide their expertise and advice to guide them in their search for love.

Matthew Hussey, a life coach, speaker and new author, is the only male matchmaker on the show and admits that he has a more direct approach than his female colleagues on the show, Amber

Kelleher-Andrews and Tracy McMillan. “We all come from different places,” he says. ‘Amber is a matchmaker; Tracy is a writer; and I am a life coach.’¹

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

Hussey grew up in England and claims that he was never good with the girls, so he started observing people to try to understand them better. He learned some techniques to help people with their confidence, and at age 17, he realized that he wanted to be a life coach. He knew it would be hard for people to take him seriously given his young age, so he started out small, coaching three people per week before moving up to five and then ten.

Originally, he set out to help men better understand general life lessons, but it wasn't long before they started asking for advice on their love lives. ‘I knew coaching a room full of guys wouldn't be practical. They needed to get out there and talk to women. When doing so, some men got rejected, but others got wins.’¹

Related Link: [How to Behave Like a Gentleman](#)

He became very popular in the United Kingdom, coaching 10,000 guys in the span of two years and doing seminars with 300 men in attendance. With his reputation growing, Hussey was approached by many women wanting to know his secrets. ‘I was terrified,’ he shares. ‘I knew how to work with men, but I didn't understand women. Then, it hit me: that was exactly how I could help them. I didn't need to tell women about themselves. I needed to tell women about men and why they do the things that frustrate them.’

When it comes to guiding the three bachelors on *Ready for Love*, Hussey explains that Kelleher-Andrews and McMillan use a different method. ‘I was more direct because I believe in giving people tools so they aren't dependent on anyone. I'm not prepping them for dates; I'm prepping them for life,” he

says. 'I don't care if the women in my group end up with the guy. I care about them gaining an understanding of who they are and what they want and having the strategies they need in the real world.'

Related Link: [Why Amazing Confident Women Remain Single](#)

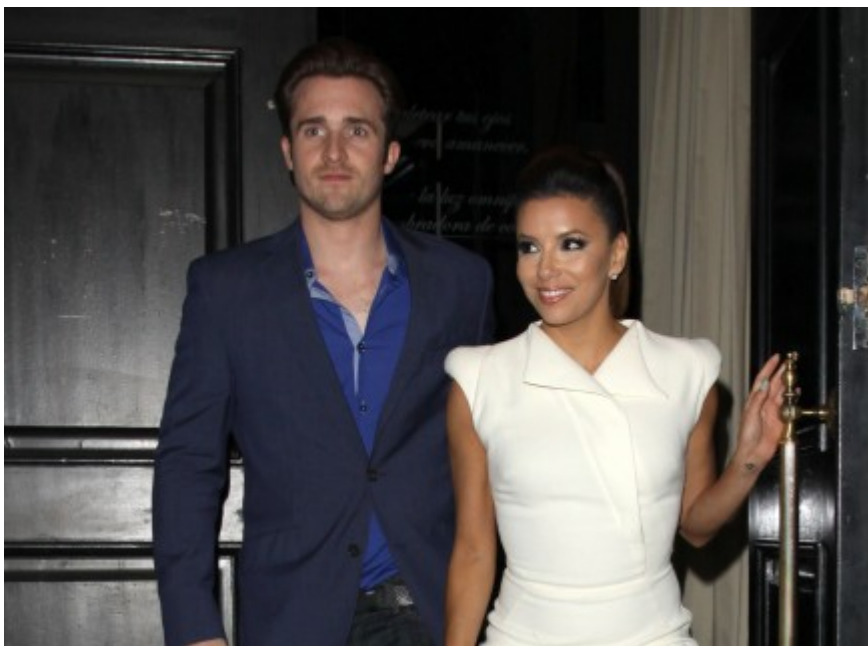
When speaking about the difference between his coaching techniques in his seminars and on the show, he shares, 'In my seminars, I can't watch what happens after the women leave. For the first time, I was able to see every change that was made in this nine-week period.'

When the show airs on April 9th, not only will Hussey make his debut as a reality star, but he will also add published author to his list of credits. His new book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, will be released from HarperCollins that same day. The book focuses on three main ideas: find the guy, attract the guy and keep the guy. With his intelligence and eye-opening words of wisdom, there's no doubt that women will quickly realize that Hussey's process truly works.

Hussey's advice boils down to the idea that 'attraction is only a snapshot of any moment of time. It's not a black-and-white thing. Just because a guy isn't attracted to you now doesn't mean he never will be. So, just like they say...timing is everything.

*Don't miss the two-hour series premiere of [Ready for Love](#) on Tuesday, April 9th at 9/8c NBC. 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 one of his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#).*

Relationship Advice: What To Know Before You Say 'I Do'



By Nicole Noonan

Asking the right questions and identifying what issues are deal breakers for you before getting married is important for everyone, whether or not you live a life in the spotlight. Addressing possible issues enables you to work through potential differences or, in the worst-case scenario, have the ability to walk away should you reach an impasse. If there are serious warning signs before you head down the aisle, marriage is not going to fix them! Here are some important tips:

Related: [5 Celebrity Couples Who Said 'I Do' in Vegas](#)

Know the Financial History

Marriage is a huge step in anyone's life, and it is important you prepare yourself not only emotionally, but financially as well. Love doesn't pay the rent or mortgage. When you marry someone, their credit history soon become yours too. Ask your significant other, "what is our ultimate financial goal regarding annual income? By what means and through what efforts can we achieve this?"

Know the Family

When you marry someone, you also marry that person's family. Kris Humphries married not just Kim Kardashian, but the whole Karadashian/Jenner clan. Your future spouse comes as a family package, so it's important for each of you to know what you are getting into. Ask yourself, "what place does your partner's family play in our family life? How often do we visit or socialize together?"

Know the Friends

The phrase "you are whom you hang out with," is one to consider. Get to know your partner's friends before you head down the aisle. Also, introduce your own friends. Often our friends can see things about our relationships that we cannot. Socialite Sale Johnson Rashad did not like Ahmad Rashad becoming friendly with Tiger Woods. Now they are divorcing.

Know Plans for Religion and Children

According to reports, SNL's Fred Armisen broke up with Mad Men's Elizabeth Moss because her religion was more important to her than their marriage. Elizabeth is a devoted Scientologist. Others, such as Jennifer Lopez & Marc Anthony, and Tom Cruise, Nicole Kidman and Katie Holmes also were rumored to have parted ways because of religion. It is important to discuss what religion, if any, you will embrace as a family. One or both partners might suddenly feel strongly about raising their children a certain way.

Know Each Other's Goals

Are you both comfortable with the other's level of ambition? It is important that partners considering marriage understand what each believes is a success. You should be comfortable and supportive of your spouse's success as much as your own. A marriage may start with both partners at the same "level," but one partner then has greater success than another. This could lead to envy and resentment. In the case of Chris Judd and JLo, he was a choreographer when they married and she a dancer. What a difference a year makes it cost JLo \$14 million.

Identify Roles

Talk about the roles you envision for your marriage. Will one stay at home with the children or will both parties work? Do you see yourself in an "I Love Lucy" role where wife stays home and husband is the breadwinner? Perhaps there is a balance, like in Angelina Jolie and Brad Pitt's relationship, where they take turns doing movies so one is always with the children. You and your significant other need to be on the same page.

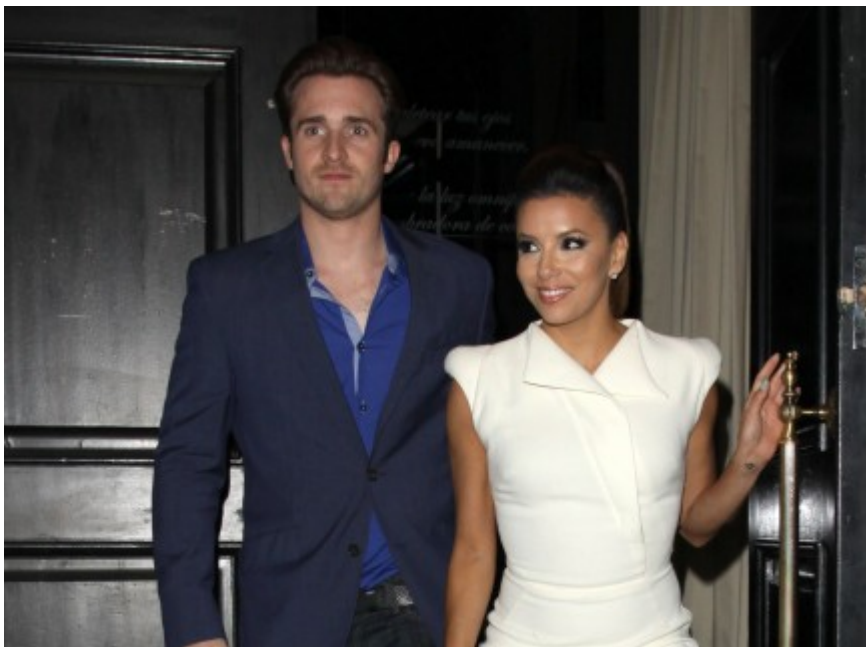
Most Importantly Know WHO you are Marrying

Take the time to really learn about your significant other. Regardless of what your friends and family may be pressuring you to do, or what your biological clock says, you do not need to be rushed into a marriage. It should be seen as the biggest commitment of your life. Though not everyone has the same view of marriage, Renee Zellweger and Kenny Chesney met in January 2005, married in May 2005 and had the marriage annulled that September, citing "fraud." Other examples of rushing to the altar include Dennis Rodman and his bride Carmen Electra, and the lengthy marriage of Britney Spears and her childhood friend, Jason Alexander, married for just 55 hours.

Nicole Noonan is the Executive Director of BBL Churchill

Group, a Divorce Finance company that provides essential funding to people involved in divorce proceedings, enabling them to pay legal fees, expert costs and living expenses when they are due. Noonan is dedicated to bettering the lives of her clients, utilizing her legal background and business education to provide solutions for those in need.

Celebrity Couples: More Like Us Than We Want To Admit?



By Marcus Osborne

for Galttime.com

[Celebrity couples](#) have been the target of admonition and admiration for years. The Jekyll and Hyde reaction to whatever the latest or hottest pop culture pairing happens to be is as over the top as ever. I've always theorized that these

couples' break-up rates aren't as dramatically different from the general population.

Why Do We Love Celebrity Break-ups?

Most of these famous relationships end. But most relationships generally come to an end at some point, don't they? We pay so much attention to couples that split that we pay no attention to the ones that stick it out. And there seems to be a certain glee, an almost joyous countdown to celebrity break-ups. And each and every statement and action made by our Hollywood couples is parsed...just looking for a crack in the armor.

Related Link: [The Simplest Tip to Save Your Relationship](#)

The recent "controversy" is over actor/director Ben Affleck's comments about his marriage to celebrity love Jennifer Garner upon accepting this year's Academy Award for Best Picture. His quote: *"I want to thank you for working on our marriage for 10 Christmases. It's good; it is work, but it's the best kind of work, and there's no one I'd rather work with."*

In the minds of merry cynics and professional antagonists around the nation, this one statement was read as a subliminal confession of matrimonial strife. And that reaction is just silly.

What Affleck said was about as honest and realistic a statement as you'll ever hear any celebrity offer on a public stage. Marriage is work. Relationships and love in general are work. Once we get past the honeymoon stage in any coupling, we start the work. The hard work. So what message can we really take from Affleck's statements? I see the glass as half full. You've got a husband and wife who acknowledge that sustaining a long-term relationship requires dedication and diligence. It's not a fairy tale. There's a clear-eyed, beer-goggle free vision of relationships by this pair, which in all likelihood,

has been the reason they've managed to stay together for ten years and two kids.

Related Link: [5 Things Men Want Women to Know](#)

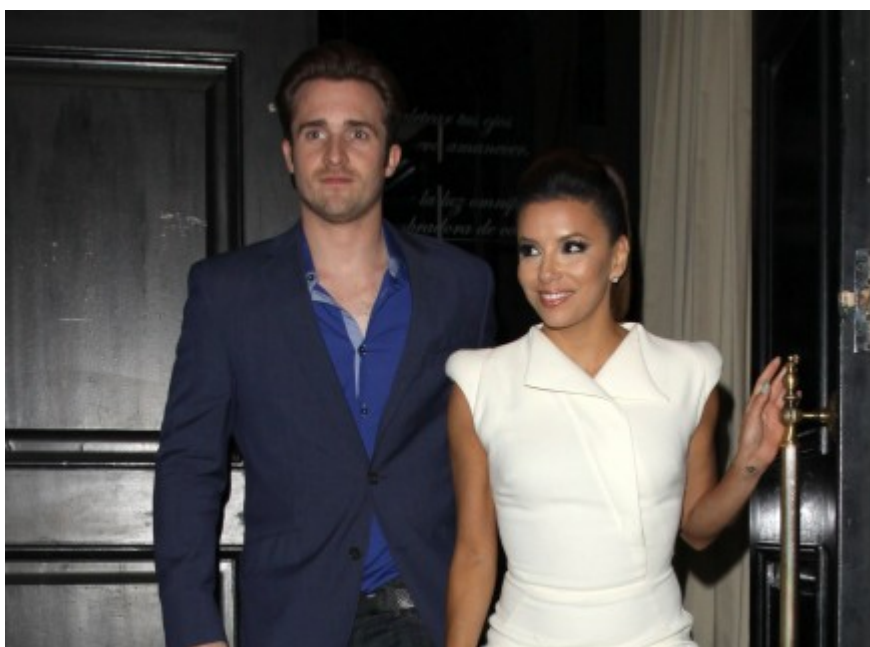
What Celebrity Couples Can Teach Us

So can we learn anything from celebrity couples? From my perspective, there's no more to be learned from them than from any other couple. The spotlight shines on their mistakes and break-ups so much brighter than on their successes that it would be easy to conclude that there's not a positive example among the bunch. Even in the face of overwhelming evidence, couples that have shown strength and staying power, we cast a jaundiced eye at them because they don't fit our established narrative; celebrity marriages don't last.


But in truth, if we're objective, we can use married celebrity couples' successes *and* failures as reminders and templates of what good relationship choices and a grounded perspective about what it takes to create a sustainable partnership can offer us. In other words, if you're basing your lifestyle on Taylor Swift and her boyfriend-of-the-week-club instead of Ben Affleck and Jennifer Garner's brick-by-brick, love-is-work edict, you're pretty likely to be unfulfilled if your goal is something lasting and meaningful.

There are many, many examples of Hollywood couples that continue to roll on: Tom Hanks and Rita Wilson, Ted Danson and Mary Steenburgen, and Will Smith and Jada Pinkett Smith; even Danny Devito and Rhea Pearlman in spite of their rocky times, have managed to hang on. Because they realize that Affleck was right: It's *work*..but it's the best kind of work.

Relationship Author Judith Ruskay Rabinor Chats About 'Befriending Your Ex After Divorce'



By Jessica Conigliaro and Michelle Danzig

It's no secret that over 50 percent of all marriages end in divorce. But does it mean that the relationship is completely over? After spending years devoted to a spouse and family, it's nearly impossible to remove your ex from your life entirely. If you have children, it's even harder. There will be graduations, weddings and other family events that will bring you both together again. After the unpredictable aftermath of a divorce, it's hard to believe that remaining friends with your ex is even an option but it could be the best choice when you've been with someone for a long time. 

In her new book, *Befriending Your Ex After Divorce: Making Life Better for You, Your Kids, and, Yes, Your Ex*, Judith Ruskay Rabinor, a psychologist, author, speaker, relationship expert and divorcee, explores her personal journey and shares how relationships can continue to grow and change once a marriage ends and a new family structure begins. In this exclusive interview with Rabinor, she shares her advice on how to develop and maintain a friendship with an ex –especially when there are kids involved.

In your book, you seem to really know how to manage relationships with your exes. How did you accumulate this knowledge?

My knowlege primarily accumulated through my ex-husband. I was also in a group of divorcees back in the 80's, and I learned a lot from their experiences. Plus, I interviewed a lot of people going through similar situations specifically for my book.

Marriages usually don't end on the best of terms. How long would you recommend waiting to develop a friendship after a messy divorce? How can a person know when the time is right?

It's rare that a divorce is friendly. You have a lot of negative feelings towards the other person: hurt, loss, anger and grief, to name a few.

As for how long to wait to become friends again, most data indicates two years. That amount of time is needed to create distance and boundaries and slowly inch your way back into a more comfortable relationship. That's just a statistic, and there are certainly exceptions. Some people never get past it, while others move forward within months. Remember that befriending you ex is a new relationship, not a continuation of your marriage.

What advice can you give to divorced women when their ex-

husbands have no interest in being friends?

That's tough. I would advise them to recognize that it may take a long time, and it may never happen. Try to focus on being good parents and keep the best interest of your children in mind. Divorce is forever, so make the best of it. You have to see your ex at all types of family events; having him as an enemy would be horrible. Be generous and optimistic and realize your ex may feel a certain way now, but he won't feel that way forever.

Related Link: ['Hollywood Exes' Daphne Wayans on Divorce: "We're Still A Family"](#)

You mention that certain obstacles, like anger or resentment, can prevent people from staying close after a divorce. What was the biggest challenge for you, and how did you overcome it?

In the beginning, just acting civilized felt awkward and even phony, especially during legal proceedings. Money was definitely the hardest obstacle for us; getting over the financial battle took the longest.

How do you develop a friendship after a split? What are some benefits of maintaining a positive relationship with an ex-husband?

First, create a vision of what becoming friends with your ex really means to you. Do it for your children, especially during school events; avoiding public arguments with your ex makes it easier on them. Next, you should take a risk. For instance, a friend of mine invited her ex-husband and his new wife to Thanksgiving dinner. They declined the invitation but then turned around and invited my friend to *their* next holiday dinner. As it turns out, her ex just needed some time to digest the idea.

Obviously, there will still be some touchy subjects, even when

befriending an ex. What topics would you recommend avoiding?

To develop a healthy friendship, the best thing to do is talk about the children. Don't rehash why the marriage was a failure. Leave your ex's new love life and money situations out of the conversation.

RelatedLink: [Dating After Divorce: How Soon is Too Soon?](#)

What advice would you give to divorced women who are starting to date again?

Once the relationship gets serious, it'd be nice to give your ex a heads up before you introduce him to your new partner. You may have a new boyfriend, but your ex will be your ex forever. You have to respect their feelings. You would want the same in return, right?

What about divorced people without kids?

Believe it or not, I've been interviewed by several people who told me they never had children but got divorced after 15 years. Since there were no kids involved, they didn't have much motivation to stay friends; nothing was tying them together. Even so, they wanted to stay friends because they had developed so many years of family connection. They had nieces and nephews, mother-in-laws and sister in-laws, who were important to them.

For women who have been divorced for a long time, is it ever too late to become friends?

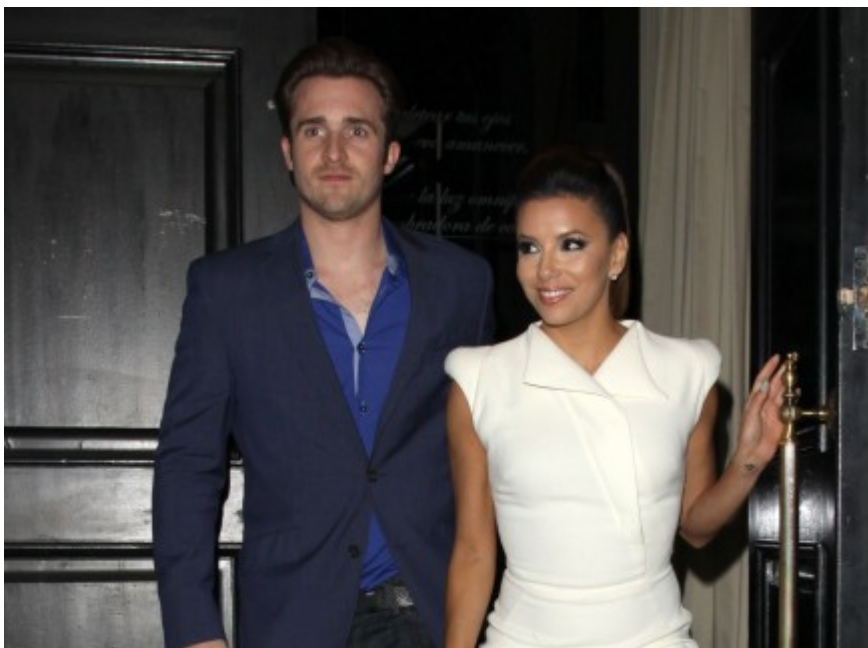
It's never too late to become friends. In fact, the whole last chapter of my book discusses that.

And lastly, what projects are you currently working on? Any plans for another book?

I'm doing workshops in Manhattan and have been talking about my new book. No plans for another one just yet.

You can purchase a copy of [Befriending Your Ex After Divorce: Making Life Better for You, Your Kids, and, Yes, Your Ex](#) in bookstores and online from Amazon. For more information about Rabinor, please visit JudithRuskayRabinorPhD.com.

Celebrity Couples Keeping the Faith Alive



By Jennifer

Harrington

Hollywood is a glamorous place that can most certainly be a challenging place to raise well-adjusted, grounded children. Over time, we have seen celebrity couples try unique parenting tactics to bring up their children right, while in the spotlight. In fact, some celebrities turn to faith and religion as they navigate parenthood. Here is a look at a few

stars who have relied on spirituality during their parenting journeys.

Tom Cruise

Tom is undoubtedly the most famous Scientologist, and his controversial religion was rumored to be a primary cause of his recent divorce from Katie Holmes. While their young daughter Suri spends the majority of her time with her mom, Tom is still committed to being a strong influence in his child's life (in fact, Suri frequently calls her father when he is on-location filming). It's likely he will try to pass along his core religious beliefs to his daughter. Tom also raised his two oldest children (with ex-wife Nicole Kidman) in the Scientology faith.

Related: [Sources Say Tom Cruise and Katie Holmes are 'Incredibly Happy' Post-Divorce](#)

Mel Gibson

Before recent scandals tarnished Mel's reputation, he was most well-known for being an established Hollywood actor and devout Catholic. In fact, he directed and produced *The Passion of the Christ* in 2004. Mel is the father of eight children, and is very outspoken about his religious convictions. Despite the rumors that persist that some of his offspring are wild and fun-loving, there's no doubt Mel attempted to raise the kids with a Catholic-based foundation.

Related: [Three Ways to Background Check Your Next Date](#)

Kirk Cameron

Kirk, who was a major star in the 1980s on the hit television show *Growing Pains*, abandoned his teen heartthrob status after became a born-again Christian at age 17. In fact, after he developed a relationship with Jesus, he began to insist that storylines be edited to remove anything he thought too adult

or inappropriate for the show. He is now a husband and father of six children, as well as a full-fledged evangelist. He currently co-hosts a religious-themed television show.

Like everybody else, celebrities have different beliefs, but it's not often you see celebrities outspoken about their dedication to a given religion, and even less frequently you can cite a parent in Hollywood guiding their offspring with faith.

Tell Cupid: what are the biggest benefits for celebrities keeping the faith alive, and raising their children in a religious home?

Relationship Advice: The Most Powerful Tool to Help You Find Your Soul Mate





By Sue Frederick

Intuition can navigate you successfully toward finding true love as effortlessly as a dream in the night. It works better than dating sites, speed dating, or singles' events. Love is the gateway to your intuition. You'll never be as intuitive as when you fall in love because your energy centers are most open and receptive, and your monkey-mind quiets down. You look into a stranger's eyes and remember him from another time. You know when he'll call. You feel his embrace long before it actually happens. And you sense what he's feeling even when the two of you are apart.

We're all a little more comfortable with intuitive loving than we are with intuitive living—using intuition for our everyday life and career choices. Yet we can tap into this portal of sacred guidance whenever we open our hearts. When you fall in love, nurture this sacred gateway to the unknown. When you're not in love, love anyway. It will open the door to your divine intuition.

What to Do Before Going On a First Date

Before going on a first date (especially a blind date) write down your date's name and place your hand over it. Close your eyes and do a short meditation with mantra or sacred sound to

quiet your mind. Now ask to see what the person looks like and feel their energy. If the energy you feel and the person you see makes you smile and giggle, that's a "yes" from your intuition. Your higher self is telling you that this person will be a loving presence in your life.

Related: [Five Conversations to Avoid on the First Date](#)

If the energy feels bad in your stomach and makes you feel anxious, cancel the date. If the energy you feel revs up your sexual chakra, that's telling you what the focus of this relationship will be. If you don't feel a loving warm energy in your heart while picturing and feeling this person's energy, this probably won't be a long-lasting or fulfilling relationship.

Related: [6 Great First Date Questions \(and 4 to Skip\)](#)

Also, if you have the person's date of birth, decipher their birth path by adding up all the numbers in their day, month and year of birth. Write his name and birth path on a sheet of paper. Put your hand on this information and meditate to quiet your mind. Ask to feel the person's energy and understand his journey. Ask if this person is someone you should connect to for your highest good. Pay attention to the feeling you get and note whether it's positive or negative. Write down any thoughts about this person that come to you during your meditation. Trust your gut. If it feels bad, don't pursue this person no matter how beautiful they look or how perfect they seem.

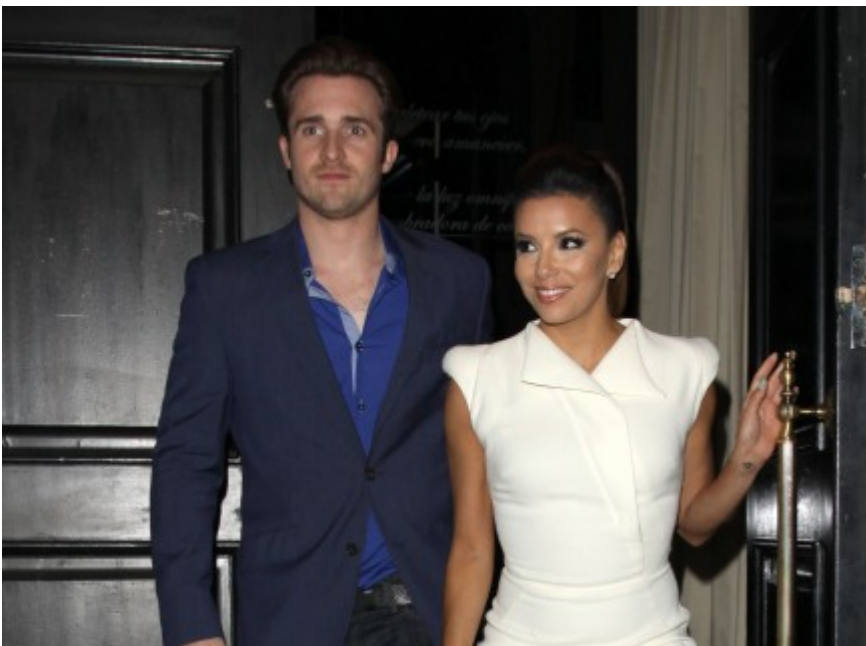
Keep practicing. Use this intuitive technique with potential hires at your workplace or to decide whether to take a new job. The more you use your intuition, the more you'll trust it. Eventually you'll realize how good you are at trusting your intuition.

You are now becoming a master of intuitive living, an approach that will put you right into the juicy flow of your life and

bring you love, success, and happiness each day.

Sue Frederick's is the author of "[I See Your Soul Mate: An Intuitive Guide to Finding & Keeping Love](#)," and her work, described as a "breath of fresh air" and "an enlightened new perspective," has been featured in the New York Times, CNN, Real Simple, Complete Woman, Yoga Journal, Natural Health, Fit Yoga, and Nexus Magazines.

Expert Dating Advice: Who Do We Really Think Should Pay for the First Date?



By Jdate for

Galttime.com

Every first date comes to that same awkward point: *Is he going to offer to pay? Should she take a stand and put down cash? Does anyone go Dutch anymore?*

According to the State of Dating in America report, findings from a survey of more than 2,700 U.S. singles between the ages of 18 and 60 compiled by [JDate](#) (authors of this post) and ChristianMingle.com, 78% of single men believe the man should pay on the first date, and 55% of single women agree.

“The more things change, the more things stay the same!” says Rachel Sussman, a New York-based marriage and family therapist and licensed clinical social worker. Sussman partnered with JDate and ChristianMingle to analyze the State of Dating in America’s findings and provide her expert insights.

“In this society, maybe men are brought up being told it’s their responsibility to pay their way, at least on the first date,” Sussman says. “In general, men believe they should be the ones paying, and that’s the message that’s reinforced in media and culture.”

So, is it safe for ladies to relax and presume that the man will always pay for a first date?

“Some women are more comfortable paying their own way,” Sussman says. “If a woman prefers to pay for the first date – or at least her half – that’s her prerogative, and her date should respect that.”

Here are a few tips from dating experts on how to avoid that potentially awkward wallet-grab on the first date:

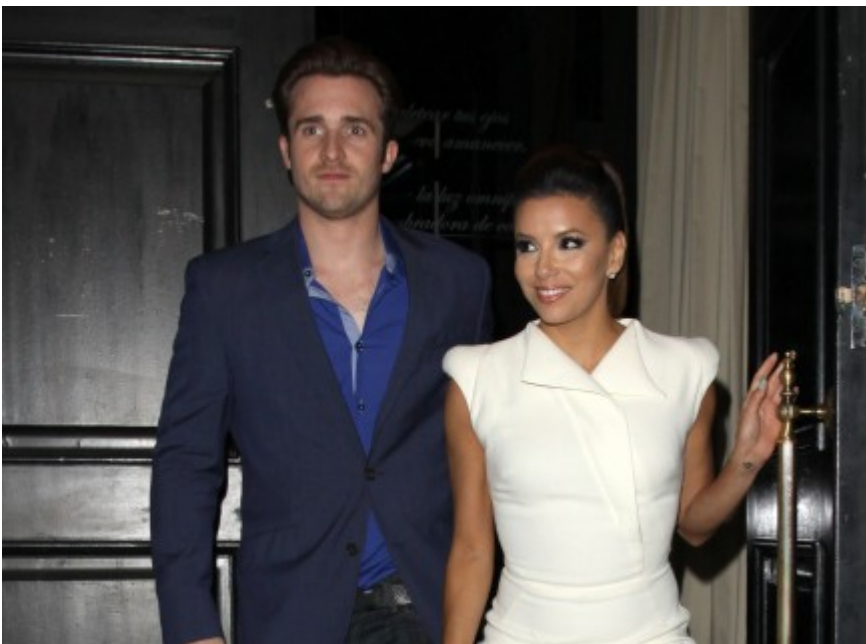
- Be up front. If the findings of the report are right, a majority of women AND men expect that the man will pay for the first date. If you want to buck the trend, just say so.
- Show gratitude, but don’t feel indebted. Of course, it’s always best to thank whoever foots the bill. But since that

person chose to pay, and the other party shouldn't feel like they owe anything!

– Consider going Dutch! Splitting the bill in half might seem outdated but it allows both parties to feel they contributed.

– If you're going on first dates frequently – for example, meeting several different people you've been chatting with online – consider getting coffee instead of going out to a restaurant. You'll feel less romantic pressure and will save both parties time and money.

Ready for Love: Three Extraordinary Men



By Sammi-T for

TVGrapevine.com

36 WOMEN WILL COMPETE TO FIND TRUE LOVE ON THE NEW NBC RELATIONSHIP SERIES 'READY FOR LOVE,' PREMIERING APRIL 9 AT 9/8c.

NBC announced today that its new relationship show *Ready for Love* has revealed the 36 women who will have the opportunity to compete for true love. The women have a chance to find romance with three successful and handsome men, hand-selected by executive producer Eva Longoria (*Desperate Housewives*). The series, from Longoria's UnbeliEVAble Entertainment, Renegade 83 and Universal Television, focuses on three extraordinary men – Ben Patton, an international financier from Dallas, Texas; Tim Lopez, a member of the popular music group Plain White T's from Austin, Texas; and Ernesto Arguello, an entrepreneur with a social vision from Miami, Florida – who are committed to finding their soul mate.

Giuliana and Bill Rancic will host the series, where preeminent matchmaker Amber Kelleher-Andrews, relationship author Tracy McMillan and professional dating coach Matthew Hussey will help the men find their perfect matches.

Listed below are the women vying for the men's affections.

BEN'S MATCHES:

ALLIE WAGNER (Age: 26) – Resides in Cincinnati, Ohio – Wagner can brighten up any room with her smile. She is the opposite of shy; she loves the spotlight; and she and her twin sister, Mandy, grew up in Kentucky competing in numerous beauty pageants. She currently works as an event coordinator. Wagner thinks her love of family makes her the perfect match for family-oriented Ben.

ANGELA ZATOPEK (Age: 24) – Resides in Houston, Texas – Zatopek is a sassy, savvy communications executive. Zatopek devotes a lot of her time to philanthropy and even helped build a school in Uganda. She values her faith and therefore has made the

decision to save herself for marriage. Zatopek believes her Christian upbringing has shaped her attitudes towards love and marriage and believes it will make her a perfect match for Ben.

BETH RICHMAN (Age: 30) – Resides in Charlotte, North Carolina – Richman studied business management and human resources at Ohio State and now works for a medical device company in Charlotte. She loves to travel and believes Ben is the perfect mate with whom to tackle new adventures.

JADE DHIR (Age: 24) – Resides in Austin, Texas – Dhir is an independent and outgoing woman who is dedicated to spending a lot of time with her family. She considers herself to be very driven and believes her over-achieving nature will make her a great match for career-oriented Ben.

KARI KRAKOWSKI (Age: 27) – Resides in Dallas, Texas – Krakowski thinks that Patton is the perfect man for her. They met when she first moved to Dallas and soon began dating. Due to their busy schedules, they ended it and decided it would be best to remain friends. She is now ready to take a leap of faith and fight for true love. Krakowski thinks her previous personal connection with Ben will reignite their flame.

KATIE COYLE (Age: 34) – Resides in Pella, Iowa – Coyle is a mother to two wonderful children. She lives by the philosophy that life is too short not to be happy. In 2011, she had a health scare in which she made a full recovery but decided to never again take life for granted. In her spare time, she enjoys running, Pilates, yoga and boxing. Coyle thinks her energetic lifestyle makes her the perfect match for Ben.

KRISTINA ZAPATA (Age: 26) – Resides in Los Angeles – Zapata is dedicated to her family and her education. She studied broadcast journalism at the Universidad Catolica de Colombia to work towards her dream of becoming a Spanish news broadcaster. Zapata is very dedicated to her career but also

makes sure she has plenty of time to relax. She thinks her balance of career and free time are a perfect match for Ben's life plans.

LYNSEE GONZALES (Age: 26) – Resides in Portland, Oregon – Gonzales is a small-town girl that turned her dreams of becoming an international model into a reality. She has traveled around the world to pursue her career, modeling for print publications and working the runway. She recently ended her relationship with her adulterous fiancé and is looking forward to a fresh start. Gonzales thinks it is time to focus on love and be the wife of Ben's dreams.

RACHEL BRIESE (Age: 26) – Resides in Schaumburg, Illinois – Briese is a fun-loving girl with a quirky personality. She is a self-proclaimed video-game junkie who is also obsessed with sci-fi movies and *Star Wars*. Briese loves being different and won't change her seemingly nerdy ways for anyone. She believes that if she stays true to herself, then a genuine, great guy like Ben will love her for who she is.

RENAE VIRATA (Age: 31) – Resides in Houston, Texas – Virata is a go-getter. After earning a Bachelor of Science degree from Vanderbilt, she worked as a marketing consultant. Virata then took a risk and chose to quit her high-paying job to begin her own Internet start-up company. Virata believes her enthusiastic lifestyle would be the perfect match because she emulates Ben's ambitious work ethic.

SENECA BERNIARD (Age: 34) – Resides in Los Angeles – Bernard is a woman that uses her intellect to be a positive contribution to the world. She studied law at Loyola Law School and obtained her Masters in Business Administration from Keller Graduate School of Management. She currently works as a public defender. Bernard believes her level of success will make her a great half to a power couple with Ben.

TARYNN FRANCO (Age: 26) – Resides in San Francisco – Franco

has a love for traveling, learning about different cultures and trying new things. Her appetite for adventure and exploration has led her to a career in the private aviation industry. Franco appreciates a night on the town with her best friends, but currently longs for a man that gives her a good reason to stay home. She believes her desire for adventure will be a perfect match for Ben's love of travel.

TIM'S MATCHES:

ALEXIS RODRIGUEZ (Age: 23) – Resides in Scottsdale, Arizona – Rodriguez is a recent college graduate. She currently enjoys her time working as a local radio personality in Arizona but can't wait to start her career. Rodriguez believes that her fun nature and closeness with her family is the perfect match for Tim, who shares similar family values.

CHRISTINA RIGAUD (Age: 25) – Resides in New Orleans, Louisiana – Rigaud is a classically trained pianist who graduated from the University of Arizona with a degree in English. The avid cook and gardener started a non-profit organization helping others learn how to raise fish and grow vegetables in a sustainable environment. She is looking for a man that is as passionate about life as she is. Rigaud believes she and Tim will bond through their shared music backgrounds.

DANIELLE DUFF (Age: 27) – Resides in Tucson, Arizona – Duff is a committed and loyal woman. After being married for nine-and-a-half years, Duff and her ex-husband realized they were not meant for each other and divorced. She believes that her overall readiness for love and experiencing the same loss as Tim makes their duo a perfect match.

HAILEY CLARK (Age: 31) – Resides in Indialantic, Florida – Clark is an elementary school art teacher by day and an expressionist painter by night. In fact, her paintings have been featured in several local art shows. Clark believes that her compassion for others and quirky sense of humor will be a

perfect match for Tim's open personality.

JENNA REEVES (Age: 23) – Resides in Austin, Texas – Reeves is young but wise beyond her years. Unlike most of her peers, Reeves is ready to settle down and find her husband right away. She loves her life and prides herself on her determination in becoming the first in her family to finish college. Reeves believes her open-minded and free-spirited personality reflects Tim's same attitude towards life.

LANA SEARS (Age: 26) – Resides in Kansas City, Missouri – Sears is the girl next-door that most guys want to take home to introduce to their parents. The self-described tomboy grew up in a small farm town, has never had a problem dating and usually finds herself in a serious relationship. Although fond of committed relationships, Sears is very independent and likes for her partner to be the same. She believes that her independent mindset would be a perfect match with Tim's rock-star lifestyle.

LEAH TROGAN (Age: 27) – Resides in Austin, Texas – Trogan is a close friend of Tim. She is a makeup artist, but her biggest accomplishment is raising her son, Ryder, as a single mother. Trogan has known Tim for seven years and is looking forward to finally sharing her true feelings for him. She thinks that friendship makes for the best relationships.

LISA CONLON (Age: 32) – Resides in Vernon, Connecticut – Conlon has her hands full with her music career and is studying to receive her doctorate in music. She insists that music keeps her balanced in a relationship. When her mother was diagnosed with cancer, Conlon transferred schools to act as her mother's caretaker. Conlon believes that her dedication to both music and her loved ones would make her a perfect match for Tim.

SARA LAVAGNINO (Age: 30) – Resides in Franklin, Tennessee – Lavagnino is characterized as a strong and determined woman.

She and her identical twin sister are very close and have a singing group called the Lava Girls, but she also works as a licensed real estate agent. She has faced adversity with the loss of her fiancé to cancer but credits that experience to making her a good partner and continues to search for love. Lavagnino believes both she and Tim are ready to find love again after persevering through painful loss.

SARA MOORE (Age: 28) – Resides in Charlotte, North Carolina – Moore is a self-described “girly girl.” She is currently working on obtaining a Master’s degree in teaching. She is a laid-back Southern belle who loves to laugh, watch sports and believes Sundays should be devoted to God and football. Moore believes her Southern roots will wrangle in the Texas part of Tim’s personality.

SIHAM BENGOUA (Age: 25) – Resides in Philadelphia, Pennsylvania – Bengoua is a self-sufficient woman who created her own hair-care business to finance her studies at Temple University, where she studied marketing. A few years ago, she lost her sister, and although she describes it as the worst time of her life, she knows it made her stronger. Bengoua believes that her dedication to loved ones will make her the perfect wife for Tim.

TAONAYA FLEURY (Age: 31) – Resides in Miramar, Florida – Fleury wants to make a difference in this world and is looking to earn a Master’s degree in marriage and family counseling. In addition, Fleury and her cousin are looking to start a charity for sickle cell disease. Fleury believes that her deep-rooted understanding of commitment reflects Tim’s belief that love is eternal.

ERNESTO’S MATCHES:

ALBA REYES (Age: 30) – Resides in Houston, Texas – The perfect combination of beauty and brains, Reyes has it all. She graduated from law school, and currently works in health law

while she postpones taking the bar. In addition, Reyes was crowned Miss Puerto Rico in 2004 and the second runner-up for Miss Universe. Reyes believes she is more ready than ever to find true love and felt a spark when she saw Ernesto's video.

ELIZABETH CAPELA (Age: 30) – Resides in Dallas, Texas – Capela is dependable, honest, and an overall giving person. As a fifth-grade English teacher, Capela thrives on putting her heart into her lessons and helping her pupils grow. Her role in helping educate the youth will mesh nicely with Ernesto's charitable role in helping the less fortunate.

ERICA LARSON (Age: 25) – Resides in Addison, Texas – Larson is a recent graduate of Texas State University with a degree in fashion merchandising and currently works in the fashion industry. She enjoys dancing, cheerleading, swimming, reading and traveling. After watching her parents happily married for 38 years, she believes in true love and is ready for someone who will love her unconditionally. Larson believes Ernesto's similar upbringing will make for a long-lasting relationship.

KATIE CROSBY (Age: 26) – Resides in Chicago, Illinois – Crosby has lived with a "live life to the fullest" attitude since the tragic passing of her brother. While she misses him dearly, her relationship with her family has remained strong. Crosby has spent the past few years focusing solely on work, but now wants to put her attention on love. Ernesto's giving nature left her inspired and she would love to partner in his philanthropic endeavors.

KRISTEN SIKORSKI (Age: 25) – Resides in Austin, Texas – Sikorski is a no-nonsense Texas woman who was raised on a ranch by her father and mother. Although she is an elementary school teacher, she majored in history and enjoys war movies and military facts. Sikorski was wowed when she saw Ernesto's video and knows she is ready to take on the full-time role as wife for a family man such as Ernesto.

LISA MARIE HALL (Age: 30) – Resides in Covina, California – Hall's friends describe her as funny, sweet and giving. While working as a children's theme park performer in America and Japan for the past 10 years, she prides herself on making others happy. In her free time she likes to stay active by dancing, skating and biking. Hall is looking for a man that can keep up with her on new adventures, and she believes Ernesto is that guy.

MANDY WAGNER (Age: 26) – Resides in Studio City, California – Wagner is the State Director of Pure American Girl Pageants that aims at making its participants humble and genuine, as well as competitive. Wagner's twin sister, Allie, is also a participant on the show and their parents are excited for them to find the right guy. Wagner believes her down-to-earth family and genuine nature makes her and Ernesto the perfect match.

OLIVIA MATTI (Age: 26) – Resides in Sterling Heights, Michigan – Matti is energetic, fearless, and fierce. She claims that her tough love attitude gives her a charm that other women lack. Matti needs someone that can match her energy and give her the passionate relationship that she desires. Matti, like Ernesto, has never been in love and believes they'll bond over waiting to share those special three words with the right person.

SHANDI FINNESSEY (Age: 33) – Resides in Los Angeles – Finnessey is a driven woman, who isn't afraid to break boundaries. In fact, she became the first woman from Missouri to win the Miss USA title in 2004. She's currently a TV host on an entertainment Web series and has modeled in numerous magazines. Finnessey values family and religion and she believes Ernesto's similar upbringing will make them the perfect match.

SONIA LETTIG (Age: 29) – Resides in Los Angeles – Lettig graduated magna cum laude from Villanova and then went to

receive her Master's degree from Pepperdine University. She has a background in human resources and professional development. Sonia is currently a business development director for an online fundraising company that raises money for charity, which allows fulfilling her passion of organizing community service events and giving back. Lettig thinks her charitable nature makes her a great match for Ernesto since he's always giving back to his community.

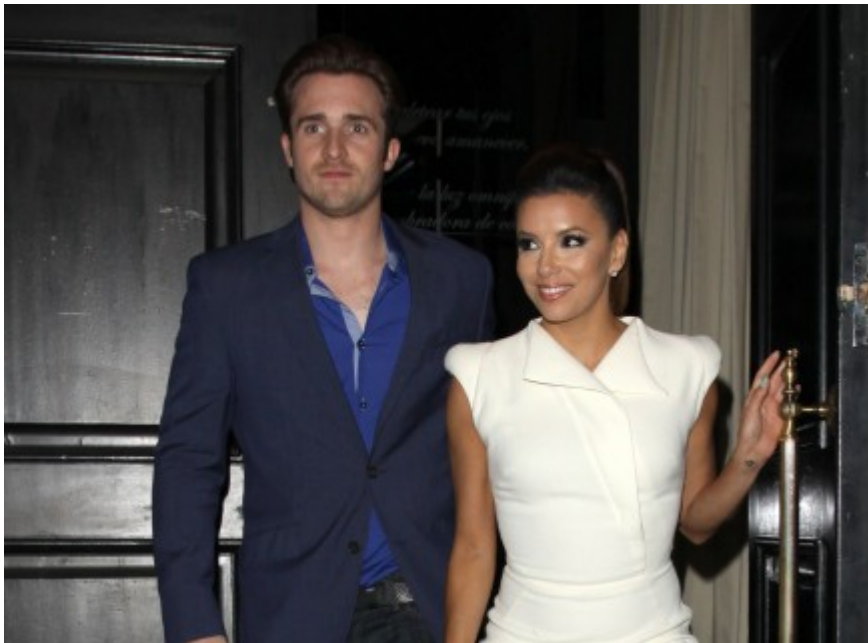
SUMMER BURNS (Age: 31) – Resides in Austin, Texas – Already a loving mother to a three-year-old son, Burns is ready to complete her family portrait with a husband. As a single mother, she has developed the perfect combination of strength and compassion. She would like her son to have a father figure and, based on his video, she believes Ernesto is the right fit for her family.

VICTORIA MORA (Age: 24) – Resides in Chicago, Illinois – Mora has a free-spirit attitude, but is grounded and humbled by her tight-knit Mexican family. She wants to be with a man that is confident and willing to take on anything by her side. According to Mora, love is a two-way street and she will be the most loving and supportive partner as long as she receives the same respect. Mora believes Ernesto's confidence is the perfect match for her challenging nature.

Ready for Love is produced by UnbeliEVABLE Entertainment, Renegade 83, and Universal Television. Longoria (*Desperate Housewives*), Jason Ehrlich (*The Bachelor, The Bachelorette*), Greg Goldman (*Secret Millionaire, Don't Forget the Lyrics!*), David Garfinkle (*Blind Date, The 5th Wheel*) and Jay Renfro (*Blind Date, The 5th Wheel*) serve as executive producers.

Longoria created UnbeliEVABLE Entertainment, her own production company, which develops films, and television shows, that have been sold to NBC, ABC, CW, ABC Family, and VH1. Additionally, UnbeliEVABLE Entertainment produces The NCLR Alma Awards on NBC.

Expert Dating Advice: When It's Best to Keep It in the Friend Zone



By Ashley DelBello

We could go on and on about different scenarios where it's best to keep it "just friends" with that particular someone within your social circle – whether it be a coworker, someone in your close group of friends or a person that one of your friends has previously dated. Most of the time we know it's probably not a good idea, but it's only natural to wonder about taking it a step further when you think there may be a stronger connection. So what about those situations where we are curious if there could be something more? Cupid spoke with the relationship experts on how best to navigate.

“The friend zone is a tricky space. We all want to make that Hail Mary pass, but we don’t always prepare for it not working out,” said author of “You Are WHY You Eat” and licensed clinical psychologist Ramani Durvasula, Ph.D. “That doesn’t mean that it won’t work since many great relationships start as friendships, but you need to be prepared.”

Related: [David Arquette Says That He’s Entered the Friend Zone with Courteney Cox](#)

With coworkers. The first step is to make sure they’ve made some sort of indication that they might also want to take the relationship to the next level and then to think about how it could impact your job and reputation at work in the future. “It’s very important that you discuss beforehand what happens if it doesn’t work out. Can you go back to just being friends? Will it become awkward? How will you acknowledge each other at work,” said relationship expert and celebrity life coach Melanie Mar.

“Tread lightly in the workplace and think about the ramifications,” adds Durvasula. “If it’s all that then one of you may need to consider jumping ship from the company.”

For those of you that do decide it’s worth the risk, Mar advises that you need to distinctly separate your professional and social lives. “For example, if you’re dating someone from work, when you go out together on a personal level, work must never be discussed and you need to date as you would any other person – discussing family values, upbringing, future planning, those types of things, but steer away from any shop talk.”

Related: [‘Bachelor’ Sean Lowe Explains Why He Sent Home Leslie](#)

With your friends. We’ve been warned several times that friends and sex don’t mix, but we hardly ever listen. “We all like to think we are so evolved, but don’t think you can have that one night stand and go back to hanging out and hearing

about each other's new flames. Sex changes the chemistry of a friendship. Are you willing to toss it for that night if you have no intention of taking it further," asked Durvasula. It could be potentially damaging to your friendship and you will both need to decide if it's worth the sacrifice so take the time to really think about how it will affect the relationship down the road.

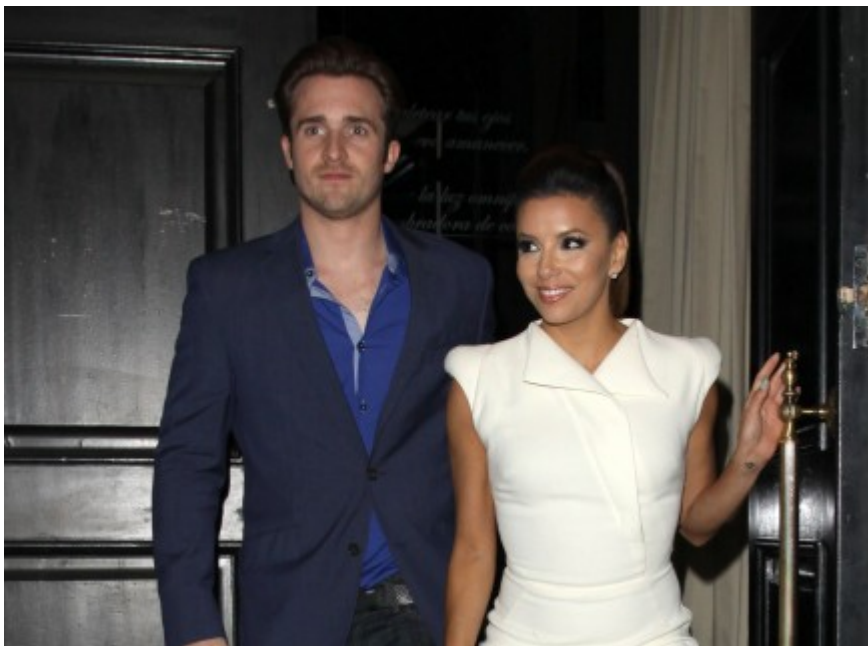
And if you do want to pursue it romantically? "You probably already know a lot about each other since you're in the same friend group, but my advice would be to not discuss your mutual friends as you run the risk of keeping it buddy-buddy when you need to take it to a romantic level. Change your behavior patterns around each other and keep the focus on courting and romancing – even more so than meeting someone in a bar or online because you're making a distinct shift from a platonic relationship into a new romantic relationship," said Mar.

A friend's ex. Just don't do it – that situation is rarely ever a good idea and just ends up being more drama than it's worth. "Karma's a bitch. Before you take up with your girlfriend's ex-boyfriend or ex-husband, think about the implications. She may say she is not hurt, but is it worth it? Men come and go, but honor and girlfriends are forever," said Durvasula.

Going from friends to something more is possible – you just need to think it through and be mindful of what could happen if it doesn't work out before you make the transition.

Tell us: When do you think it's best to keep it in the friend zone? Have there been situations that have totally gone wrong? On the flip side, any tips from those who have made the successful transition from friends to lovers?

Date Idea: Shoot Some Hoops



By Sarah Ribeiro

This weekend, forget the cold weather and get active indoors with your sweetheart. Head to the gym with your love for a little one-on-one – and some March Madness of your own.

Before you play, do some warm-ups in the gym to get your heart pumping and your muscles loosened. You and your partner can jog a few laps while discussing your favorite sports. Share some stories about your sport experiences as a kid – everyone has that one embarrassing sports story that will be sure to get your sweetheart laughing.

Go for an all-out basketball workout: do a couple “suicide” drills – the childhood favorite where you run from the baseline to the free throw line closest to you and back,

continuing to run to the next furthest court line and back until you run the full court. Race against your partner and kickstart your competitive drive before you even play. While you're warming up, work with each other to improve your skills – it's an excuse to touch each other and to teach each other something new, which keeps the date intimate. If you've got a great lay-up, you can show your date how to position themselves in the right spot to get that perfect shot. Or you can ask them for advice on footwork to gain a better defense against them.

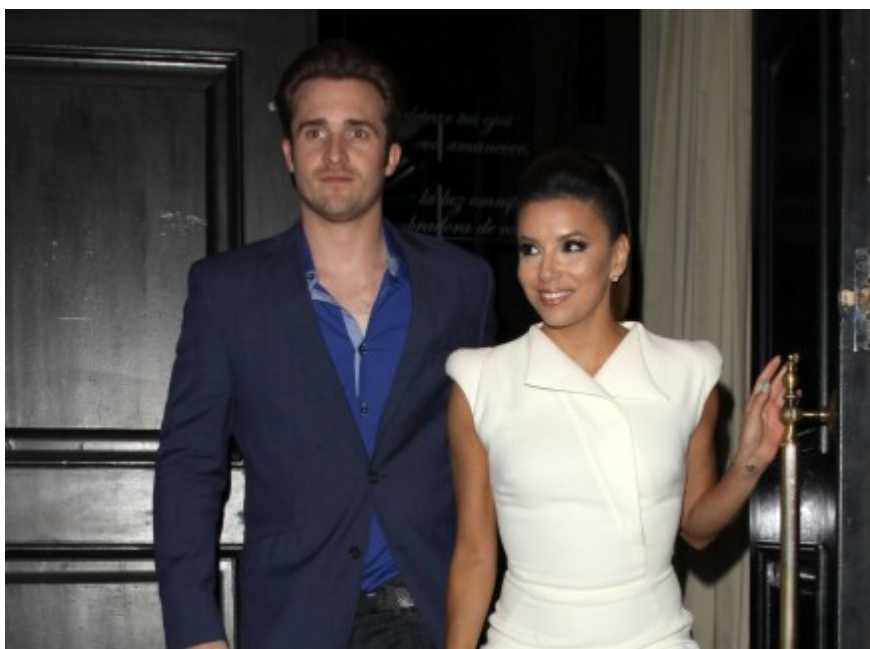
Then, the real fun starts. Play a simple game of one-on-one with your partner. You can vary what type of game you want to play: try HORSE, a trick/skill game where you mimic your opponents previous shot and gain letters when you can't mimic the skill – five points spells HORSE and you're out! Or just pick a maximum number of points and try to outshoot each other.

After you've tired yourselves out, hit the showers and get ready for the night. Keep with the hoops theme and check which teams are playing near you. You may even be able to head to a college game for March Madness. You can grab cheap tickets online, where you and your beau can cheer on from the sidelines.

If you're on a budget, hit up your local sports bar and check out the game there. For a more romantic night alone, crack open a couple beers at home and snack on the junk food you'd only reserve for sports events: hot wings, nachos, chips and more. Be sure to ice your muscles after playing hard all day!

How do you celebrate March Madness with your partner? Leave your date ideas in the comments below.

Is Tiger Woods Capable of Being Monogamous with Lindsey Vonn?



By Susan Trombetti,
CEO of Exclusive Matchmaking and Relationship Expert

The breaking news this week is that pro golfer Tiger Woods and popular skier Lindsey Vonn are officially dating. Many are skeptical of this situation, as Tiger is still getting over his reputation as a cheater stemming from the scandal with his ex-wife, Elin Nordegren. Well, let me just say that Tiger has so many cheating scandals in his history that I doubt he could be faithful again unless there are some drastic changes involving his inner circle, lack of opportunity to cheat, and possible therapy.

Related: [Kourtney Kardashian and Beau Get Therapy](#)

Why, you ask? For one thing, he is surrounded by “yes” people

who's financial situation is dependent on Tiger. I don't see them becoming moral against all odds and tying him up when he has the urge to cheat. They are loyal to him and will enable what isn't good for him just to make him happy. They may rationalize: "It's just women, and boys will be boys."

Other celebrity examples of this is Anna Nicole, who was surrounded by enablers like her attorney, and Michael Jackson, who was backed up by his doctor. These are drastic examples, but it's hard to say "no" when your boss says "jump". In Tiger Woods' case, he has his inner circle and his mother enabling his addiction to cheating. Plus, he has a history of it, as his dad cheated in the past. This is all he knows. In my opinion, what he really needs is some therapy or a 12 step program to become fully aware of the reasons behind his bad behavior and poor choice in so many trashy women. Then, Lindsey may have a chance.

Related: [Get Date Therapy and Get in Touch With Your Ideal Mate](#)

Here are some signs that a guy might be a serial cheater and unable to commit:

1. He excludes the word "faithful" in his marriage vows and takes issues with it like South Carolina governor Mark Sanford.
2. He tells you he cannot be faithful to any one woman. Let's face it, that is what they are saying when he tells you he cheated on all his exes.
3. They have an addiction to cheating like David Duchovny.
4. They have cheated in the past, like Eddie Cibrian or Bill Clinton.
5. They are powerful men who think the rules don't apply, like Silvio Berlusconi and Arnold Schwarzenegger.

6. They are men with big egos, deep pockets, and lots of opportunity, like Kobe Bryant and Tiger Woods.

7. They tend to go for the “bad boy” or “bad girl” like Sandra Bullock did with Jesse James.

Susan Trombetti is an expert matchmaker and member of the Professional Matchmakers Association. She has helped many discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking.

Expert Dating Advice: The Benefits and Pitfalls of Dating a Younger Man





By Marni Battista

Demi Moore, Mayor of Cougarville – Population: 1?

Demi Moore has done it again. Earlier this year, she scooped up a hunk of a fellow, and this time he is even younger than Ashton Kutcher. In January, Moore, who is currently in the middle of her divorce with Kutcher, was seen out doing nothing but drinking and partying with the younger set. She was photographed with art dealer, Vito Schnabel, who is 26 years old – which, in case anyone is counting, is half of her age. So should our collective response be along the lines of “you go, girl!”, or should we feel sorry for her? She shares her admiration for younger guys with the likes of Jennifer Lopez, Mariah Carey and Madonna, so it seems to be a common trend in Hollywood. Is there really a difference if a woman dates a man fewer than 10 years younger than her versus 20-plus years younger? Does it matter?

We can learn a few things from these famous ladies about the benefits and pitfalls of dating a younger man.

Related Link: [Cougar Dating Love Lessons Even Demi Moore Can Use](#)

BENEFITS

Lack of baggage: Hooray! No psycho ex-wife? Check. No kids who hate you? Check. When dating a younger man, you can be confident that he won't have a nightmare ex to drive you crazy. Plus, he won't come loaded with a horrendous view of women based on his traumatic past relationships.

Having grown up in a slightly more modern society than you will most likely enable him to have a fresher perspective on women as well as a different opinion of "the working woman," as his mom may very well have been that very girl. In addition, because there is less baggage, there is less compromise for the older woman. There is less "stuff" to have to incorporate from his life into yours. And as a result, he's more likely to slip into your everyday world effortlessly.

Health: A younger guy has a much higher probability of being healthy and fit. This means that, when you go on that beach stroll or hike in the hills, he's not going to be complaining about his knees. For a woman who feels "young at heart" and also has a healthy lifestyle, a younger man will feel like more of a match.

An added bonus? When it comes to the care and feeding of her partner, the extent of a younger man's daily intake will be more along the lines of a B vitamin rather than Preparation H or Tiger Balm. We like the former option better.

PITFALLS

He may not know what he wants to be when he grows up: When you date a man who's your age (or perhaps five or ten years your senior), he'll most likely be established in his career and set on his life intentions. But a younger man might be just starting out or still struggling with what he wants to do. Not only can this cause an issue regarding his financial security, but it can also lead to an identity crisis – for both of you. Being with a man who is launching a professional career or perhaps is between jobs can be a daunting task. You just have

to be up to the challenge.

Fear of leaving you for a younger lady: Jennifer Lopez supposedly has asked boyfriend Casper Smart, “Why don’t you go find a young girlfriend and get out of here? What do you want with me?” Well, we can think of a few things... But he doesn’t appear to be going anywhere, so perhaps she has nothing to worry about anyway.

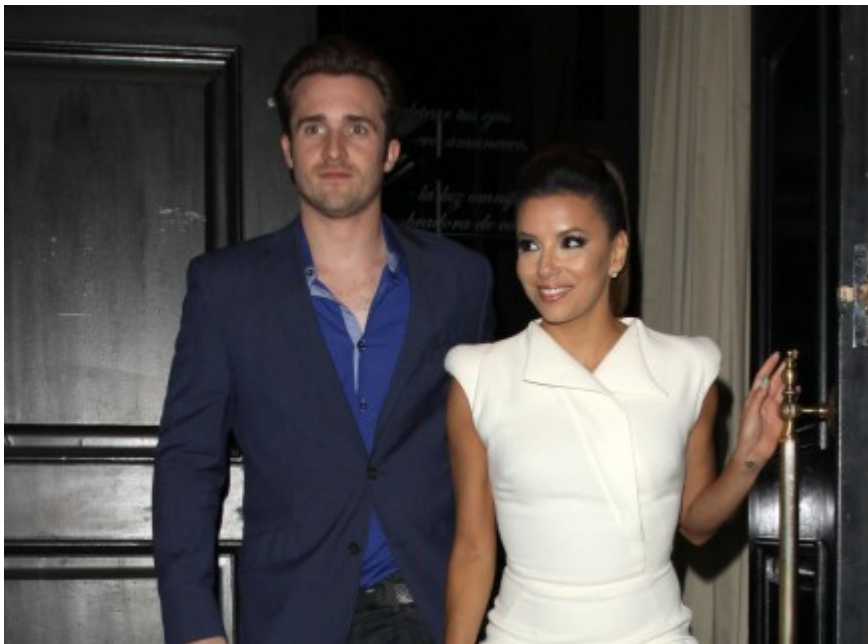
Related Link: [J. Lo and Casper Smart: What Their Body Language Says About Their Love](#)

That said, it’s a common for an older woman dating a younger man to fear that he’ll leave her for someone younger. Unfortunately, you can’t make yourself younger or make him older, so it’s critical to get comfortable and trust that his feelings for you extend beyond the physical.

Whether your type of guy is older or younger than you, just remember that if it feels right and he meets all your needs (emotional, physical, intellectual and spiritual), you can go for it while still holding on firmly to your dignity!

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

Celebrity Couples That Remained Friends After Dating



By Jennifer

Harrington

Dating in Hollywood's spotlight can be thrilling and challenging for celebrities. While it can be intense for the stars to navigate love with their partner under the microscope of the media and paparazzi, it's even more problematic when couples break-up and part ways. As we know, breaking up is hard to do and many couples do not remain on amicable terms. However, here is a look at several celebrity couples who have managed to stay friends after ending their romance.

Demi Moore and Bruce Willis:

Demi and Bruce were married for over a decade, are parents to three daughters, and also have the "biggest drama-free divorce in Hollywood". During Demi's six-year marriage to Ashton Kutcher, it was widely publicized that Bruce spent time with Demi, Ashton, and the kids (the gang appeared everywhere together from red carpets to exotic vacations!). When Demi and Ashton's marriage dissolved, Bruce was a shoulder for his

former wife to cry on. So what's the secret to the harmony between them? Many speculate it is their shared devotion to their kids, and the fact that their union dissolved without any rumors of infidelity.

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

Reese Witherspoon and Ryan Philippe:

Reese and Ryan married young and split after seven years of marriage. The marriage produced two children, and the grounds of divorce were reported as "irreconcilable differences". However, in the several years that have passed since they parted ways romantically, it's apparent that this duo has stayed tight and they have a fantastic friendship. In fact, Ryan and Reese are frequently spotted (with Reese's current husband, Jim Toth) watching their son's soccer games together! Hollywood insiders believe the secret to Reese and Ryan's friendship is open lines of communication and talking through any issues that come up.

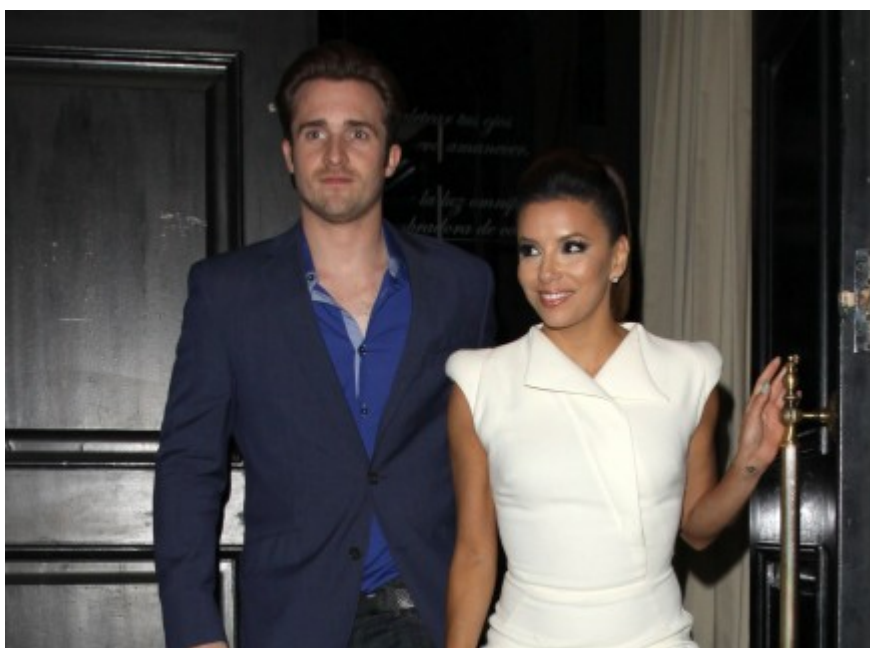
Related: [Reese Witherspoon Says Married Life Feels Great](#)

Kendra Wilkinson and Hugh Hefner:

Kendra became a star by living in the Playboy mansion as one of Hugh's girlfriends. Kendra ended her romantic relationship with Hugh, but the couple remained so friendly that Kendra and Hank Baskett were married at the Playboy mansion, and it was initially reported that Hugh would give the bride away during her wedding ceremony! Kendra has a young son with Baskett, and she's made it known she wants her son to call Hugh "The Godfather". Recently, Kendra was quoted saying she wanted to kill Hugh's current wife, Crystal Harris, because she is skeptical of her intentions. This statement is evidence of the deep friendship between Kendra and Hugh; it's obvious these two always have the others best interest in mind, and they aren't afraid to stand up for each other when necessary!

It's certainly not common for celebrity couples to remain friends after the romance fizzles, but it is reassuring to see how these couples have made it work and stayed close. There are obviously lessons to be learned from Demi and Bruce, Reese and Ryan, and Kendra and Hugh. Tell Cupid: what do you think is the most important advice for two people transitioning from lovers to buddies?

Why 'Bachelor'-Inspired Values Matter in Relationships and Marriage



By Susan Shapiro

Barash, Author of *The Nine Phases of Marriage*

What could be more appealing in today's slick, fast paced

society than to watch a dashing handsome bachelor who is also pristine make his commitment known to us? It is little wonder that 28-year old Sean Lowe captured the attention and curiosity of so many female viewers.

And while the heat was on to see his final choice and we waited with baited breath, it was refreshing to learn about a young, charismatic man who has a traditional attitude toward marriage and family. On March 11th when Catherine won Sean's heart, it underscored how much values mean in a relationship. Not only were we watching this couple move forward with great anticipation, but this next step also jolted us into thinking about what it takes for a marriage to be successful.

The Pillars of a Love Relationship

According to the media, the lucky couple hopes to start a family right away, and this of course is a big part of the picture. When it comes to commitment in a love relationship, there are other factors as well. The foundation of a solid relationship and marriage include:

1. Honesty and respect: There is no better way to build the relationship and sustain it through the ups and downs of daily life.

Related: [Justin Bieber Proves Honesty is the Best Policy](#)

2. Commitment and Communication. A couple should, ideally, discuss their views in depth on the following (in no particular order) family –including in-laws, friendship, children, work ethics, finances, and religion ahead of time with full disclosure, in order to secure the relationship.

Related: [How to Communicate to Get What You Need](#)

3. Flexibility and Understanding. Both parties should know one another well enough to roll with the punches and support one another in times of need.

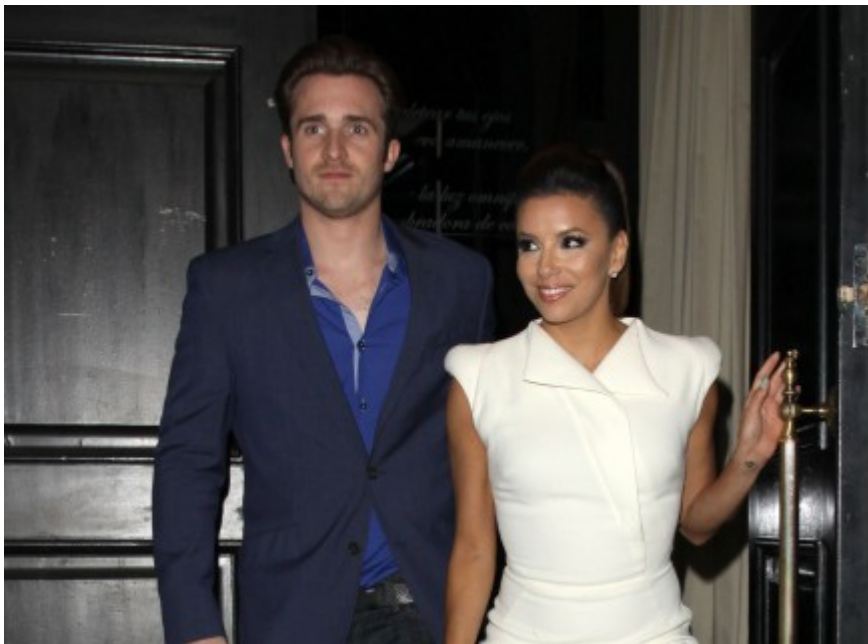
Shared Values Protect the Relationship

Many times couples are too caught up in the excitement and the passionate phase of a new relationship and pending marriage to address the important issues stated above. The problem here is that if expectations are implicit and not fully discussed and recognized, this can lead to problems later. If a couple is not prepared as a team for the ups and downs of life (illness, loss of job, problems with children, relocation) and has not discussed the 'what if's, there can be friction ahead and this can drive a wedge into the relationship.

It is wise to remember not only that life throws us curve balls, but that it is our esteem for one another, our shared points of view and methods of coping that will get us through.

Susan Shapiro Barash is the author of 13 books on women's issues and is frequently sought after by national media to comment on gender and relationships issues. Most recently, she appeared on ABC's 20/20 to discuss "The Truth About Lying" in marriages. In her recent Huffington Post piece, "It's Wives Who Want More Sex and They Are Getting It," Barash reveals some surprising statistics she found about wives and their intimate relationships.

Expert Relationship Advice: The Simplest Tip to Save Your Relationship



By Laurel House for

Galttime.com

Sure, he says he loves you even without makeup on, and that's sweet, but that doesn't mean you have permission to now only wear makeup when you get gussied up to go out with the girls!

Remember at the beginning of your relationship as you were shaving your legs and perfectly coiffing your pubs thinking "I can't imagine ever not wanting to take the time to do this..." What happened?

...Because He Isn't Suddenly Blind

Like women, men want to feel wanted, needed and loved. They also want to feel like you are putting effort into the relationship. Just because you've moved in together, or you've been going out for a year, doesn't mean that suddenly he's blind. You can't just kill off the sexy girl that you once were- the one who seduced him, then wonder why the girl at the office wearing the short skirts and giving him attention is getting his attention back. It's time to put some effort into

your relationship!

Make Up Your Mind and Your Attitude Will Follow

But you're just not as attracted to him as you once were? You prefer lounging in sweats at home, keeping your hair in an unkempt ponytail, and wearing your cozy mismatched bra and panties? Mindset is a big part of it. Feel sexy, you will act sexy. Dress up, shave your legs, and adjust your attitude! Flirt with him when you go out. YES, flirt! You may have already gotten him, but that doesn't mean that now you should just talk about that annoying chick at work, the frustrating thing your mom said, how stressed you are that you are gaining weight, and how you found yet another gray hair on your head! Come on now... do you think that's sexy? Do you think that's going to make him want you? Do you think that kind of conversation is going to make you want him? No. The answer is no, it's not.

Like Using Your Fancy Silverware

Similar to using your fancy silverware and china instead of keeping it stuffed in the back of the cabinet (really, what are you saving it for? USE your nice stuff, enjoy it! You only live once...). Wear your sexy lingerie- often! You might think that he doesn't notice it. You might feel like every time you put it on, he is too tired and passes out without getting an eye full of how hot (and uncomfortable) you have secretly been all night! And maybe you're right, maybe he doesn't notice, but he will notice if you're not wearing it...

Happened to Me...

I know because I did it. It happened to me. After one too many "rumors" and inappropriate glances to other chicks, I couldn't take it anymore. Why was my guy paying so much attention to every hot chick he saw?! After two years, we ended up ending it. A few months later, when we could both be honest without fear of repercussions, I asked him why the roving eye. He said

that I stopped trying. I didn't make him feel sexy or wanted. I didn't flirt with him and give him naughty glances and say sexy things under my breath. He became... normal to me- like putting on socks with my running shoes. Just something you do. It wasn't exciting anymore. This is the same guy who I found breathtakingly sexy and couldn't keep my eyes, hands, skin, or mouth off of when we first met.

But remember the first time you put those brand new running shoes on and what a total thrill it was? Same thing... kind of. Like getting all of that coveted china for your wedding, then never using it. Like putting your treasured diamond necklace in a safety deposit box for safe keeping. Why have it if you don't use it. Any night, day, even breakfast can be a special occasion- if you make it one. I know... sexy lingerie isn't as comfortable as cotton panties. Well having a lackluster relationship is worse. Believe me. It's time to try...

AND, GUYS... RECIPROCATE THE EFFORT, PLEASE.

xx

Laurel

New Comedic Romance Film, 'Admission' Starring Tina Fey





By Meghan Fitzgerald

Tina Fey, *30 Rock* star, and Paul Rudd, recent star of *This is 40*, are joining together on the screen for the first time together. Director, Paul Weitz, nominated for an Academy Award shows what occurs on the route to happiness. Tina Fey's character in the new romance comedy, *Admission*, is a cookie-cutter, straight edged Princeton admission officer, Portia Nathan. A promotion is open for Portia, and she takes off on a recruiting trip for the upcoming year. On the road, she reconnects with her mother, expressing love for one another again. Portia heads off to New Quest school.

Should you see it: This is Tina Fey ladies and gentleman! SNL superstar, comedian of a myriad of skits, author of *Bossy Pants*, star of *Baby Mama*. And Paul Rudd! Starring in big shot movies such as *Knocked Up*, *I Love You Man*, and *Role Models*. Comedian extraordinaires! If you like to laugh yourself off the chair, see this movie! If you enjoy a twist of comedy and romance, see this movie! If you like either of these all star comedians, see this movie!!

Who to take: Take people who enjoy comedy, people who like to laugh for five minutes on end, or cry at the sincerity of Fey's character, Portia. Take your more mature children to the

PG-13 movie, or your mother for shared laughs. Take your husband after a long week, or take yourself! All the people above the age of thirteen are encouraged to see this comedic romance film!

Related: [French-Canadian Science, Romance Film, *Upside Down*](#)

At New Quest, she meets up with former college classmate, the optimistic John Pressman (Paul Rudd). He informs Portia that Jeremiah (Nat Wolff) the extremely gifted yet slightly unconventional student may be the child Portia secretly gave up for adoption. Twists spiral out, Jeremiah is applying to Princeton University. Portia re-evaluates the admission requirements, Jeremiah's application and the binding rules of the Ivy League school. Portia finds herself bending the rules for her possible child's admission to Princeton, and for the love she finds turning up in her life.

When should you take a professional risk for love?

Cupid's Advice:

It is always challenging to know whether or not you should take a professional risk for love. The possibility of losing your job is a frightening thought. However, don't you want a little danger in your life? A little risk? Don't you want to discover if this person could be the love of your life? Even if it may risk your life, do you want to risk your chance of losing love? Cupid has some more advice:

1. Soul mates: You know that feeling when you just simply know you and your partner mesh together? It is hard to describe when you're in it, you don't believe you could get along with one person so much. This feeling is when it would be acceptable to take a professional risk for love. Even if it is still scary for you, and you may not want to jump out of your comfort zone, you absolutely should! When these feeling are present, it is ridiculous to ignore them.

2. Danger: Are you looking for a little danger in your life? Is the person you are currently seeing going to cause a risk in your profession if you continue the relationship? If you want to spice a few things up in your life, than take the risk. Who knows what it will lead you to! Everyone needs a little suspense, mystery, and secrecy once in a while. Continue on the relationship with your mate will ensure all three of these.

3. Feelings are mutual: You do not, and I repeat, do not want to put a risk on your job for love if the feelings are not mutual! This is where most people fall down hill and spiral out of control. Do not be naive, ask your partner how they honestly feel and what they foresee out of the relationship. If your mate thinks you should take the risk because they care for you more than life itself, take that risk!

Have you ever taken a professional risk for love? Share your experience below!

Celebrity Trainer Harley Pasternak Tells Us About 'The Body Reset Diet'





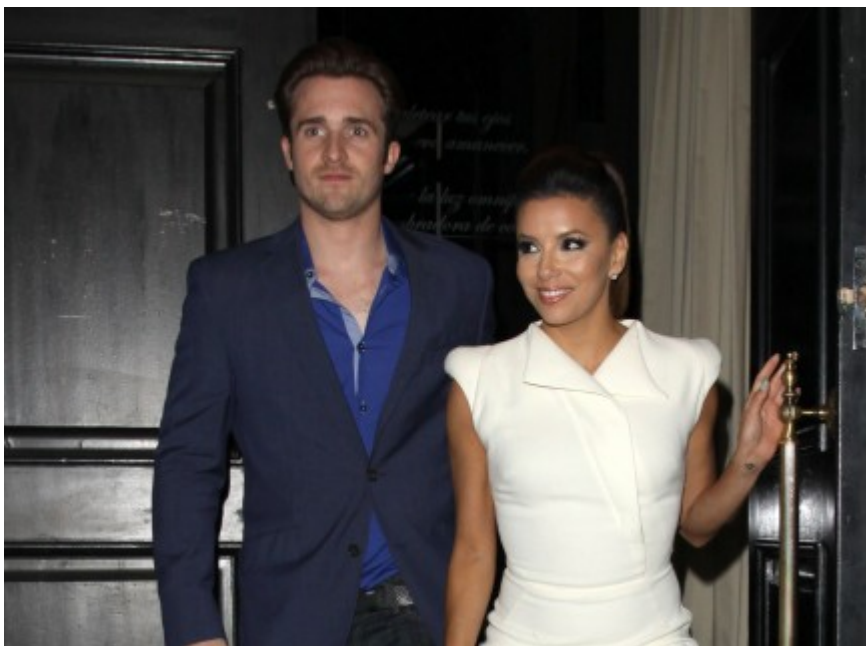
By [Lori Bizzoco](#)

Celebrity trainer [Harley Pasternak](#) knows what it takes to keep his A-list clients, including couples Megan Fox and Brian Austin Green as well as Hilary Duff and Mike Comrie, in shape – and now, he’s teaching the rest of us how to be healthier in his new book, [The Body Reset Diet](#). In this exclusive interview, the well-known diet and fitness guru shares his tips to help singles and couples adopt a well-balanced lifestyle. “This book is about giving people a jump start, letting them press the reset button, to drop a bunch of weight really safely and very quickly and then giving them the tools to keep it off,” he says.

Additionally, Pasternak chats about helping celebrity moms like Jessica Simpson and Milla Jovovich get fit again after giving birth. Plus, he discusses why programs like Shaklee 180 and *The Body Reset Diet* work so well and ensure that you’re your best self.

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

Audrina Patridge Says A Guy Must Have “Loyalty, Integrity and Respect” To Get Her Attention



By [Whitney Baker](#)

[Johnson](#)

Spring Break is going strong in Panama City Beach, Florida, and celebrating there again this year is former MTV reality star, Audrina Patridge. Model, actress and BFF to Lauren Conrad, Patridge is someone we all grew to know and love on *The Hills*. Leaving the Los Angeles sunshine behind, the starlet visited the panhandle yesterday to make a special guest appearance for Curve fragrances at Maxim Spring Break.

Spending the day on the beach, she mingled with party-goers in the Maxim cabana before hosting and judging a Booty Shake Dance Contest. “Just get up there and dance! Let loose and have a good time,” she offers to those who’ll be participating in the contest. “Last year, a guy won, so it’s not just for girls,” she adds. “Just because it’s a booty shaking contest doesn’t mean you have to have a booty.”

Related Link: [Celebrity Couples Who Have Turned Over a New Leaf](#)

But it’s not all about booty shaking and spring break. After leaving *The Hills*, Patridge focused on a career in acting with movies like *Sorority Row*, *Into The Blue 2: The Reef* and *Honey 2*. Next, she’ll appear in *Scary Movie 5*, in theaters on April 12th. “I had a little cameo. It’s such a fun movie, and I loved being on set.”

As if she wasn’t busy enough, Patridge also serves as a Curve fragrances celebrity brand ambassador along with *Gossip Girl* actor Kevin Zegers. Whether she’s getting ready for a night of dancing with the girls or dressing up for a first date, curve appeal for women is a fragrance that she consistently loves to wear. “It smells so good, and I always get so many compliments. It catches your attention and leaves a lasting impression,” she shares. “Plus, it’s very girly.”

Related Link: [The Best Celebrity Fragrances of 2012](#)

Another perk of Curve fragrances is the tiny bottle. “It’s very cute! It’s even small enough to carry in your purse,” she says. This choice sounds perfect for any woman who likes to primp while she’s out and about.

Patridge also loves curve appeal for men, a fragrance described as incredibly sexy and effortlessly cool. “I think everyone should smell fabulous everyday, and curve appeal is definitely one of my favorite scents.”

As much as she enjoys the aroma of curve appeal, her number one beauty tip has more to do with what's on the inside than the outside. "If you feel confident and beautiful, it's really going to show," she says. "It all really comes from within." Equally important as having confidence is being comfortable. For Patridge, wearing something that makes her feel uncomfortable can easily ruin her day.

So what does it take to get this California girl's attention? Patridge, who is rumored to be dating on-again, off-again boyfriend Corey Bohan, says the three most important qualities in a guy are "loyalty, integrity and respect." As for how to tell if a crush has these traits, she believes it's "about how he acts around his family, how he treats his mom. That's going to give you an idea of how he'll be with you."

Related Link: [5 Ways to Turn "Me" to "We"](#)

Just as she knows what she wants in a man, Patridge knows what she *doesn't* want in a relationship. "Dishonesty," she says without missing a beat. "My biggest pet peeve, though, would be not communicating well," she adds. "It's all about communication. If you're not on the same page, it's probably not going to work."

You can keep up with Patridge on [Twitter](#) and [Facebook](#).

Date Idea: Go On A Pub Crawl





By Sarah Ribeiro

Embrace the Irish holiday this weekend by grabbing a group of your friends and drinking in the tradition. Plan a pub crawl date night that your friends will talk about for years. Don't worry about your single friends, they'll have plenty to entertain themselves with on this whirlwind date. The pub scene will buzz around your crew as a mix of singles and couples join together to enjoy a few beers. This is the perfect opportunity to bridge your private and public relationship lives.

First thing's first: pick a locale. Popular cities for St. Patrick's Day include Boston, New York City, Chicago, Los Angeles, Savannah and Phoenix. Search on Yelp or CitySearch so you can put together a list of bars, pubs and taverns that you want to visit throughout the night. Be sure to pick out spots that offer a wide range of brews, fit your budget and have an impressive menu – no drinking on an empty stomach! An important thing to remember is to keep all of your bars in one general area; having just one bar out of the way may encourage drunk driving, and you want to remain safe on this night.

It's always a good idea to call the bars ahead of time to let them know you're coming – you'll have space reserved for your

party, and they may even offer you a discount. Order appetizers and pitchers in bulk, you guys will be camping out on those bar stools for a while.

Next, plan a guest list. Decide whether you want this to be one large group date or if you'll be mixing couples and singles. Keep in mind that your single friends may be uncomfortable if there are too many couples, so make sure you keep an even ratio between the two. Don't be afraid to play matchmaker and invite friends that you think could be great together!

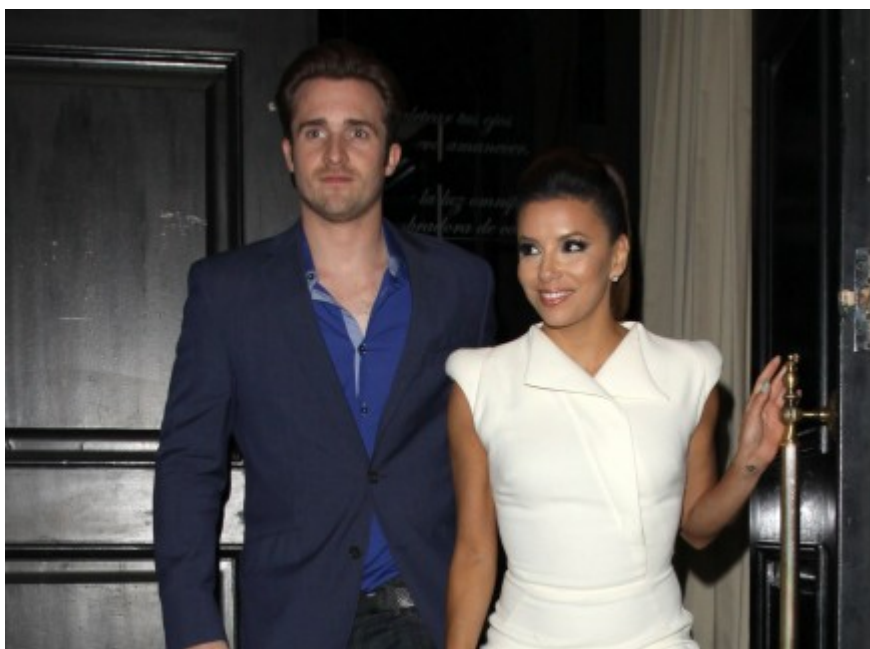
After all the real planning is done, get creative. Pick a theme that you all can follow for the night. Make shirts with Irish sayings or Gaelic slogans on them. Get really crafty with a theme not related to the holiday: suggest that everyone dress as a character from one of your favorite movies or video games. A popular pub crawl theme is "Mario Party," where everyone dresses up as their favorite Nintendo character. It's a great way to spot your group and have a little quirky fun.

For added fun, include a scavenger hunt with things to do. Assign points to tasks like getting a free round of shots, getting the most high fives of the night or getting a picture with the bartender. Have couples compete against each other or do couples versus singles to see who can get the most points.

Then, when the day arrives, hit the bars! Have fun drinking with your love and embrace the opportunity for the two of you to bond with each other's friends.

How will you celebrate St. Patrick's Day with your partner? Tell us in the comments below.

Top 5 Hot Hair Tips You Should Be Taking from Celebrities



By Dixie Somers

Many celebrities are known for having great hair. It's no surprise that people want to recreate their styles for themselves ... and their partners. Here are five hot celebrity hair tips that can easily get you that fresh look for your next hot date:

Blunt Bangs

Have you just gone through a rough break up and you're looking to spice up your look? Go with the blunt bangs. Celebrities like Jessica Biel and Olivia Wilde often wear blunt bangs. It's a simple style to have done at a hair salon (or at home with the right experience). To get this look, hair will be

combed forward, in front of the face. Then it will be cut straight across to the desired length. An easy way to maintain it is to simply use a flat iron on low heat, or use a round brush and blow dryer.

French Braids

Going on a hike or a fishing trip with your man? It's time to try out the French braids. Rihanna and Anne Hathaway have been spotted many times with this look. It takes only minutes to achieve. Simply choose the desired location of the braid(s) and separate dry hair from that area into three equal sections. Then braid those sections and tie the end. Straight hair is easier to braid and looks neater, so a flat iron can be used for curly or frizzy hair.

Related: [Date Idea – Road Trip Your Way to Romance](#)

Soft Wave Curls

Going out for a night on the town with your girls? Hit the club like a celebrity with the soft wave curls. Beyonce and Megan Fox frequently dawn soft wave curls. It's one of the most versatile hairstyles that look great on almost everyone. This look is simple to achieve, all that is needed is hairspray and a curling iron. The first step is to separate dry hair into small sections. The next step is to grab each section, one at a time (holding the hair at the ends), and lightly spray each section. Last, with a medium sized curling iron on low heat, wrap each section around the barrel for about ten seconds.

Related: [Beyonce NYC Sleek Styles](#)

Sleek and Straight

If you've got a fancy dinner date with your boyfriend, the sleek and straight is a classy look you can't go wrong with. Mila Kunis and Jennifer Aniston love this look and it only

takes two products to get the same results. All that is required is a flat iron and a protective heat spray. First, lightly apply the spray (it will protect hair from excessive heat damage and also add shine). Then, flat iron dry hair by grabbing one small piece at a time. Using a flat iron that is one to two inches is recommended.

Slicked Back

Want to go for something a little different, but still classy? Show your boyfriend you've got the guts to do something new with your hair. The slicked back look is fresh and sexy, so it will turn heads. Jennifer Lawrence and Hayden Panettiere regularly wear this style casually and on the red carpet. It can be worn in two ways. One way is the wet look. To get this style, simply apply hair gel and comb hair in a backward direction. Another way is the soft look. It's the same procedure, just replace the hair gel with hairspray. It may seem simple, but it's in style right now.

3 Questions to Ask Yourself Before Dating Again





By Sheila Blagg for

GalTime.com

Now that you are divorced or otherwise single, what are you looking for?

You've probably been asked that question, or a variation of it, many times, and it's not always easy to pin down an answer. Most of us can readily identify what we *don't* want, but putting a finger on exactly what we're looking for in a partner and/or a relationship is often a difficult task.

As a relationship expert, I've found that many of our wants come from things that we've experienced in past relationships, or from things we've not experienced but would like to. We hold on to pieces of past relationships that we perceive as "good," and we tend to drag that baggage into new relationships.

But this type of behavior raises a very important question: Is this fair?

The answer is: not really. It is very important to enter into each new relationship with no preconceived ideas. Try to leave behind your past, and look at the new man in your life with fresh eyes and an open heart. But, that does not mean that you

should walk in with heart in your hands, ready to commit.

Below are three questions that you should ask yourself as you're preparing to start dating again.

Question #1- Are you looking for a serious relationship?

If your answer to this question is "yes," then your approach to dating may be a little different from the tactics used by someone looking for a casual set-up. Ask your new love interest important questions *before* going on that first date.

Questions such as, "Are you looking to just date or are you looking for a serious relationship?" will help you narrow down your search to a man who has similar relationship goals. Most men will share their intentions, especially if they have been divorced. But there are a few who won't, so always, always trust your instincts.

Question #2- Are you looking to date many different individuals at the same time?

If your answer to this question is "yes," you've set a solid starting point. Make sure to tell anyone you are thinking of dating, that you're not interested in a monogamous relationship at the moment. Explain that you are simply interested in dating and having a good time.

I have found that many of the women I've worked with, as well as some of my friends, believe that an honest approach works best for them. Honesty is an approach that men I've worked with and know appreciate very much. Single and divorced men don't want to waste their time any more than we do. Honesty is really the way to go!

Question #3- Are you simply interested in friends with benefits?

This is the tricky question. But if you're being honest with

yourself, it's really not that hard to answer.

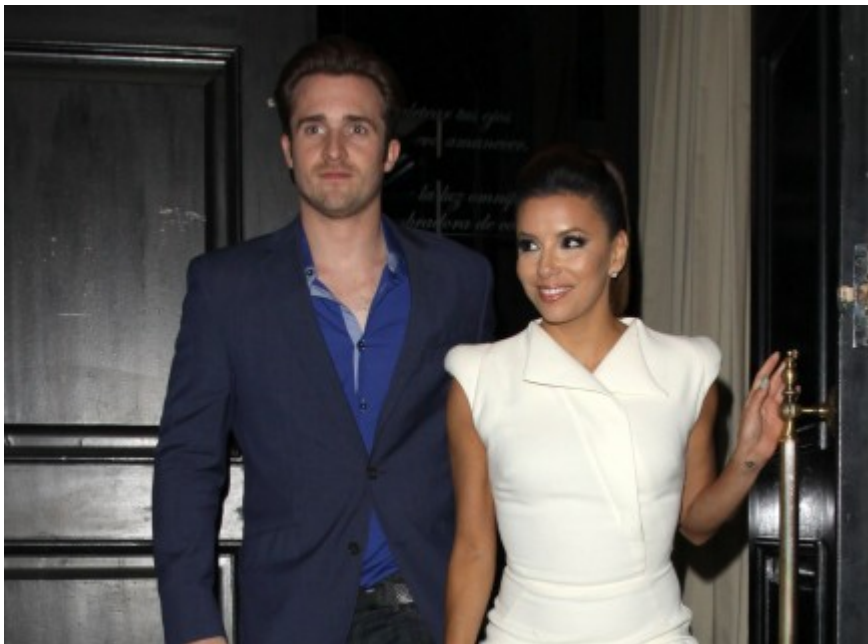
If your answer to this question is "yes," then again, honesty is the best way to go. There are many men who are not interested in this type of relationship at all. They do not like the idea that the woman they are "seeing" may be intimate with other men. In my opinion, it's important to share this type of information up front. You don't want to hurt or offend anyone, but if dating is not something you want, nor does it interest you on any level, then you don't want to be involved with someone who does.

Finally, and most importantly, remember that when you accept an invitation for that first date after a break-up (or extend an invitation!), the event is exactly that...JUST A DATE. Leave your baggage at home.

- **Don't spend your time with a new interest talking about all the wrongs of your past relationships.**
- **Don't compare him to your past, expecting things to feel normal.** Chances are he won't be the same and things won't feel normal.
- **Dating is very different than it used to be,** and you truly may not know what you are looking for at first.
- **Take time to figure it all out *before* you get serious with someone new.** You know what you do not like, but your wants and likes may change daily, and that's ok.
- **Don't overthink everything. Give yourself a break, take a deep breath, and jump!**

â€‹You truly will be just fine.

These Are 'Not Your Mother's Rules': Ellen Fein Helps Us Find Love in the Digital Dating Age



By Jessica

Conigliaro and Michelle Danzig

In their twenties, Ellen Fein and Sherrie Schneider were experiencing the dating world in a completely different way. To help single women like themselves, they wrote *The Rules: Time-Tested Secrets for Capturing the Heart of Mr. Right*, which highlighted the many guidelines that a woman should follow in order to attract and marry the man of her dreams. After the book became a *New York Times* bestseller, four more books followed, covering the rules for getting married and online dating.

As the authors progressed through life—and, more importantly,

became mothers—they began noticing that new technologies were affecting the dating scene for today’s generation. In their new book *Not Your Mother’s Rules: The New Secrets for Dating*, they explain the effects of modern communication and social media on relationships and how to adapt *The Rules* accordingly. In an exclusive interview, author Ellen Fein shares her personal experiences that influenced the book and offers some great advice on how to date in a digital world.

You’ve written several books that helped women navigate their love lives through the 90’s, online dating and even through marriage. What inspired you to write a book for today’s generation?

A woman told us that she had lost her phone in Bloomingdale’s and couldn’t find it for an entire day. By the time she got it back, text messages had piled up from a guy she was seeing. That hadn’t happened before because she always immediately replied back. They had been “text chatting” and casually dating but nothing more serious. Because of her lack of response, he actually seemed *more* interested in her. It was all so puzzling. This story is one of many in our 15 years of dating consultancy experience that inspired us to revive the rules.

We also had mothers handing down the original rules to their daughters, and their daughters didn’t understand half of them. We realized we needed to write another book because everything about communication was so different.

Related Link: [10 Steps to a Remarkable Relationship](#)

We have noticed that the book is getting a bit of controversy in the press. What do you make of it?

We’ve sold over two million books. We have consultations and hear from girls who need our advice. We’re not trying to write

a bestseller; we're trying to write a helpful book. Clients never mind the negative press. They just want the answers to their dating questions. It's not fake or outdated to play hard to get; it's just what works.

A lot has changed in 20 years. What rules did you toss out for today's generation? What is the most antiquated rule you had in *The Rules* that no longer applies today?

We wrote it differently. Originally, we said not to tell your therapist. However, we found that many therapists recommended the book to their patients. We also tossed the rule about not calling a guy. Honestly, no one calls anymore; everyone texts now. We didn't feel the need to include it. Lastly, this book is less marriage-minded and a little bit more about getting a boyfriend. Don't lose your friends because you're obsessed with a guy. Don't accept booty calls and meaningless hook-ups.

What are three obstacles that women face today that they didn't in the past? How can they overcome them?

1. Doing the same thing they always do and never changing their approach to dating. Honestly, I say do whatever you want until you're ready to follow *The Rules*. They may seem old-fashioned, but they really work.

2. Mass texting. Men today can send compliments and date requests to multiple women at a time. How do you know if you're special? Back in the day, men had to try a little harder; they had to know your home number, your roommate, where you live or where you go out. Let him make an effort to see you.

3. Sexting. Don't do anything online with him that he can copy and paste, including video chatting and dirty texts. It might blow up in your face when you split.

Related Link: [5 Ways Social Media Can Help Your Relationship](#)

In the book, you touch on the difficulties mothers face when trying to give their daughters advice. Why is it important for young women to communicate with their mothers about dating? What advice do you have for people struggling with this interaction?

Mothers should spend time with their daughters but never push anything on them. Make sure they know they can come to you about anything. Don't overreact when they come to you with problems or questions. Listen to what they have to say, and then quietly freak out in the next room if necessary. You don't want them to be afraid to talk to you.

What is the most important thing you learned from writing the newest installment of *The Rules*?

I would never break any of my rules. When a guy likes you, he wants you. He's willing to meet you halfway; he likes paying for you; and he wants to take you out. It's just that easy.

For more information about Ellen Fein or to purchase a copy of 'Not Your Mother's Rules,' visit [Amazon](#). You can find out more about 'The Rules' series by visiting [Twitter](#) or [Facebook](#).

10 Bad-Boy Celebrities We'd Love to Date





By Meghan Fitzgerald

Dating bad boys is thrilling. Even if you end up in tears with a gallon of ice cream in front of you, we still tend to choose the “bad ones.” In *Profiling Your Date: A Smart Woman’s Guide to Evaluating a Man*, author Caroline Presno says, “Bad boys are like potato chips—after you have one, you want to nibble on more and more until you eat the whole bag and feel sick.” Although dating these certain breed of men is sometimes dangerous and stressful, it is fun. And sometimes ladies, we all need some fun. Here are some bad boy celebrities we’d love to date:

1. Ryan Gosling: With his powerful movies and stunning facial hair, who wouldn’t want to date this hipster bad boy? Even though his charming role in *The Notebook* can allude to the fact that he is a sweet guy, he’s not always. His roles in *Drive*, *Blue Valentine*, and *Gangster Squad* show his true self.

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

2. Johnny Depp: This bearded pirate is a bad boy women would love to date! The American actor, film producer, and musician has broken all rules of Hollywood and has been crowned the Years Sexiest Man year after year!

3. Colin Farrell: A large part of Colin Farrell's bad boy-ness comes from the release of his [sex](#) scandal in 2003. The Irish actor has a history of womanizing and excessive partying, a key part to being a bad boy.

Related: [3 Reasons Nice Guys Shouldn't Finish Last](#)

4. Jude Law: Having an affair with Sienna Miller and producing a love child gives this British heartthrob a serious edge. His scandalous ways with have filled the tabloids for years!

5. Matthew McConaughey: Flying solo, Matthew McConaughey is tied with the bad boy image. The constant shirtless lad has been arrested for drug possession and disturbing the peace. This mate is a crazy party boy.

Related: [11 Ways to Meet Your Next Date](#)

6. Christian Bale: How are you not considered a bad boy when you play the role of Batman? Bale lost his cool on *Terminator Salvation's* director of photography Shane Hurlbut, TMZ. Leaving a strong image in the media.

7. Robert Downey Jr: It could be the possibility of being a super hero however, they all seem to be "bad boys." Iron Man in particular has a past filled with a strong drug and alcohol addiction. He's seen years in and out of rehabs.

8. Mark Wahlberg: This muscular Boston boy has spent his time in prison, and with his ballsy attitude who wouldn't want to date him?

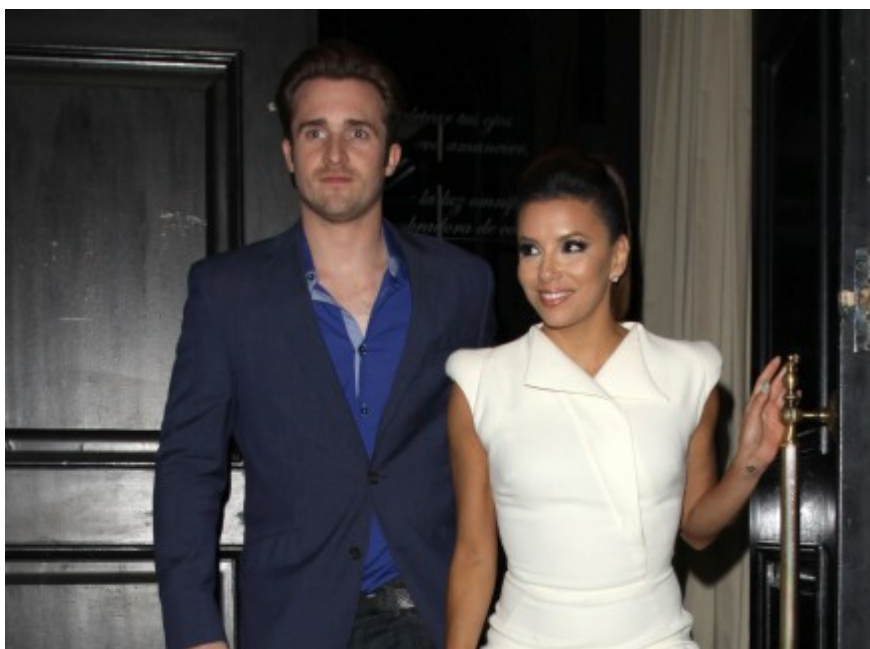
Related: [How to Date Like a Celebrity](#)

9. Alex Pettyfer: The British *I Am Number Four* star has been known referred to as a psycho loose cannon by ex-Dianna Agron.

10. Shia LaBeouf: Hollywood's bad boy has his ways of vulgarity, violence, and womanizing. His temper shows throughout the entirety of his bad boy image.

Would you date any of these bad boy celebrities? Share your comments below!

Expert Relationship Advice: 5 Ways to Turn “Me” to “We”



By Dr. Beth Gineris

In order to create successful partnerships in our lives, we must learn to shift thinking from an independent state (me) to a mutually interdependent state (we). Our mindset becomes both caring and supportive, rather than self focused. Here are some details of the two different relationship styles:

The Me-style in relationship

This is a style that is dependent, co-dependent, dramatic, and

needy. The two people act as halves who come together and make one whole, with weak or non-existent boundaries. In the Me-style both parties feel lonely, unheard and unseen. They are desperate to feel connected.

Related: [How to Master Being in a Relationship](#)

Example: Britney Spears. She needs others' approval, is insecure, and has found herself entangled with men unavailable to her and lacking stability. She has had great difficulty stepping up to her strength without constant reassurance from others.

The I-style in relationship

This is a style that is independent, solitary, and where individual credit and competition are paramount. Connection is via an intricate tally-sheet of each other's actions; two I's walking side-by-side, with rigid, inflexible boundaries, without interdependence, and lacking dependability.

Related: [Katy Perry and Russell Brand: What Went Wrong?](#)

Example: Russell Brand and Katy Perry. Russell Brand's reasoning for their split was that when you see that you may be incompatible, it's best to call an end to it.

These Me-dependent and I-Independent styles lack empathy and negotiation; either due to an inability of the person to get outside of him or herself to see the other's point of view and weak boundaries of self- **Me-style** OR due to a foundational insecurity of autonomy and competence resulting in rigid boundaries of self- **I-style**.

The We-style in relationship

This is a style that values interdependence, mutual give and take, negotiation, dependability, and trust. The two parties work together toward shared and individual goals; Boundaries are osmotic allowing interconnections without loss of self.

Example: Jennifer Garner and the newest *Best Picture Oscar* winner Ben Affleck. They describe a dependable foundation of trust, collaboration and mutuality toward both individual and collective goals.

Here are five specific ways to bridge the gap between “me” and we”:

- 1. Discover your style of relating.** Which describers fit? Possessive, needy, manipulated, insecure? **Me-style**; Defensive, competitive, antagonistic, or a fear of being engulfed? **I-style**; Valued, heard, accepted, dependability? **We-style**
- 2. To turn Me to We begin with yourself first.** Determine what is keeping you in a Me or I-style of relating. Is it an issue of security? Is it something you learned from early life-experiences or a misunderstanding of your true strength?
- 3. Define when, how, under what conditions you feel secure.** Create those conditions. Security can take the form of financial, emotional, physical, or spiritual security.
- 4. If you are in a Me-style you have to create independence before you move to interdependence.**
- 5. Share your insights with your partner.** Invite your partner to follow these steps. Trust the process.

Dr. Beth Gineris holds three graduate degrees, in business, counseling, and Oriental medicine. She has spent twenty years as a psychotherapist, over fourteen years as a strategic management consultant, and eight years as an acupuncturist. She is devoted to providing supportive, solution-focused teachings that allow people to live a more harmonious and happy life. She is the author of ‘Turning NO to ON: The Art of Parenting with Mindfulness’, and ‘Turning Me to We: The Art of Partnering with Mindfulness’.