

# 3 Ways to Fit Romance into Fall Madness



By Rebecca Garland

It's time to don your sensible shoes and grab the day planner, because the frenzy of fall is upon us. Little Johnny has football practice five nights a week that don't always overlap with Susie's drill team practice. The weekends are full of football games and dance competitions and that's before you make it to the grocery store and sew on the newest badges for the scout meeting next week. Life is crazy when we get back into the swing of school and extracurricular activities, so how can we ever keep romance alive in the madness?

**Add Romance to Your Routine**

The easiest way to stay romantic is to find places to actually feel romantic together with the things you're doing. If you have to fill out thousands of forms for the beginning of school, why not sit down with your man on the couch, turn on some soothing music, grab a bottle of wine and fill in all of the necessary contact information and health insurance numbers?

It may not make it into the movies, but sitting close, having wine and music – even when coupled with dress codes and parent contact forms – can be sexy.

**Related Link:** [Top 10 Romantic Winter Getaways](#)

### **Enjoy Early Bedtimes**

The kids are going to be worn out by the end of the week and you probably are, too. There's no rule saying that you have to stay up until eleven o'clock every night of the week.

Make it a new routine in your household to send the kids to bed at eight (or even seven!) on Friday nights to help them get caught up on rest. Meanwhile, the two of you should climb into your bed armed with a movie, some snacks and some serious cuddling.

Watch your movie, or create your own fun in the stillness of a peaceful Friday night – this may easily become your favorite night of the week. It's horribly unproductive in terms of shopping lists and multitasking, but it's a glorious way to relax and spend time together.

**Related Link:** [It's Time to Stop Asking, 'When Will It Be My Turn?'](#)

### **Arrange Date Nights (And Keep Them Holy)**

It can be hard to tear yourself away, but call up a babysitter and make it work. Take at least two hours one night of the week or every other week and go to dinner together. Try a new

restaurant every time you go out to keep things interesting while still getting home in time for bedtime routines and a good night's sleep.

If you can't spring for the babysitter, have a light dinner and then plan on cooking together after the kids go to bed. A late supper with candles, drinks and charming company in the comfort of your home is always relaxing as well – and is a bit more flexible with a crowded schedule.

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## 5 Dates You Should DITCH





By Dating Diva, Jennifer Oikle, Ph.D., for GalTime.com

men to stay away from

Of course you know better, but sometimes the forbidden is just oh... so... seductive. Yah, you know you really shouldn't– yet sometimes you can't seem to help yourself, right?

The next time you find yourself being sucked into a romance with any of these five types of men, think again because here's the cold, hard truth. The biggest reason most of you are still single is that we've wasted too much time in dead-end relationships, with guys like these!

## **5 Guys NOT To Date**

### **Ditch the Date #1: Your Hot Neighbor**

Sweet! The new guy next door is a total hottie. But if you find yourself baking some cookies as an excuse to meet him, bring them to your co-workers instead. While it's super convenient to date when you can walk over to his house in your slippers, once it's over, your heart will never know a moments

peace. "Oh look, his car's in the driveway, wonder what he's doing now?" Sigh. "Oh no, who's car is that in the driveway?" It's still there the next morning. Cry. You get the picture. Home won't be so sweet anymore.

### **Ditch the Date #2: The Last Minute Date Dude**

You know you shouldn't say yes when he calls the same day for a date later that night. Especially when that's the ONLY time he calls. But what should you do? If you say no, then you'll never get to see him? Perfect! Because it's clear he's just filling space (and maybe his bed) with you. Save yourself for someone who wants (and deserves) you more than that!

### **Ditch the Date #3: Your Professor, Boss, Personal Trainer, Coach**

Smarts and confidence are sexy, especially in a slightly older guy who seems to own his world. And his returned interest in you? Sure, it seems like a total flattering turn-on. But you know the drill. Get it on with any of these guys and you're really just a cute plaything, ready to be discarded once the freshness wears off. And then where will you be? Finding a new class, job, gym or sport? Not even remotely worth it.

### **Ditch the Date #4: The Vacation Beau**

So you met the perfect guy while sunning yourself 1,000 miles away. Now you've got a long distance relationship brewing. Which is so romantic, until it isn't. And what about all that longing? It gets old fast. Besides what are you missing? I mean how well can you possibly know the guy when you spent a week with him and all you ever get to do is talk and text. Give yourself to someone you can actually be with.

### **Ditch the Date #5: The Married Guy**

You so know better, but what if his attention and affection just feels so right? What if your drought has been so long?

You can “What-If” yourself till you’re blue in the face, but at the end of the day, you’re still giving your heart to an occupied man. Add in what you’re doing to his wife, and what you’re doing to yourself...and it’s a lot of precious time wasted that you’ll never get back!

By ditching the date with these ultimately unavailable men, you can make you sure you stay totally ready for a great guy that you really can see a future with.

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## **The Upcoming Movie ‘The Oranges’ Will Have You Laughing Hysterically**







By Nicole Weintraub

Love is in the air this fall as Leighton Meester graces the big screen. In the new film *The Oranges*, Meester plays a 24-year old college student who is coming home for the first time in five years for Thanksgiving. Her family is thrown when her mother catches her sneaking off to be with none other than sexy Mr. Walling (*House* star Hugh Laurie) who happens to be Meester's parents' best friend! The two start a relationship that throws both families for a loop in this comedic drama. Watch as both families struggle to deal with mixed feelings and awkward scenarios that they never thought they would find themselves dealing with when this movie hits the theaters on October 5.

**Should you see it:** Obviously! With a cast like this, you'd be crazy not to see this one in theatres. Sexy and mysterious Hugh Laurie gets steamy on screen with *Gossip Girl*'s Leighton Meester. Plus, Adam Brody plays Hugh Laurie's son. With a cast like this, *The Oranges* is surely a movie to see.

**Related Link:** [The Upcoming Film 'The Words' Will Leave You](#)

## Speechless

**Who to take:** This type of movie has a little something for everyone. Go with a group of your friends for a girls' night out, go as a movie date with your partner. You can even go with your parents and laugh over the absurdity of dating one of their best friends.

In the film, Meester and Laurie fall for one another much to the dismay of everyone around them. Never expecting to fall for one another, the two begin to sneak around at first for fear of their families finding out. Eventually, the truth comes out and both families have a difficult time grasping the concept of the two dating. Meester's parents are torn between defending their daughter's honor and hearing out their best friend. Laurie's wife is reeling from her recent divorce and the fact that her estranged husband is dating their best friends' younger daughter. One of the biggest concepts to grasp is the huge age gap between the two lovebirds. We have all had a crush on an older individual, but many of us have not pursued it.

**What do you do when your parents don't approve of your relationship?**

**Cupid's Advice:**

Getting the parental approval is one of the most difficult aspects of a new relationship. Here are some tips on what to do when you don't get the approval:

**1. Don't sweat it:** It's not the worst thing in the world if your parents do not automatically approve whom you are dating. They may want to get to know your partner first before making any judgments. No one is going to be good enough for you in your parents' eyes.

**Related Link:** [‘The Week The Women Went’](#)



**2. Family bonding time:** One of the biggest reasons as to why parents do not approve is because they know nothing about your partner. Schedule some family bonding time whether it is game night or Sunday dinner so that they can get to know how serious your relationship really is.

**3. Talk about it:** Be open and honest with your parents and your partner. Make sure your partner is on their best behavior and ask your parents to be open-minded since you truly care about your partner.

**Have your parents ever disapproved of your relationship? What did you do? Share with us in the comments below!**

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## How to Redeem Yourself If You Get Drunk On a First Date





By Jessica Smith

Liquid courage: It can be the extra confidence boost you need to thin the air (and your blood) on a first date, but a little too much courage can be a bad thing. It's not always our fault, though. Sometimes the devil's drink can creep up on us and take us by surprise. Once you're drunk there's no going back, so your only hope is to handle the situation to the best of your abilities.

With your heightened confidence and weakened morals you're going to experience some urges, but you need to keep them in check if you have any hope of becoming more than a booty call or just a fling. Even worse than being easy is getting on your date's nerves and embarrassing them because you can't handle your liquor. In their mind, you're going to appear immature, and after they drop you off – if they don't leave you stranded – you're never going to see them again. So, how can you redeem yourself if you get drunk on a first date? Cupid has some tips that will help you maintain your dignity, and hopefully score you a second date:

**1. Keep it classy:** Alcohol tends to make us do things we wouldn't dream of doing sober. Therefore, if you have the unexpected impulse to dance on the table or perform a strip tease, mentally slap yourself in the face to bring yourself back to reality. In absolutely no circumstance are you to stay the night with one another on a first date, so to make it easier for you to decide, don't even make it an option.

**Related Link:** [Date From Hell: 10 Ways to Get Out of It, Tactfully](#)

**2. Apologize:** Drunks can be a total pain in the butt, especially when you're sober. The last thing your date expected was having to deal with or take care of intoxicated company. Regardless of how much you may want to hang your head in shame and fall off the face of the earth, you should admit defeat and apologize sincerely.

**3. Be the DD next time:** What better way to follow up an apology than by offering your driving services so they can seek their revenge by giving you a taste of your own medicine! If they decline, the relationship is over, but if they accept you just might be in luck.

**Did you have a drunk date disaster story? Share your comments below!**

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## **Date Idea: Travel to the Orchards for Fruit-Picking**

# with Your Partner



By Megan McIntosh

Summer may have ended, but it doesn't mean your outdoor dates should stop. This weekend, do something unique and head out to the country to go fruit-picking with your partner. It may sound a little odd at first but once you experience the road trip (if you're from the city), the sweet smell of fruit around you and walking hand-in-hand in the fields, you will realize that this type of romantic adventure can enhance your relationship.

Head out to an orchard with your sweetheart for an exciting day of picking apples, strawberries or blueberries. Depending where you live will determine the type of fruit you have access to. Do a bit of research before you arrive and search

for recipes that you can make in advance. Having an idea of what type of dessert you'd like to make will determine the type of goodies you should bring home.

Speaking of recipes, the berries you pluck with your mate can also come in handy when making smoothies. They're not only delicious; they're healthy too. If you're looking for a guilty treat, go a step further by making chocolate fondue or create your own wine after spending a day picking grapes.

After a day in the fields, you and your partner should take the rest of the afternoon to relax. Pack a picnic and spend some quiet time together in each other's arms as you watch the sunset before summer ends.

**When was the last time you went fruit-picking? Share your story with our readers by commenting below.**

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## How to Get Ready for a Big Date







By Isabella Franklin

Got a hot date coming up? Then it's time to pamper and preen before the big day. Spend time on your appearance and impress your new flame with your ravishing looks (and wonderful personality, of course).

Here's how to prepare in five simple steps:

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

**Take care of your skin.**

Pimples usually appear at the most inconvenient times, but it's important to look after your skin nonetheless. Exfoliate in the shower to remove dead skin cells and moisturize on a daily basis – paying particular attention to dry or rough patches. Learn how to make one of these face masks recommended by experts and try to relax, as this should prevent a spot outbreak.

**Get rid of unwanted hair.**



Want to impress Mr. Right? Then make friends with your razor and get rid of stubborn stubble. Bristly legs and bushy armpits are not attractive, so make an effort to de-fuzz. If you're fed up of shaving all the time, waxing removes hairs at the roots and can last for up to six weeks. Laser hair removal is also available at many clinics and can leave your skin soft and smooth permanently. A number of sessions are needed to remove all follicles, but you can have it in between dates – perfect.

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

### **Shape your eyebrows.**

While we're on the subject of hair, don't forget to pluck your eyebrows. Shape your brows nicely and avoid over plucking as this does not look good – here are a few basic rules. The inner edge of the brow should line up with the outside of the corresponding nostril and the highest point of the arch should be just at the outer edge of the eyeball. Not a fan of plucking? Then get your eyebrows threaded by a professional. This ancient beauty technique is very precise and is relatively pain free.

### **Book a haircut.**

A new hairstyle can give you a confidence boost, so check into your favorite salon for a cut. Banish split ends with a trim or opt for something a little more drastic. Have a fringe cut in, experiment with curls or add a few sassy highlight. If you've already been for a cut recently, why not book a blow dry? Feel like a new woman and head out and about in style.

### **Dress to impress.**

The right attire can do wonders for your figure, so dress to impress and look fabulous for date night. If you have an hourglass shape, show off your curves in a wraparound dress

and if you're a pear, flaunt your slender upper half in a beautiful sleeveless top. Are you skinny or athletic? If so, choose clothes with frills and pleats as these will feminize you figure. Carrying a few extra pounds? Then wear a patterned top with a tailored jacket to trick the eye. Many surgeries offer liposuction surgery, but the right attire can slim you down.

*Isabella has been a cosmetic surgery blogger since her days at university, she writes about various surgical procedures and non-surgical treatments. As well as blogging she enjoys spa days and exploring new beauty products, her latest new obsession is nail art.*

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## **Dermatologist Dr. Jeffrey Benabio Says to Keep it Simple When Grooming Skin for Date Night this Fall**





This fall don't let the cooler weather wreck havoc on your skin. As you plan those awesome autumn date nights you can now do it with confidence and keep your complexion looking radiant. Executive Editor, [Lori Bizzoco](#) had the chance to chat with nationally-renowned Dermatologist Dr. Jeffrey Benabio, called by Glamour the “rock-star of Dermatology.” Lori and Dr. Benabio chatted about the types of foods you can eat, supplements you can take, and topical steps that help ensure your skin looks its best without breaking the bank. For instance, the new, mild formula in [Dove Body Wash](#) is a prime example of a product that works well for both men and women. *For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

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## 7 Behaviors That Are Keeping

# You Single



By The Women's Insider, Camille Perkins, for GalTime.com

are you scaring mr. right away?

Ladies, have you been wondering why your friends have an easy time dating and maintaining their relationships but somehow you have difficulty maintaining your romances? Have you been noticing a trend in the way that your relationships end? If you answered yes, it may be time to consider that the problem may be YOU. Admitting that we may be the problem is never easy, but if you're doing the same things and reaping the same results, it's time for some self-reflection.

As a Love Coach, I've coached many single women on forming and maintaining healthy, successful relationships. Over time I've noticed several recurring themes that prevent women from doing

just that. I'm going to share these behaviors with you.

**1. BEING INTIMATE TOO SOON:** Many women feel pressure to be intimate with a man because they feel that it will keep the man's attention. Doing so with a man who is not emotionally connected with you will keep his attention – but only for the short run.

**Solution:** Resist the urge to be physical with a man before you're ready. Also, do not be intimate with a man before there is a mutual emotional connection. Think: If you got pregnant, would he be there for you, or would he run for the hills?

**2. NEGATIVE ATTITUDE:** If you have the attitude that all men are dogs, all men cheat, all men are pigs, this attitude will definitely repel men. Even if you do not vocalize these thoughts, it will be evident in your actions.

**Solution:** Be positive. Be present. Smile with every man that you meet.

**3. WASTING TIME:** Too often women stay in dead-end relationships or put up with being the booty call / friends with benefits girl. Settling to be in a dead-end relationship or the booty call girl will only waste your time and prevent you from meeting the right guy.

**Solution:** Look at your relationship. Where is it going? Is it what you want? If not, you are missing out on meeting the right guy. Don't settle.

**4. LOW SELF-WORTH:** Having low self-worth is never a good thing. It can prevent you from realizing when you are in a bad relationship. Usually when a woman has low self-worth, she will only attract negative men.

**Solution:** You are beautiful and you deserve to be with a great guy. For the next two months, take note of all the compliments that you receive from family and friends. Make a list of the

compliments you receive and write down the name of the person next to each compliment. Each night, read the list of compliments. In no time your confidence will be boosted and you will agree that you are amazing!

**5. TOO PICKY:** You will not date a man if he does not match your long list of requirements.

**Solution:** Make a list of three non-negotiables. Take 10 minutes to write down traits that you must have in a man, then prioritize your list and select the top three things that you ABSOLUTELY must have in a man.

**6. LOSING YOURSELF:** Something that I see very often is that once a woman starts dating a guy that she's interested in, she forgets her friends and the life she had before meeting him. For example, have you ever had plans with your girlfriends, but immediately dropped your girlfriends because your new guy invited you out on a date? Men (and people in general) are attracted to people who have a well-rounded life full and are more appreciative of you and your time when you fit them into your schedule.

**Solution:** Don't make your life revolve around his life. Don't be afraid to have a life of your own.

**7. BEING OVERLY AGGRESSIVE:** Typically, men do not respond very well to what they view as pushy women. Generally speaking, men enjoy the chase and want to be the one to pursue you. If you try to push for a relationship or marriage with a man before he is ready, it will only push him away.

**Solution:** Keep your cool. You're amazing. Allow the man to court you.

What are your thoughts? Do you agree? Are you guilty of these behaviors?



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# 'I See Your Soul Mate': Sue Frederick Discusses How to Find the Love of Your Life



By Bernadettle McCadden

Sue Frederick is more than just an author; she is an intuitive life coach who helps people get in touch with their spirituality and higher self. She uses this intuition to guide her through life and encourages people to trust their gut when it comes to making decisions. Her previous book, *I See Your Dream Job: A Career Intuitive Shows You How to Discover What*

*You Were Put on Earth to Do*, shows people how their specific birth date corresponds with the mission they were put on this Earth to do. Her newest book, *I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love*, follows the same premise but focuses on romance instead. Frederick explains how you can't truly find your soul mate until you are fulfilling your unique mission. She uses birth paths to help you recognize your strengths and weaknesses in relationships and also provides other birth paths that work well with your own.

We had the chance to talk with Frederick about trusting your intuition to find the love of your life.

**Your book focuses a great deal on discovering your own birth path before focusing on finding your soul mate. Can you briefly define birth path and explain the importance of it?**

We all come here to do significant work that helps our own soul evolve and also helps to raise the consciousness of other people. We have the potential to do something great, which is explained in the vibrations in our birth path order. That's why we're drawn to different careers and have certain dreams. Yet, when we get here, we buy into the negative messages that talk ourselves out of that greatness. At every opportunity in life, we can still make a choice to live up to that full mission, and that's what's in the birth path.

**You talk about intuition as well. How can you develop your intuition and make it stronger?**

Intuition comes from our right brain, while logic and reason come from our left brain. We live in a world dominated by the left brain, which is good and bad. We have great advancements in technology, but we've lost touch with our spirituality. That's why there is so much unhappiness in the world. As we each step into our right brain and trust our intuition, we're able to get in touch with our higher self. We can really see

our mission and begin fulfilling it, which is what attracts true love and helps us find our soul mate.

My favorite way to make your intuition stronger is daily meditation, which quiets your left brain and gets you into right brain consciousness. The Buddhists and Hindus figured out a technique thousands of years ago where you repeat a sacred sound, which they called “a mantra.”

**Related Link:** [Are You My Guru? How Medicine, Meditation and Madonna Changed My Life](#)

**Can you give us an example of an intuitive dating technique?**

The minute that somebody asks you out, make sure you have a piece of their information, whether it's their name, birth date or career. Write it down and put your hand on that piece of paper. Then, close your eyes and do a little bit of mantra meditation for a few minutes. You're going to start feeling their energy. These odd little images, words or thoughts, which are about this person, will start popping into your subconscious out of seemingly nowhere. If the words are good, like sweet and loving, that means you should go out with this person. If the words are negative or you feel fear, it's someone you don't want to pursue.

**The book provides readers with birth path numbers that work well with their own number. What would you say to people who are currently in love or with someone whose birth path number does not match their own?**

There's a lesson in that relationship. If you look at Kim Kardashian and Kris Humphries, both are master soul paths 22 who came together with great work to do. Their relationship number is an 8, which is the number of power. It would've worked if Kris hadn't become a conventional man who wanted Kim to give up her career and be a stay-at-home mom. Kris was abusing his power, and Kim could see that her life was going down the drain.

There is a lot of research we have to live through until we find our soul mate. I've had great passion and joy but also great heartbreak, and I think it's all been on purpose.

**Related Link:** [Is Dating Your Ex Off Limits?](#)

**What do you think about the ever increasing divorce rate? Are younger couples failing to find their soul mate as older couples have done? Or are they simply more open to splitting up and starting over?**

I think the vibrations of awareness have increased. You can't just be miserable and hate your partner and not have it fall apart. It used to be that you could live a life in that negativity and never really wake up. Now, you get into that negative state and something instantly changes. You have to make a choice to evolve to your highest state and make the relationship work or to go on your own learning journey and find your own mission. If you're really living true to your mission and highest self, you can find your soul mate and have that love last for a lifetime.

**How can someone truly know if their partner is their soul mate?**

It's about how you feel when you're with them. If you feel empowered to be your best self and if your partner is looking at you and seeing that greatness in you, even when you can't see it, that's a soul mate.

**In your book, you share that fear and worry prevent us from fulfilling our true mission and ultimately finding true love. How can people avoid this pitfall?**

Meditation. That negative self talk is part of being in the physical world, but we can learn to override it with a positive thought. Say to yourself, "Who am I to doubt myself? I came here with something important to do, and I brought gifts and talents to do it." It's not about the ego of doing

your work; it's about letting the work come *through* you to help the world. Once we can look at our lives this way, everything shifts.

*You can purchase 'I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love' on Amazon. You can also receive guidance from Frederick or get information on her live events at [www.CareerIntuitive.org](http://www.CareerIntuitive.org).*

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## Single Celebrities We Want to See Hitched



By Nic Baird

Whether single by choice or by broken heart, the prospect of marriage for the unattached seems distantly hypothetical. If you're a free spirit looking for flings, fun and flirting, you'll avoid even the thought of it at all costs. For those recovering from a lost love, it's important not to give up, because Prince Charming will come again. In fact, there are some Hollywood bachelors and bachelorettes who are in desperate need of true love as well. Others are devoted to such a carefree life of casual hookups that it makes one wonder if even the most glamorous single celebrity could lock them down. Here are the stars we'd like to push down the aisle:

**1. Robert Pattinson:** Shying away from public appearances, steady drinking and tales of heartbreak characterize the media vampire since his split from Kristen Stewart. Robert Pattinson is known for his legion of Twi-hards, and it's only a matter of time before a Hollywood lady gets close to Team Edward. Katy Perry, a mutual friend of Robsten, took the bruised *Twilight* hunk out to cheer him up shortly after news of Stewart's affair broke. Whether it's a shoulder to cry on or, less likely, a fresh love to sink his fangs into, Pattinson deserves the fairy tale romance he portrays.

**Related Link:** [Find Out How Robert Pattinson is Coping with Kristen Stewart's Betrayal](#)

**2. Cameron Diaz:** She's been romantically linked to the likes of Matt Dillon, Jared Leto, Justin Timberlake and Alex Rodriguez, but Cameron Diaz is currently single. The freshly 40-year-old actress is still a blonde bombshell at the box office, but her most recent appearance in the pregnancy comedy *What To Expect When You're Expecting* makes us wonder if a family is on the horizon. "I've never said I don't want children," Diaz explained to *InStyle* magazine. "I just haven't had children yet." The simple truth is that a long marriage seems daunting to the powerful starlet, according to



a *Stylist* interview. "Have someone for five years and another person for another five years. Life is long and lucky and yes, love might last forever, but you don't always live with the person you love forever."

**Related Link:** [Celebrity Couples That Have a Kid-Free Marriage](#)

**3. Gerard Butler:** While his adoring female fan base would probably send truckloads of hate mail his way if it happened, we all wonder what type of woman could get this Hollywood bad boy to commit. Party antics got Butler fired as a lawyer and have also kept him from serious coupling. "*I'm not a big relationship guy,*" the 300 actor told *Men's Journal*. "One of my vices is, I'm too wrapped up in myself and not always in a good way." That said, as of last spring, Butler has been seen with Madalina Ghenea, a Romanian model who helped him promote a brand of razors. Is the rowdy Scott breaking his old habits?

**4. Katie Holmes:** Not that the young actress has to start rehearsing her dating scene so soon after her summer divorce, but Katie Holmes still has plenty of time for future love, and even marriage. As a single mother with Tom Cruise's powerful shadow looming over her, future suitors might have an easier time trying to date Batman's ex. Last week, she insisted in *Women's Wear Daily* that the important things were to keep trying and not be afraid to fail. Holmes has welcomed some male attention since her split: a friendly kiss from an unidentified dinner date. It would be nice to see a happy ending follow her foray into Scientology.

**Which Celebs would you like to see tie the knot? Share your comments below!**

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# Dianne Burnett Steps Out of the Shadows in Her New Book, 'The Road to Reality: Voted Off the Island!...My Journey as a Real-Life Survivor'



By [Lori Bizzoco](#), with transcription by Kaitlyn Herzog

An hour before her book launch, Dianne Burnett is nothing but smiles as she walks into the room at the Kimberly Hotel in New York City to meet us for an interview. A clearly happy Burnett speaks with ease about her new book, her former marriage and the exciting ventures that lay ahead.

Dianne released her memoir, *The Road to Reality: Voted Off the Island!...My Journey as a Real-Life Survivor* last Tuesday. Her ex-husband Mark Burnett has been the mastermind behind some of televisions greatest reality shows, including "The Apprentice," 'The Voice' and Survivor,' one of the most successful programs of all time. But this Reality King didn't get there alone, or at least not according to Dianne and her tell-all book.

Nine years after their divorce, the ex-wife of the the TV powerhouse is stepping out of the shadows to tell her side of the story. But, if you are looking for her to bash and destroy her ex, you won't find it here.

Burnett opens the book with her and Mark's decision to move to Morocco and then flashes back in Chapter Two to provide a glimpse into her own childhood growing up on Long Island, New York. She describes in detail her family and the confusion she faces being a young child of divorced parents in the 1960s. She then shifts to her relationship with Mark, the handsome Englishman who swept her off her feet. The story flows through their travels, the beginning of 'Survivor' and their struggles prior to – and after – their divorce. Dianne highlights the good times in their marriage, in particular the beginning of their relationship and how smitten she was with Mark. She writes, "Throughout the entire summer, whatever the day, whatever the hour, wherever I was, I felt intoxicated."

After reading the book and then sitting there with Burnett, the burning question on our mind was why was the book getting so much negative press from Mark. Burnett nodded and admitted that the release of the book has created a rift between the typically amicable exes. "I don't really know him that well right now," she explains. "Just last month we were all together at Nobu for my son's birthday, but since the book, it's been a little bit...different." However, they both try to keep a brave face for their two children, Cameron, 15 and

James, 19. The author even says that part of the reason for writing this book was so that her children would know the truth.

**Related Link:** [Celebrities: Love, Marriage and the Money in Between](#)

“I gave up everything to be Mark’s cheerleader, his support system,” Burnett explains. “That’s what kept Mark going. I was doing it for all of us though, for our family.” She looks back on her marriage to Mark with no regrets and often smiles while discussing their happy times. The one thing she does regret, however, is not giving herself a title when ‘Survivor’ first aired. “I didn’t give myself an individual credit because we were a team; I thought everyone knew it was Mark and Dianne.”

So what are Burnett’s final words to Mark? “I wish he would read the book,” she says. “I think if he reads the book, then he’s going to reflect on his reaction in the press and be sad.”

**Related Link:** [How to Make Sure Your Divorce is Amicable, Fair and Fast](#)

With the release of the book giving her some closure, Dianne dedicates much of her time to more positive things. After her mother was diagnosed with esophagus cancer, Burnett began a charity in her honor called Joan Valentine – A Foundation for Natural Causes. The basis for the foundation is that medicine needs to be more personalized for each person’s ailment. She believes that “not everything works for everyone. Everybody is treated the same; the person and their individual sicknesses aren’t taken into consideration.”

Keeping up the positive vibe, Burnett is also launching a new drink called Mulberry Love, made with fruits, coconut water and antioxidants, which can help prevent disease. She describes the drink as not only healthy but “very yummy.” It

hits store shelves later this year.

"This will be my year," Dianne says affirmatively. With a new book, television and film deals and a healthy drink coming out, how could it not be? "I'm happy now; I'm reinventing myself and finding my own way."

*Burnett's new book, "The Road to Reality: Voted Off the Island!...My Journey as a Real-Life Survivor," is in stores and online at Amazon. To learn more about Burnett, you can follow her on Twitter at @DianneBurnett.*

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## How Raising a Child Can Bring you Closer Together as a Couple





By Nancy Parker

If you speak to any number of parents today about how parenting has affected their marriage, you may be surprised to hear many tell you that it has solidified their marriage. They will almost certainly tell you that parenting is hard work and incredibly stressful, but at the same time, they will tell you that they feel closer to their spouse after having kids than before. This may seem paradoxical. After all, enduring intensely stressful situations and bringing responsibility and hard work into your relationship seems like it may pull a couple apart. In many cases, however, the opposite is true. There are a number of key reasons why raising a child can solidify your marriage despite being stressful:

## **1. Shared Love**

In most cases, no two individuals love a child more than his biological parents. The love for a child may begin to grow almost as soon as the parents learn of the pregnancy, and this love deepens with each passing day. This is a love that the parents together share for the child, and they both work to



provide the child with the best childhood experience possible. Sharing the same intense feelings for another person is a bonding experience, and this is a bond that can indeed solidify a relationship.

**Related Link:** [Why It's OK to Have Kids Later In Life](#)

## **2. Teamwork**

Raising a child together is about more than just feeling intense love for the child. It takes a lot of hard work to care for and raise a child, and this hard work begins as soon as the child is born. During infancy, the couple must work together as a team to ensure that the baby as well as both parents meet their basic needs regarding feeding, sleeping and more. An infant is dependent on the care of the parents, and the parents work together as a team to fulfill those needs while also watching out for the health and well-being of each other. As the child grows, the teamwork approach transitions into different aspects of parenting such as discipline, education, childcare and more.

## **3. More Than Just a Couple**

Before the first child is born into the marriage, the couple is simply a couple bound together by love and perhaps wedding vows. When you bring a child into the relationship, however, your relationship transitions into something more significant. You are no longer a couple, and instead, you have transitioned into a family. There is a bond that deepens between a man and a woman when a family is formed. The deep feelings associated with creating a family with another person deepen the bond you have with that person.

**Related Link:** [Eric Dane Loves His Wife Rebecca Gayheart More Than Ever](#)

It is interesting to take note that giving birth to a child will not heal a relationship that is already on rocky ground.

In fact, the hard work and stress associated with raising a child may be the tipping point in an already shaky relationship that could lead to the couple breaking up. On the other hand, when a couple that has a solid relationship brings a child into their lives, the experience of raising the child can provide a deeper bond than the couple previously had. With a look at celebrity couples, you may see how relationships like that between Victoria and David Beckham have been solidified with the addition of their children in their lives. On the other hand, other relationships that may have been on less steady ground to start with, such as that Tom Cruise and Katie Holmes, were not solidified with the birth of a child.

*Nancy Parker was a professional nanny and she loves to write about wide range of subjects like health, Parenting, Child Care, Babysitting, nanny, [www.enannysource.com/](http://www.enannysource.com/) etc. You can reach her @ [nancy.parker015 @ gmail.com](mailto:nancy.parker015@gmail.com).*

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## **Taylor Swift and Conor Kennedy: How Fast is Too Fast?**





By Relationship & Sex Talk, Jane Greer, PhD for GalTime.com

building a base for love

Superstar Taylor Swift and boyfriend Conor Kennedy hadn't been dating long when he took her to a family wedding in August, despite reported requests that she not go because some worried Taylor's presence would take away from the bride's attention.

That's a problem most of us don't have to worry about, but it does raise the question: When is it a good time to meet your new flame's family? And is it a good idea to attend a big family event early in a relationship?

A patient of mine was in this situation recently. She had been dating someone for a few weeks, and was over the moon about him, when he asked her to his best friend's wedding. She was thrilled, to say the least, and read his desire to take her as a sign that he was really into her and wanted her to meet his inner circle. Not only was she flattered, but she attached great meaning and expectation to their blossoming relationship because of the invitation.

Hearing her enthusiasm and high hopes, I was concerned about the possibility that for her new boyfriend, this was more about the upcoming occasion – and not wanting to go solo – than it was about actually beginning a serious relationship with her.

That is not unusual, that you meet someone around the time of a big event and have it in mind during those first few weeks of dating. In other words, the new excitement and romance which for her was all about getting to know each other, may have been for him simply about having a great time at the wedding. Or, perhaps his intention was to get to know her better, but his sister didn't like her, or his best friend gave her the thumbs down. Whatever the case, it didn't go well for my patient. After the wedding, she never heard from him again.

Sometimes the timing can't be helped. You have been dating for a short time and his sister just happens to be getting married next week. Or it is her older brother's birthday bash and everyone will be there. On the one hand, it can feel very encouraging that your new partner seems to like you so much that they want to bring you to a big family party and meet the important people in their lives. On the other hand, you might be walking right into a judgment fest in which, if you haven't established your own strong connection yet, your newly significant other might be too easily swayed away from you should their family suggest you aren't the right match. Instead of gaining favor, you run the risk of getting the seal of disapproval.

Think of it as building a good fire. Sometimes the top takes off right away, burning high. But if there isn't a hot smoldering base, that fast fire can quickly fizzle out. Take the time to establish a foundation before opening yourself up to any possible criticism. If you are asked to that wedding or birthday celebration early on, you can politely decline, adding that you would love to go to the next occasion. That

will give you a chance to build a solid relationship so when you do meet the family you are already an item, and your new partner can better withstand any negative comments that might come your way. And if, in fact, the motivation to pursue you stems from wanting a date for the event itself, you will have your answer before you got in too deep.

Taylor and Conor didn't choose this path, but jumped right in. She has met the family, attended big events, and even, sadly enough, visited the grave of Conor's mother who died recently. For him, obviously, it wasn't just about having a date to the wedding, but only time will tell if their foundation will be strong enough to sustain them.

**What do you think...how fast is too fast to introduce someone to your family, bring them to a big event, move in, propose, etc?**

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## **Pros & Cons: Splitting the Bill on a Date**





By Whitney Baker

“Going Dutch” is becoming more and more popular, not only with your closest friends but also with your partner. While it’s still typical for your man to pay for your date-night bill, it’s equally common for couples to split the bill. Of course, for a special occasion, such as your partner’s birthday or an announcement of a job promotion, it’s nice to cover the entire bill as a surprise to your significant other. But other times, you may want to go halvesies to show them that you can still pull your own weight. Still, there are both pros and cons for splitting the bill on a date.

**Related Link:** [Celebrity Women Who Are the Breadwinners of the Relationship](#)

### **Pros:**

**1. It keeps things fair and balanced.** It’s nice to feel like you’re contributing to your relationship: emotionally, financially or otherwise. If you want to split the bill on your next date, approach your partner about it. They’re sure



to appreciate your effort. There are even apps like Tip Calculator Free to make the math easy for you.

**2. It shows your independence.** This is especially important for women, who still sometimes suffer from the old-fashioned notion that their boyfriends are expected to pay for every meal. Modern women are proud of their financial freedom. In fact, some women make more money than their significant others. One way to show your success to your date is by footing your half of the bill.

**3. It's just a nice thing to do.** If you're in your twenties or thirties and going out on a first date with a new guy, he's probably paid for his fair share of dates already. Offering to split the bill will defy his expectations, which could make him like you even more.

#### **Cons:**

**1. It may signal a financial problem for your partner.** What if your man is asking you to split the bill because he can't afford to pay for it? It's never good to assume anything, but if you notice that he wants you to cover your half of the bill every time, he may be hiding something from you.

**Related Link:** [Five Signs Your Partner Is Using You for Your Money](#)

**2. It makes the date more platonic.** If a guy asks you on a date, chances are, he'll take care of the bill, especially if he plans to ask you out again. However, if he offers to split it with you, he may be more interested in just being friends. Either way, it's important to make sure that you two are on the same page, so this can help you make that judgment.

**3. It takes away the "treat" aspect of the date.** When you split the bill, it's kind of like taking yourself to dinner rather than going out for a special evening with your

significant other. Sure, it's perfectly fine to go halvesies for a random pizza lunch on Wednesday afternoon, but don't let that habit carry over into Saturday night's fine dining.

Do you think that the advantages of splitting the bill outweigh the potential problems? Tell us below.

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## 5 Red Flags to Be Aware of In Your Relationship



By Grace Pamer

I am a fan of the show *Dexter*, and was probably just as surprised as everyone else that the two stars, Jennifer

Carpenter and Michael C. Hall, filed for divorce. The couple appeared happy, like best friends, being married and working as a team on the award winning show. When Michael C. Hall was diagnosed with cancer, Carpenter was at his side helping him through it all. But later, Hall's break trust via rumors of infidelity made their way into the relationship, resulting in its dissolution.

We may, as a society, idolize stars and follow the ups and downs of their relationships. But the truth is that their partnerships are very similar to us "normal folks," minus the millions. We may be in shock when a famous couple that appeared so committed announces their divorce, but it can happen to any couple at any time. Though couples are, by definition, a team – they are also two unique individuals, with their own thoughts, feelings, experiences and emotional baggage.

The seemingly best relationship can go wrong, even mine. Noticing that there might be trouble is the key to trying to work things out before it is too late. Keep in mind that there can be valid reasons for the following relationship warning signs and that they in no way are intended to imply certain doom. There can be stress at work, grieving a loss, a family member moving in or a health issue that appropriately explains away any concerns in the short term.

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

But sometimes there are no valid reasons for the following five red flags, which can appear in even what seems to be the healthiest relationship:

### **Red Flag 1: Losing Trust**

If we find ourselves beginning to doubt our partner's honesty, we need to listen to our inner voices. Whether catching a mate in frequent, little lies is the trigger or there is a bigger

concern because our lover is keeping longer hours and coming home late each night, losing trust is a signal to us that something could be wrong.

**Related Link:** [Red Flag or Quirk? How to Tell the Difference](#)

### **Red Flag 2: Avoidance**

If we begin to see our partner less and less, without explanation, this is another red flag. It can spell trouble when rituals such as watching favorite shows on weeknights, doing crosswords in bed, eating meals together or weekend date nights begin to disappear. Keep in mind that avoidance doesn't have to equate to infidelity – it could signify fear and distraction over a health concern, depression and a host of many other things.

### **Red Flag 3: Acting Guilty**

Humans are curious creatures and sometimes, without even knowing it, their actions speak much louder than words. A lover who traditionally was never one to bring home flowers or expensive gifts, if feeling guilty, might subconsciously begin to do just that.

### **Red Flag 4: Less Intimacy**

If we notice less intimacy, that could also be a warning sign that there is an underlying problem. Intimacy isn't just about making love, though that is a big part in healthy relationships – it is about touching a lover's shoulder when we walk by, holding hands when taking a walk, massaging feet when lying on the couch. If usual intimacy levels begin to decline, we need to recognize the warning sign that something is awry.

### **Red Flag 5: Lack Of Respect**

Respect is so important in any successful relationship. Being respectful is when we don't ridicule our lover for having his/her own opinion. It is about sharing the load and

responsibilities of daily life. Respecting a mate also involves making sure both people's needs are met, not just our own. If the partner begins to criticize, ridicule or take the other for granted, there could be an underlying problem.

Aside from the red flags mentioned above, we need to simply be aware of any unexplained changes in the relationship. The goal here isn't to play detective and "catch" our partner in a misdeed, going on the offensive. That could backfire because an innocent partner being accused of guilt could cause irreparable damage. Consider how a lover would act if he or she didn't want to burden us with the stress that there are rumors of layoffs at the workplace. There can be many valid reasons why a person starts acting differently.

It is our job to simply communicate our concerns in a peaceful, loving manner – stating only how we feel, not criticizing behaviors. When red flags appear, the only goal should be to find a block of time in a quiet environment where open, honest communication can take place. Behavior changes aren't always about infidelity and red flags aren't always bad – they can actually lead to a healthier, more stable relationship, because they force us to put our love first.

*Grace Pamer is a work from home mom and author of [www.RomanceNeverDies.com](http://www.RomanceNeverDies.com) which provides a resource for all those seeking romantic ideas and inspiration whether for a date, a marriage proposal or in a long term relationship.*

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## **Erin Andrews Says Potential**

# Partners Have to 'Compete' With Her Dad



If you ask Erin Andrews about her place in the pantheon of women's sportscasters, she will graciously credit the ladies who came before her. However, there's no doubt that she is a trail blazer in sports broadcasting. She has gained notoriety and admiration for her work ethic, knowledge, and natural on-camera abilities. All of this, she says, is part of being an "unapologetically strong woman." Recently, [Lori Bizzoco](#) had the chance to chat with Erin about her new career path, touting her father's influence as a main proponent of pushing her as far as she's come. Further, she says, her father stands as a standard for when she's dating. "He [her father] is a strong man by my side, and I think that's why I can't find anyone on the other side yet because they have to compete with



my old man!”

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

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# How Long Should You Wait for a Proposal?



By Jane Greer, PhD for GalTime.com

In the land of quick marriages, Academy Award-winning actress Hilary Swank has taken a different tack. She was married to actor Chad Lowe for eight years, and dated him for six years before that.

Most recently, the actress dated John Campisi for five years. Swank recently announced that they broke up in May. The rumors suggest that John's not proposing might have sparked the separation. That may or may not be the reason, but it does beg the question for anyone who has been in a long-term relationship and waiting to get engaged: How long do you wait for your partner to be ready? Basically— When is enough... enough?

There is no question in your mind that you are ready to commit to your partner for life. Your partner, however, continues to drag his feet. As hard as it is to accept, sometimes relationships outlast their shelf life and stop moving forward. How can you know if your relationship has reached that point, and you have entered that zone of just wasting your time? Is there anything you can do or are you destined to be taken along for the ride?

The most important thing to keep in mind is that, despite the fact that your partner's reluctance to commit can feel like a rejection of you, try not to take it personally. You can do this by recognizing that when one partner is holding back on taking that huge step, it often has more to do with their own individual issues and fears than with how they feel about the other person.

He may have experienced his parents' divorce when he was younger, and see marriage as destined to fail. Perhaps, he was betrayed at one time themselves and now has trust issues. If he has been married before and gone through his own divorce, there might be all sorts of concerns keeping him from remarrying. Or he might be worried about differences in religious beliefs and lifestyles, or his career success. One of my patients, for example, is ready to get married and eager to take that next step, but her partner is hesitant. They have been dating for three years, and are now living together, but he says he needs to feel more secure in his job and be earning

a higher salary before he feels ready to buy her a ring.

I encouraged her to talk to him, as I would suggest you talk to your partner about why they are not ready to go forward. See if you can jointly determine what it might take for them to get beyond their fears. Set goals to work toward making those changes. Maybe it means talking through the religious differences and making a concrete plan, or it could be as simple as finding a new job or asking for a raise. And then you can set a time limit for yourself, maybe six months or a year, and see if anything is being done.

As long as your partner is trying then your relationship is still viable and worth fighting for. But if your partner is all talk, and has made no attempt to move toward the goals you set together, then sadly it might be an indication that nothing will ever change. At that point, you can do what they have not been able to do and take the next step yourself and move on.

Then you will know you did everything you could. Hopefully, if this was the issue that separated Hilary and John, these were the steps they were able to take.

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## **Favorite Celebrity Engagement Rings**





By Sarah Ribeiro

Engagement rings can be one of the most important elements in beginning a marriage. They signify the bond you have with your partner, their commitment to you, and the security of your relationship. Of course, there's also the glamour and luxury that comes with a gorgeous diamond on your hand! Here are some celebrity engagement rings that perfectly represent both the strength and extravagance of celebrity weddings and marriages:

## Top Celebrity Engagement Rings

**1. Kate Hudson:** Hudson's engagement ring from Muse rocker Matthew Bellamy is an outstanding statement in such a private celebrity relationship. The \$200,000 platinum ring is a nine carat emerald-cut diamond with tapered baguettes on the side. The two have been engaged for a year, and although they have no wedding date set, they do have a son together, Bingham.

**Related Link:** [Jessica Biel Had No Say In Her Engagement Ring](#)

**2. Kate Middleton:** The royal duchess of Cambridge was definitely given a ring fit for a queen. Her celebrity love Prince William presented her with his mother Princess Diana's engagement ring, a round-cut blue sapphire surrounded by 14 diamonds. At the time it was worn by Diana in 1981, it cost 30,000 British pounds – the equivalent of roughly \$47,000.

**3. Angelina Jolie:** Being one of Hollywood's most luxurious famous couples, this duo will no doubt have an over-the-top celebrity wedding celebration. Newly-engaged Jolie was given a rectangular-cut diamond on a yellow-and-white gold band. Rumor has it Pitt commissioned a jeweler to find the finest-quality diamond for his love, even requesting a cut shaped perfectly for her hand.

**Related Link:** [Knicks Star Amar'e Stoudemire Proposes to Longtime Girlfriend](#)

## No Limits For This Famous Couple's Ring

**4. Beyoncé Knowles:** One of Hollywood's most expensive wedding rings naturally belongs to one of the highest-grossing Hollywood couples. The rapper gave Beyoncé a *\$5 million* celebrity engagement ring before their secret marriage in April 2008. The 18-carat diamond, made by jeweler Lorraine Schwartz, is emerald-cut and set in a platinum band. For security purposes, the singer wears a fake copy of it, which is still worth more than \$5,000.

**5. Natalie Portman:** In 2010, the famous actress, vegan and humanist was gifted an eco-friendly engagement ring to fit her lifestyle. Husband Benjamin Millepied found ballet dancer-turned jeweler Jamie Wolf to design the \$35,000 ring, which uses recycled platinum and an antique oval center stone surrounded by pavé diamonds from a conflict-free mine, meaning



no miner was hurt or treated unfairly when mining the stones. Millepiéd personalized his choice by making the ring a statement to his love's activism and loving nature, a sweet statement for an even sweeter couple.

**Which celebrity engagement ring is your favorite? Tell us below.**

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## **Cosmetic Surgery: How Does It Affect Your Relationship?**



By Ed Beardsell

In recent years, cosmetic surgery has become more widespread



and acceptable in the United Kingdom. The taboo associated with plastic surgery is being replaced with a more general view that surgery is a legitimate way to improve appearance. The decision to go under the knife is often seen as a private and personal decision. However, the procedure and its results can often have a significant impact on the people closest to the individual undergoing it. This is especially true for partners who must face the changes cosmetic surgery will bring. Can it be said that altering one's appearance will really affect one's relationship?

## **The Positives**

### **1. Confidence boost for the patient.**

After cosmetic surgery, patients often have more confidence in themselves which can strengthen the relationship as a result. People with low confidence may shut themselves away and not want to socialise or try new experiences and surgery may change all of this. The patient may even have the confidence to strive for more in life which could benefit the couple both financially and help bolster their confidence once more.

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

### **2. Improvements in the bedroom.**

Before surgery your partner may have been ashamed or embarrassed about their body so much so that their intimate relationships may have suffered. However, after surgery there is a strong chance that it will improve as their confidence grows which is of course, beneficial to their partner too (nudge nudge, wink wink).

## **The Negatives**

### **1. "I like you as you are."**

Many partners may be set against their other half's surgery as

they believe they are fine as they are. After all, they fell in love with their partner looking the way they do and may think it is unnecessary to change. Partners can often fear surgery could change their partner's personality as well as their appearance.

**Related Link:** [Why You Don't Need the Perfect Body](#)

## **2. The cost.**

There is no getting away from the fact the plastic surgery is expensive and indeed, even some quite minor procedures can cost thousands. The high cost of surgery can cause arguments and strain the relationship between even the closest couples.

## **3. Confidence can change a person.**

A partner may worry that while cosmetic surgery may give their other half confidence, it could also change their personality. This may seem quite ridiculous however patient, galvanized by their new found confidence may want to try new and exciting things whereas the partner is quite happy to stay as they were before the surgery.

## **4. Jealousy.**

An improved appearance often results in more attention from the opposite sex. Whilst the patient may view this as a compliment, their partner often takes a very different viewpoint. The partner may not be able to deal with the extra attention their other half is now receiving and this jealousy could be detrimental to the whole relationship.

There is no doubt that cosmetic surgery has the possibility of affecting a person's relationship. We have seen how it could potentially improve or indeed cause a great deal of damage. It is, therefore, clear that potential cosmetic surgery patients must be fully aware of their partner's feelings before undergoing a procedure. If both sides are aware of the

possible problems that could be solved as well as those which might arise, then there is a greater chance that any future issues will be calmly resolved.

*This article was produced by Ed Beardsell who writes for the UK based plastic surgery portal Clinic Compare at [www.ClinicCompare.co.uk](http://www.ClinicCompare.co.uk). Clinic Compare are dedicated to providing potential cosmetic surgery patients with a comprehensive resource of impartial advice and guidance on a wide range of cosmetic procedures.*

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## Tips for Getting Through Football Season





By SMF Marcus Osborne for GalTime.com

Fall is basically here. For guys, it's a magical time of year. Each Thursday, Saturday, Sunday and Monday, a dude gets to wallow in the sheer, unbridled ecstasy of following his favorite football team. Nothing brings him greater joy and satisfaction than seeing his squad of eleven helmeted gladiators scratch out victories during football season. And I'm sure you've also been witness to his devastation... evidenced by your man's vacant look and glassy eyes after a loss.

Here's the best way to describe the male connection to football— it's sort of like a soap opera for men. There are multiple stories, with outrageous characters, good guys, bad guys, cliffhangers and the inevitable conclusion.

I'm writing this to prepare you for the next five months. Many of you are football fans yourselves (including many of the GalTime Gals— don't worry, we'll do another post for diehard female fans), but for those of you who aren't ... I'm hopeful that some of these tips will help to make the coming months

more manageable – perhaps even save a few relationships. Here are a few things to keep in mind.

## **Tips for Getting Through Football Season**

**1. This Storm Will Pass.** It's easier said than done, I know, but if you just keep reminding yourself that that the season does end eventually, it will lighten the emotional load a tad bit.

**2. It's just a game.** The emotional rollercoaster men ride during the football season is not to be taken lightly. The absolute worst thing anyone could say is, "It's just a game." No. This is not true. This is SO not true. Was Michael Jackson "just a singer?" Was Mark Twain "just a writer?" Is you mom "just a mom?" Of course not. The game and the teams matter. As guys, we're not offered many opportunities to unleash raw emotion – crying, experiencing child-like giddiness, anger, depression, and exultation – are all uncharacteristically free-flowing during football season. Don't judge, just be there to wipe his tears.... and keep bringing out the nachos.

**3. Do Your Thing.** There's no better opportunity for "Girl Time" than during football season. Seriously. I wish more women understood this. Don't get mad at his obsession. Don't feel neglected by his attention being focused on his football mistress. Get back in touch with your girlfriends and hang out them. Oh and you have no idea how easy it is to get compliance from a guy when the game is on. He'll say "yes" to virtually any request. HER: "Honey, my ex boyfriend, you know the one who still wants me? Yeah, he wants to meet for coffee on Sunday." HIM: "Oh cool, babe. Tell him said 'Hi'!"

**4. If You Can't Beat 'Em.** Listen, of all the things you could do, this might be the absolute BEST move on your part. Join in his fun (or soul crushing depression) by buying his favorite team's jersey and get on board on game day. Learn the game, some basic strategy, a few players' names, etc. Odds are

you'll get swept up in the emotion right along with him. Like the old saying goes, "The couple that watches football together... holds off the divorce for 6 more months." Or something like that. One point though – never ask questions DURING the game! Wait for commercials!

**5. Find Another Guy.** Seriously. If you that selfish and you can't let your man indulge himself during the season then you're just not a nice person. Poor guy. All he ever does is try to make you happy and all you can do is think of yourself? Do you have any idea how emotionally draining a football season can be? If you can't be his rock during those harrowing final two minutes of the game with the team down by 6, needing a touchdown to win, with 99 yards to go and the starting quarterback knocked of the game, then what do you really have? This is not a real relationship! Do him and you a favor and find a new man!

I think that last one may have been a teensy bit over the top. Maybe.

Not really.

Are you ready for some football?

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**Entertainment      Journalist  
Francine Brokaw Talks About  
Tinseltown Twosomes and Life**



# 'Beyond the Red Carpet'



By Whitney Baker

Francine Brokaw's writing career, which spans over two decades, has taken a few twists and turns: she's focused on everything from politics and travel to celebrity interviews and entertainment news. Her new book, *Beyond the Red Carpet: The World of Entertainment Journalists*, out today, looks at the ever intriguing world of the rich and famous. Lucky for us, she shares never-before-told stories and behind-the-scenes secrets about Hollywood's hottest residents. Having interviewed celebrities like Johnny Depp, George Clooney and Tom Hanks, Brokaw knows what it takes to get these folks talking about life on and off the red carpet.

We chatted with the author about her experiences in the entertainment industry, specifically those celebrity

interviews about lasting love and messy break-ups, and her advice for up-and-coming journalists.

**Related Link:** [Dating After Being Dumped: How to Avoid Messy Rebound Relationships](#)

**Tell us a little bit about what inspired you to write this book.**

Nobody really has any idea what entertainment journalists do and experience. I think when people hear the words “entertainment journalists,” they think of the hosts on shows like ‘Entertainment Tonight.’ That’s a very minute percentage of us. We’re actually in the trenches, dealing with the publicists and celebrities. It’s a totally different life than what people have in mind. Like I say in the book, Kevin Costner mentioned that our friends probably think we have these wonderful and fabulous lives, but it’s really a lot of hard work.

**Do you have a favorite story from the book that you can share with us?**

I always love speaking with the veteran actors. I love James Garner; he was just so open talking about fellow actors, like Steve McQueen (who he co-starred with in ‘The Great Escape’) and Kim Novak (who worked with in ‘Boys’ Night Out’). He brought them down to earth and told us things about them that they probably wouldn’t want the public to know. He was very candid.

Julie Andrews is always fun too.

**Can you walk us through a celebrity interview? What goes on behind the scenes?**

I usually have a list of questions that I want answered or that I need answers to for a specific article. Then, when the celebrity mentions a new project or some aspect of their

personal life, you can go into further detail about that topic. A one-on-one interview requires a lot more research than a roundtable interview or press conference – you can't rely on other journalists to ask questions that you may not have thought of.

I will say I have had to run into the paparazzi while going into interviews, and it's frightening. I feel for celebrities because these photographers are really intruding into their lives. As an entertainment journalist, I don't want to be thought of as intrusive.

**Have you ever interviewed a celebrity couple – either together or separate? Any stories to share?**

I haven't had the opportunity to interview a celebrity couple together, but I have spoken to partners separately.

I interviewed Catherine Zeta-Jones and Michael Douglas at different times, and they seemed to be very compatible. Catherine's interview was at a resort in the Palm Springs area, and she was so excited that her husband was able to come along. She said that he was probably golfing, which was one of his passions, and she tried to catch sight of him out the window. I thought that was really sweet.

I've also spoken with both Brad Pitt and Jennifer Aniston. I interviewed Brad right before the break-up, and he let nothing slip about their impending divorce. And then a few months later, we hear that they've split. I interviewed Jennifer afterwards, and she didn't want to talk about it at all.

**Related Link:** [4 Things Jennifer Aniston Taught Me About Love](#)

I interviewed Hilary Swank during her almost-decade long marriage to Chad Lowe, and she said how great they were together. Someone asked about the basis for their relationship, and she implied that trust and honesty were the most important things. And then we read later on that he was

hiding his addiction from her. When I interviewed Chad right after the break-up, he refused to talk about anything related to his personal life.

Then there's Mandy Moore, who was so gushy about her relationship with Andy Roddick. She called him her soul mate and told me all about how they met, how they were meant to be together. And that didn't last. It's funny to hear what people say about their relationship and then see how things play out.

**How do you approach the topic of love and relationships in an interview? How personal is too personal?**

If they happen to bring up a dating partner or spouse, that's my invitation to ask about their love life. I've had celebrities mention the great love of their life and talk about their fabulous relationship, and then they break-up a few months later. It's interesting to see what people volunteer.

For instance, around Valentine's Day, one of my friends asked Antonio Banderas, who is married to actress Melanie Griffith, if they had any specific plans for the holiday. He happened to say that their relationship was really going well but that he can't guarantee that it is forever, which I thought was very honest of him.

**And finally, what advice do you have for someone interested in entertainment journalism?**

Be prepared to do a lot of work. It's not easy; it requires a lot of preparation, research and time. It takes talent to bring information out of celebrities. Plus, it's a 24/7 job – sometimes you need to do a phone interview with a celebrity who is working in Europe; the time zone is different, but you have no choice because you're at the beck and call of the celebrity.

Also, you can't always rely on research. I read a story on

IMDB about an actor saving someone from drowning, so I asked if it had really happened. He said that he didn't know where they got that and it had never happened. You have to put question marks by a lot of things that you find online and figure out if it's fact or fiction.

Brokaw leaves us with this final observation when the interview is done. "I gotta tell you, it's much easier asking the questions than answering them!"

*You can purchase a copy of 'Beyond the Red Carpet: The World of Entertainment Journalists' in bookstores and online nationwide today. You can also purchase a signed copy when you buy it from her website at [www.FrancineBrokaw.com](http://www.FrancineBrokaw.com). For more information about Brokaw, follow her on Facebook and Twitter at @FrancineBrokaw.*

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## **"The Perks of Being a Wallflower": A Quirky Story About Friendship**





By [Jessica Smith](#)

*The Perks of Being a Wallflower* is all about self-discovery, and Charlie (Logan Lerman) enters his freshman year of high school determined to be less of a loner. He dreams of being a writer, but he's not sure what he would write about. When he finds friends that invite him to be a part of their island for misfit toys, his life takes off into the adventure he's been waiting for. He learns that everyone has a different story and his unique friends Patrick (Ezra Miller) and Sam (Emma Watson) give him something to write about. As high schoolers, the three experience ups and downs along with relationship problems and feelings of self-doubt. With the help of one another, they realize that being themselves is good enough. The movie comes out September 20th.

**Related Link:** [The Upcoming Film 'The Words' Will Leave You Speechless](#)

**Should You See It:** We wouldn't write about it if it wasn't worth your time! And for all you Harry Potter fans, it's a chance to see the adorable Emma Watson back on the big screen.



**Who To Take:** This is going to be a cute movie to go see with your girl friends. It's a movie that guys will be able to enjoy, but it's leaning towards the chick-flick department.

**Related Link:** ['Hit and Run': A Comedy to Close the Summer](#)

In the trailer, Sam is having boy troubles and asks why her and the people around her chose to be with people that treat them poorly. Charlie tells her that "we accept the love we think that we deserve." A lot of the time people are so quick to settle for someone who doesn't treat them the way they should, and people should never think that way. So if you take anything from this remember: Do NOT just settle, ever. If you're in a bad relationship there's no reason to believe that what you have is as good as it's going to get. Cupid has some tips to help you look for the right kind of person that you can hopefully spend the rest of your life with:

**1. Honest:** If you keep catching your partner in a lie, there's something fishy going on. If you can't trust 'em, ditch 'em because future problems are guaranteed. Don't fall into a trap of manipulation because it's going to be mentally unhealthy for yourself.

**2. Genuine:** Does your partner sincerely love spending time with you and vice versa? If you feel like the relationship is being forced there's no point in putting work towards something that won't last long term anyways.

**3. Respectful:** Aretha Franklin sang it best. R-E-S-P-E-C-T is what you deserves and it's what you shall get! This is something that should be mutual throughout the relationship. If you really love one another (and of course arguments happen) then neither of you should ever say or do anything that makes you feel downgraded.

**How did you know when you found Mr. Right? Share your comments below!**

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# Your BFF Chose Her Boyfriend Over You – Now What?



By Jessica Nappi

You and your best friend are usually inseparable: you laugh until you cry, lie side by side on the beach all day and even pluck each other's eyebrows. So when she finds Mr. Right, it's easy to find yourself left in the dust. You no longer hang out, and the only time you see her is when you accidentally bump into her while she's hand in hand with her boyfriend at the mall. While it's perfectly normal to have that "can't get enough" feeling when a relationship begins, it's not okay for a friend to leave you out of their life because you've been

replaced by someone else. Here are some ways you can help them find a balance between love for you and love for their partner:

**Related Link:** [How to Move in with Your Boyfriend \(and Not Break Up with Him\)](#)

**1. Let them go through their honeymoon phase:** When two people meet and the chemistry is tangible, it's hard to rip them apart, especially in the beginning. Every couple goes through what is called a "honeymoon phase," where they want to spend every waking moment with each other. As a best friend, know that every phase has an expiration date. As soon as your friend has their first fight with their partner, they're sure to come running back to you. Of course, it's important to be cautious in welcoming them back. Make sure they know that their sudden absence has hurt you and that they need to make more time for you for your friendship to continue.

**2. Remind her that her world does not revolve around him:** When a friend begins dating, their mind is in a fog. It can be important to pull them outside of their head and put them in your position. Chances are they wouldn't like to be ignored by their best friend the way you've been. If you put your situation in perspective, they'll gain a deeper appreciation for you, which is sure to repair your relationship.

**Related Link:** [5 Lies Your Single Friends Like To Tell](#)

**3. Pick a day of the week to have BFF day:** Since your friend's beau is occupying most of their time and almost every thought, you two need to sit down and set out a day for yourselves. As much as your friend loves their partner, it's likely that they're growing tired of hanging out with them all the time. For example, a woman can only spend so much time in the 'man cave' before she realizes she needs hair and nail treatments every now and then. Picking a set day to hang out every week

is a way to ensure that you will never lose touch. Go out to eat, gossip or even talk about the ins and outs of your friend's relationship. Just don't let their significant other interrupt in any way.

What would you do if your BFF chose her boyfriend over you? Tell us below.

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## How to Pick a Perfect Gift for Your High School Sweetheart



By Jon Dawson

Finding the perfect gift for your sweetheart is a challenge. You want to give her something that shows her how much you care, without emptying your wallet. If you need a little guidance on how to find a great affordable gift, you can't go wrong with these ideas:

**Related Link:** [Nine Gift Ideas for the Frugalista](#)

## **Jewelry**

Jewelry does not have to be an expensive pair of diamond earrings. You can purchase a charm bracelet, stud earrings or a similar item at a local retailer for less than \$20. Without spending a lot of money, you can give your girlfriend a gift that complements her style and makes her smile.

**Related Link:** [Engagement Rings of the Rich and Famous](#)

## **Personalized Playlist**

Does your special someone have an MP3 player? Consider creating a personalized playlist of songs that mean something to you as a couple. Because songs are just a dollar or so apiece to download, you can make this gift fit your budget, yet it will be meaningful as your sweetheart will have something to remember you by every time he or she turns on some tunes.

## **Moonlit Walk in the Park**

Many high schoolers dismiss parks as unexciting places filled with playground equipment that they have long since outgrown, but nothing says romance like strolling in the moonlight, hand in hand. Take a turn on the swings to show your sweetie your playful side, or just lie side-by-side on the ground and look at the stars.

## **Write a Letter or Poem**

Written mementos of your affection are something your boyfriend or girlfriend will treasure forever. While writing a love letter may not seem overly important to you, it will mean the world to the recipient. Of course, the best part about this gift is the cost – unless you need to buy stationary, it's free! All it takes is a little effort and creativity, and you have a winning gift.

## **Lotion or Body Spray**

Do you know your honey's favorite scent? If you do, pick up some lotion or body spray in that scent when the next gift-giving opportunity arises. If you have the money for the fancy stuff, then that's nice, but the great thing about giving the gift of lotion or body spray is that the generic, store brand stuff usually smells pretty good, too.

It may be the thought that counts, but when you are buying something for your sweetheart, you need to make sure it is meaningful and conveys your feelings well. Gift giving is not an exact science. You have to know the person you are buying for to find the perfect gift, but each of these options is a good choice if your funds are limited, but you still want a meaningful gift.

*Jon knows what it's like to try and find just the perfect gift. He's always on the lookout, and shares his findings and musings over the web. His most recent find was <http://www.birchbox.com/>, a great venue for unique men's and women's gifts.*