

Love Lessons Learned from Marilyn Monroe



By Amy Osmond Cook, Ph.D.

Marilyn Monroe had it all—fame, beauty, wealth, and some powerful boyfriends—but the one thing she wanted most eluded her. She had three troubled marriages and a host of unfulfilling affairs, and she removed herself from all of them for various reasons.[1] Marilyn's unhappiness amidst spectacular success is nothing short of tragic, but we can learn from the path she trod in her short 36 years of life. From her brief comments about the unraveling of her marriages, here's the advice I believe she would give about how to learn from her relationships and find lasting love.

1. Find a guy you enjoy talking with:

Marilyn married her first husband, James Doherty, when she was just 16 years old. Her legal guardian was moving away from California and convinced the two young lovers to get married. The marriage was not a good fit from the beginning—he didn't approve of her modeling career, and he spent much of the marriage in the Pacific during World War II. But when Marilyn was later asked why they divorced, she said simply: "My marriage didn't make me sad, but it didn't make me happy either. My husband and I hardly spoke to each other. This wasn't because we were angry. We had nothing to say. I was dying of boredom." [2]

Love Lesson Learned: Be in a relationship that you enjoy.

2. Don't let jealousy get in the way:

Marilyn married baseball legend Joe DiMaggio in 1954, two years after they began dating. While they remained friends until the end of their lives, his jealousy of her fame and acting career contributed largely to the dissolution of their marriage. Tension grew, culminating in a verbal and physical altercation over the famed skirt-blowing promotional pictures for *The Seven Year Itch*. Marilyn filed for divorce shortly thereafter, citing mental cruelty. She stated before a judge that Joe was "cold and indifferent" to her and that days would go by when he wouldn't speak to her.

Love Lesson Learned: Don't waste your time with a jealous partner.

3. A "meeting of the minds" matters:

Marilyn's third husband, Arthur Miller, was a brilliant playwright who dazzled her with his sharp mind. Marilyn was an avid listener, but she was all too aware that she was not his intellectual equal. Regrettably, her fears were realized when she read in his journal that he had second thoughts about

marrying her and considered her his inferior. After one particularly emotional conversation, she overdosed on sleeping pills, and the marriage ended.

Love Lesson Learned: Choose a partner that loves you for who you are.

Marilyn's untimely death was mourned by millions of fans, associates, and former flames. Joe Dimaggio placed roses on her grave every week for 20 years to remember her. But she was tragically unable to find lasting love in her three marriages. If she were here today, I believe her advice to us would be to find a partner that you enjoy being with, that isn't jealous, and that loves you for who you are. Only then may we have a shot at having the one thing that Marilyn desired most—a soul mate.

[1]

<http://www.dailymail.co.uk/femail/article-1210384/Joe-DiMaggio-wanted-Marilyn-Monroe-demure-housewife-posed-picture-beat-up.html>

1. [2] ^ *My Story* by Marilyn Monroe. ISBN 1-58979-316-1.
http://en.wikipedia.org/wiki/Marilyn_Monroe#cite_note-168

5 Things You Should NEVER Say on a First Date



By Jennifer Oikle, PhD for GalTime.com

tips for that first date conversation

The night you've been waiting for is finally here. You're going out with HIM! You're so eager to get to know him better. Let's be honest... you want to let him experience the real you. But hold on; It's make it or break it time. You only get one, somewhat delicate, chance to make a first impression so he needs to meet the best you.

To ensure he sees your most excellent, beautiful self shine through, you'll need to watch your words. They can have a way of hanging you when you least expect it. To stay in the safe

zone, be sure never to utter one of these five things on your first date:

Impression Buster 1: “Doesn’t dating (online) suck!”

Singles often say this to build rapport and it can feel chummy to share dating war stories. However, in the back of his mind, you’ve already planted a little negative seed that says, “I look on the dark side.” Now, he will be waiting for it to sprout into a full downer.

Impression Booster: Instead, build a real and positive connection by asking what he’s passionate about. Also, share your most meaningful thrill too.

Impression Buster 2: “You should know, I have this condition, baggage, big fat hairy issue...”

Shouldn’t you just come out and share all of the potential deal breakers right off the bat? No! When you make it past the first three-crucial dates, there is plenty of time to share the full, naked truth. Telling him right now, without knowing more about you, he’ll probably press the reject button. However, if he likes who you really are at first, there is a lot he’ll accept, including your otherwise lovely self.

Impression Booster: Why not highlight reasons why you are a total catch? Share a few stories that show your “great catch” qualities in order for him to get a sneak peak into your true self.

Impression Buster 3: “My ex was such a jerk.”

Any talk of your past relationships on a first date is a big turn off. Playing the blame game is the biggest no-no of all. This shows that you aren’t mature enough yet to take responsibility for your behavior. He’ll wonder just how long it will be until you blame him for everything.

Impression Booster: If you must explore previous relationships on your first date, try asking him what he learned about himself the last time he was part of a couple. This will encourage him to show you how he's grown as a partner! In return, you can share the same about yourself.

Impression Buster 4: "Waiter, I can't believe this soup is cold. Get me another!"

He's watching your every move to get a sense of how you will treat him over time. Even if you're sweet as sugar to him, once you indulge in impatient, unkind, or rude remarks to other people, he will not be able to trust you. He'll know there is a monster lurking and ready to attack him at any moment.

Impression Booster: When things do not go perfect or as planned, show him you can stay calm, friendly, and gracious under stress. That's the kind of partner he knows he'd be lucky to land.

Impression Buster 5: "My place or yours?"

If you really like him, leave a little mystery by making him wait to discover more of you. Building intrigue and allowing time for a real bond is the only way to avoid a crash-and-burn first date.

Impression Booster: Keep it simple by saying, "You seem like a great guy. I can't wait to learn more about you soon," as you smile and head for the door.

By watching your words and staying positive, you can create a great first impression, which will spark in him the desire to see you again.

Author Janine Driver Shows How Catching Someone in a Lie Can Save Your Relationship in New Book, 'You Can't Lie to Me'



By Sarah Ribeiro

When body language expert Janine Driver suspected her live-in boyfriend of cheating, she knew better than to make accusations. Although his habit of coming home at late hours in the morning roused her suspicion, she took her own approach to catch him in the act. "I asked him, 'Why are you so late?'"

she shares, “and he told me, ‘I was walking around M Street thinking about our future together.’ When he said that, I decided to come up with a lie of my own and said, ‘No wonder you’re late – I heard about the five-alarm fire at Urban Outfitters on M Street on the news. Is that what held you back?’ A truthful person would have said, ‘No, I was there, and there was no fire. What are you talking about?’ Instead, he paused – and liars will always have an uncomfortable pause – and then went on and on, making excuses. I told him to pack his stuff and get out of my life.”

Related Link: [Find Out What Kristen Stewart’s Body Language Reveals About Her Cheating Guilt](#)

While the five-alarm fire may not have been real, Driver’s methods of catching a liar are. In her new book, *You Can’t Lie to Me: The Revolutionary Program to Supercharge Your Inner Lie Detector and Get to The Truth*, released August 28, she shows how to spot a liar and get them to admit the truth. Her five-step program walks you through a ‘BS Barometer’ to help you detect those who lie to you. Following Driver’s steps, you can learn to read people, avoid unfaithful partners, keep your children from lying to you, hire people you can trust or even keep yourself from getting swindled out of money. Driver even uses her expertise to train police officers to read body language while in the field.

We were able to speak to the author herself and gain some tips on how spotting a lie can help your relationship.

What are some simple body language cues?

We all wear different masks in different situations, but body language can tell you if someone’s holding back. If you ask a man if he’s married, and he says, “no” and shrugs his shoulders, there’s more to the story. A shoulder shrug is uncertainty – it doesn’t mean he’s married, but it means he’s uncomfortable with marriage, either through his own

experiences or ones he's witnessed. Ask him a question like 'Is there any reason why marriage would make you uncomfortable?' and you'll get the full story.

What are some situations you've been in where body language has helped or benefited you?

Everything – from parent-teacher conferences, to meeting my husband on Match.com, to working with my son. I say, from the boardroom to the bedroom to the barroom, just knowing what question you have to ask is how to get what you want. The key to using the successful 'You Can't Lie to Me' program is thinking like a detective. A simple question like 'Is there any reason why...?' can make someone give up on a lie and win you the truth without an argument.

Related Link: [Trust: Should You Give Your Passwords to Your Partner?](#)

What are some ways you can catch an untrustworthy partner?

You have to figure out when your partner has changed their baseline or behavior in some way. If they're avoiding looking at you or, on the other hand, are looking at you all the time, you should be suspicious. A change in behavior will tell you if they're hiding something from you or not, and the tools to approaching that are in the book.

In what ways can being able to read lies help you with your love life? How do you use lie detection to strengthen a relationship?

You can get real: you get to know what your partner's concerns are and what he likes or doesn't like and vice versa. When you hold back secrets from people who are important, that's toxic to your relationship. You need to flip the script on your intention: focus on ridiculous amounts of transparency, honesty, hope and kindness. When you can spot deception in people and approach it well – knowing how to ask the right

questions – you can make your relationship stronger. It can stop your husband before he cheats or stop your kids before they go down the wrong path. The people who tend to be the best at deception are the people who tend to be the most trustworthy.

Ask people to tell the truth in advance, and the likelihood that they'll tell the truth will skyrocket. Starting off with a statement like, "I'm going to ask you a few questions, and I want you to tell the truth" works better than saying "Don't lie to me." We never hear the word *don't* – we only hear the command "lie to me," so we *will* lie. The best thing you can do is to say, "Whether you tell me the truth or not" – make sure you pause here – "I'll still love you, and we'll get through this together." You've told them to tell the truth, and that sets you up for romantic success.

To learn how to tap into your own inner lie detector, you can buy 'You Can't Lie to Me: The Revolutionary Program to Supercharge Your Inner Lie Detector and Get to the Truth' on Amazon. Be sure to check out Janine Driver's website at www.lyintamer.com and follow her on Facebook and Twitter at @JanineDriver.

5 Celebrities Who Found Love After Rehab





By Daniela Agurcia

We've all witnessed several celebrities succumb to the dark side of fame and fortune and end up checking into rehab. For some of them, rehab has been the end of their career as we know it, while for others, it's been their breakthrough. Even better, some celebrities managed to find true love after recovering. Maybe romance was just what the doctor ordered. Here are five celebrities who found love after rehab:

Related Link: [Top 5 Celebrities Who Have Made Love Last](#)

1. Britney Spears: Against all odds, Britney Spears has made a comeback. The pop star has been in and out of rehab, even spending some time in the psychiatric ward after a series of breakdowns. It's been a bumpy road for the singer, but she has since been successful in her career and is now happily engaged to her former agent, Jason Trawick. Unlike her unsuccessful marriage to Kevin Federline, Spears and Trawick seem to have discovered true love as the star climbs her way back to the top.

2. Drew Barrymore: Drew Barrymore is a celebrity with an infamous history. She spent her life growing up in and out of rehab due to her drug addiction, but has since bounced back from her faults. Today, you'd never expect the beautiful actress to have had such a rebellious past. Barrymore not only got herself together for her career, but has even found love with Will Kopelman. The recently married couple couldn't be happier and are expecting their first child.

3. Nicole Richie: Nicole Richie had a bad-girl reputation which eventually landed her in rehab after getting DUIs in 2003 and 2006. Richie's life turned around for her, especially when she landed in the arms of current love, Joel Madden. Since then she's been happy and healthy with Madden, abandoning her old rebellious ways, and creating a family. The couple has two children together, and Richie has been beaming in love and joy since.

Related Link: [Top 3 Reasons Celebrities Seek Therapy](#)

4. Kirsten Dunst: Kirsten Dunst checked herself into rehab after falling into depression in 2008. Ever since checking out, she's been living a healthy and happy life with her current boyfriend and *On The Road* costar, Garrett Hedlund. The actress seems to have had a successful recovery, and has been spotted with a huge smile across her face and in the arms of her beau. There's nothing a little love can't resolve.

5. Kate Moss: Stunning model Kate Moss checked into rehab in 2005 after she was caught in possession of drugs. She split from then-boyfriend Pete Doherty when he checked out of rehab after failing to better himself. Moss on the other hand left rehab healthier and happier, finding love with The Kills guitarist Jamie Hince. Since then, she has gotten married and has remained in love and more beautiful than ever.

What celebrities do you think found true love after rehab? Let us know below.

5 Dating Rules You Need to Break



By Karl Stockton

It should be fairly clear to most people that are trying to rekindle their love life that the way people meet and get to know each other has changed significantly in the last few years. Between online dating, and shifts in what is considered socially normal, it's a shame that so many people still seem to stick to the same, tired old routine when it comes to dating, especially first dates. Here are five common rules that should probably be avoided:

1. Dinner and a movie are acceptable for a first date.

Breaking this rule actually has little to do with stepping away from cliché, and a lot to do with wanting to put yourself in an environment with your date where you have an easier time interacting them. This will result in doing the most productive thing you can be doing on a first date: getting to know them on a more personal level. While a dinner is almost universally acceptable for this, it's definitely advisable to skip the movie, or at least save it for a later time. There's nothing to be gained from sitting next to your date for two hours in complete silence.

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

2. The man should always pick up the check.

Due to a number of unfortunate factors, it's becoming a widespread reality that most middle-class households in the future are going to depend on more than one income. A willingness to help out with the expenses associated with a pleasant evening out on the part of the woman, at least every now and then, isn't about the death of chivalry, or any other such nonsense. It's about an acknowledgment that times are tough, and that she's perfectly willing to be a part of a two-person team effort to make life just a little bit easier.

3. Never kiss on the first date.

It simply isn't the 1950's anymore. Nobody's saying that a woman has to compromise her own sense of morality when it comes to intimacy, and romance should certainly be allowed to progress at its own pace. Still, if a man treats a woman to a nice evening out on the town, and she genuinely had a good time, a nice, direct kiss when he's preparing to tell her goodnight will tell him more about her desire to see him again in the future than words ever can. It's the ultimate way to make sure that he'll be thinking about her pretty constantly

until the next time he talks to her.

4. Avoid awkward silence during dinner.

This is a rule that seems to appeal more to an innate desire to not feel conscious of oneself while getting to know someone new than anything else, but it's actually fairly silly. After all, you're in a restaurant to eat, and if dinner is the only chance you've given yourself to get to know your date for the evening, you're probably doing something wrong. Certainly, conversation shouldn't be avoided, but there's no point in breaking a sweat from trying to come up with filler just for the sake of avoiding silence. Silence among two people that are clearly attracted to one another can even denote a sense of comfort and compatibility, in its own way.

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

5. Talk at length about your personal history.

Even if you've gotten to know your date before first meeting with them, such as through online chatting or phone conversations, the importance of pacing yourself when allowing them to get to know you in person really can't be stressed enough. Information about people you've dated in the past, or traumatic experiences that are sensitive talking points for you should probably be saved until you've spent a significant amount of time with your new partner. This is particularly true on first dates, and trying to reveal too much about yourself too quickly can be a good way to scare off someone that might actually be good for you.

This article was written by Karl Stockton, a writer with interests in relationship dynamics, corporate culture, and dating trends. This particular piece was penned for speeddate.com; visit them to see an online dating service, a critical aspect of modern dating.

After the Split: Get Past It in 4 Steps



By Marni Battista for GalTime.com

How to heal after a breakup

We've all been there. You just broke up with a boyfriend, husband, or long-term partner. Whether you thought he was "The One" or the one of the month or year, it never feels good.

Breakups are always hard because they represent the loss of a shared commitment. Even breakups that make logical sense are still emotionally painful. Moving on can be difficult. However, there are essential steps to getting past

this that can ensure less time to move from breakdown to breakthrough.

Here is the Dating with Dignity, "Break Over," 4-Step Program to help you heal post-split.

4 Steps for Getting Past a Breakup

Step 1: Give yourself permission to grieve the loss of your relationship.

Even if it was the "right choice," it still sucks. Whether it's writing in your journal or talking with your sister, expressing you're emotions will help you feel less alone. However, this does not mean that you should dwell on these negative feelings forever. Remind yourself that the end goal of your grieving process is to move forward.

Mentally check in with yourself while you're feeling low. Ensure that you're taking care of your basic needs (sleeping, eating, and exercising), maintaining friendships, and living your life while you're healing. If you feel paralyzed by your emotions, or have a thought that you'll never get out of the depression, you may want to seek professional help. This is a totally normal experience. Remember, YOU are your priority.

Step 2: Don't go through your breakup alone.

Support from friends and family is a big key to getting past your breakup. Spend time with people who value you. Even though you may want to be alone, separating yourself from friends and family is not the way to go. Keep in mind that many people have gone through a painful breakup. Therefore, your friends can help you get there and remind you that you will heal. Surrounding yourself with love and positivity is an excellent way to heal from this painful breakup.

Most importantly, make sure your ex isn't part of this "Break Over" support system. Often it can be alluring to put him in

the “friend” category prematurely because he “knows you better than anyone else.” However, avoid the temptation and create as much distance as possible.

Step 3: Learn important lessons through your breakup. Every “ex” is the next right step toward a better relationship.

Although it might not seem like it now, moving through a breakup can be among the best ways to grow as a person. You can choose to come out of this experience as a stronger woman who now knows infinitely more than before the breakup.

It’s important to fully understand the part you played in a breakup so you can ensure you don’t make the same mistakes again. Even if he was the biggest jerk EVER and it seems like the bad ending was entirely his fault, you will best serve yourself by looking at your role in the relationship. Did you choose someone who wasn’t good for you? Did you allow him to take advantage of your generosity? Did you ignore the signs that he really wasn’t ready for a long-term commitment? Are you repeating the same mistakes over and over again in your relationships? Are you confused about what you really want from a relationship? Now is the time to look back at these things and clearly define what your relationship goals truly are. Take steps to change what’s not working for you, and shift your energy so you can attract someone new (and better) to love.

Step 4: Take care of yourself and stop playing the victim.

The breakup didn’t happen TO YOU. Choose to see yourself as something other than a victim and begin to see the pain as an opportunity to learn, grow and get closer to finding your best match.

Once you embrace this mindset, the fun can begin. Make every day a time to nurture yourself. Savor your coffee in the morning; take a relaxing yoga class or enjoy being outside. Don’t lose your healthy routine; make sure to keep eating

balanced meals and regularly exercising. Take this time to possibly find a new hobby and explore new interests.

Also, while a breakup signifies an end, it also indicates a new beginning. Take a little time out; don't make any major decisions such as getting a new job or moving to a new city. And remember: you are not alone. You can make this time as fulfilling as the time you were in that relationship. There is a reason it ended, and you're going to be just fine.

Although it might seem like you may never get over a painful breakup, you can and you will. The Dating with Dignity, "Break Over," 4-Step Program is a great place to start taking care of yourself. Getting over your painful breakup can start today.

The Upcoming Film 'The Words' Will Leave You Speechless





By Jessica Smith

Oh the drama! Bradley Cooper is back on the big screen with his upcoming film *The Words*, and we even get to see the hunk get teary eyed (whose heart doesn't melt when they see a man cry?). Not only will there be enough romance to fuel our fantasies, but we'll also get to see the sexy smirk of Dennis Quaid and envy the beautiful Zoe Zaldana and Olivia Wilde for having these boys under their spell. Cooper plays a struggling author who stumbles upon another man's love story. He publishes the story as his own and quickly strides to the top, but he'll learn that there's a serious price to pay for stealing another man's work and essentially his life. The movie recently came to theaters on September 7, so don't miss your chance to see the beauty, drama, romance and suspense of how the story ends!

Should You See It: Definitely. It looks like a movie that will keep you guessing, and there are a lot of A-list actors and actresses to ensure a stellar performance.

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

Who To Take: This is a movie for a wide range audience. Go see it on a girl's night out. Take your significant other. Go with your mom and watch her swoon over Dennis Quaid. Regardless of who you take, it will be a movie you can enjoy together.

In the film, Cooper's character and his significant other are having serious money problems. He can't seem to get his career to take off, and he fears he might not have the capability to become the person he thought he was destined to be. Self-doubt is a terrible feeling, but luckily he had Zoe's character to encourage and inspire him. Experiencing money issues is one of the most common struggles from couple to couple. Money is something that we all need, but don't always have.

How can you avoid feeling hopeless and bring positive energy to a bad situation?

1. Keep things in perspective: The world is not ending and the sky is still in tact so don't overreact! If you blow things out of proportion not only will you stress yourself out unnecessarily, but you'll also create unneeded tension between you and your partner. Instead, keep calm and carry on!

Related Link: ['Hope Springs' Is This Summer's Guide to a Healthy Relationship](#)

2. Encouragement vs discouragement: If your partner's going through a tough time, the last person they want to be torn apart emotionally by is their loved one. If you bring them down, you're likely to go with them. Remember for better or for worse? Well, even if you're not married this should still apply. Now's your time to spark a flame under their heiny and get them moving and motivated! If you want a better life go work for it!

3. Don't give up: This is probably the best advice anyone could ever give you. We've all heard it. Nobody like a quitter. If you've hit rock bottom just remember the only place you can go from there is up. Don't be afraid to take

chances! Believe in yourself and your partner to succeed, and when you do, all the hardship will only make your triumph sweeter.

How have you and your partner worked together to make a bad situation better? Share your comments below!

How to Turn a Summer Fling Into a Healthy Relationship



By Bernadette McCadden

The summer time is notorious for producing flings, and why not? When the sun is high and you and your man are together,

everything seems perfect. It's easy to just have fun with your guy and not have it become too serious or worry about where it might lead. But what happens to your summer fling when the temperature cools and the leaves start changing? Do you make transform that fling into something more or just call it a great three months? If you decide you want to make the relationship into something more serious, make sure you go about it the right way. Create and maintain a healthy relationship by following a few simple rules:

1. Communicate: Talk to your man and express your wishes to continue the relationship and see if he wants to move to the next level as well. Communication is the most important thing in creating and maintaining a healthy relationship. Remember that this includes listening to his wants and needs, not just expressing your own.

2. Manage your expectations: Summer time means freedom and the demands of the fall can put stress on a relationship. Whether the autumn season means a new school year, living somewhere else or just going back to work, the change can make your relationship seem more difficult. Realizing and understanding that you might not see each other as much and life may not be as carefree as it was in the summer months can prevent future arguments. The adjustment back to work or school may be hard, but give it time and let things fall into place. Patience is key.

Related: [Five Steps to Turn A Date Into A Relationship](#)

3. Be willing to work at it: Relationships take work. Things won't always be perfect, but if you are both willing to put the time and effort into the relationship it can withstand anything. Don't give up at the first sign of trouble, but learn from your mistakes and push through.

4. Support each other: Going from a carefree fling to something more substantial means that you need to put more

emphasis on the other person's needs, not just your own. Learn more about his future goals and support him in his endeavors, showing him you care however you can.

Related: [Date Idea: Explore the Wilderness](#)

5. Explore new things: A summer fling insinuates that most of your time is spent in an informal atmosphere. Change things up; go out to dinner or take a walk in the park. Engaging in activities together can spark greater conversation so you can really get to know your guy.

Musician Kimberly Cole Says to “Embrace the Butterflies” When Dating





By Steven Zangrillo

Reality TV has become a melting pot for people from all walks of life. There are those people who take part for the spectacle, and others who use it as a springboard for bigger career opportunities. Although not a star on Oxygen Network's *The Bad Girls Club*, musician Kimberly Cole used reality television to jumpstart her music career by promoting the show with the hit single "Smack You" off of her 2010 album, *Bad Girls Club*.

Cole chatted with us about the challenges she faces as an artist, shedding perspective on what creative personalities deal with as they navigate their career. She even spoke about her love for fashion and how what you wear can translate on the first date. The most important take-away from our conversation with Cole is that being true to yourself and doing what you feel is in your heart is the best approach.

Perhaps this philosophy can be best explained in Cole's recent single, "U Make Me Wanna," which features an infectious dance beat with Keith Apicary (Nathan Barnatt) who is absolutely

killing it on the dance floor. “We originally had this ‘video vixen’ idea for the shoot, so it was really surprising that Keith came out and blew us away with his moves,” Cole gushes. When you get a good look at Apicary, he embodies the kind of feel-good goofiness that pop music does not always seem to embrace.

His audition was classic, and the video, even better.

In addition to her singing career, Cole hosts FM (short for Fashion + Music). “When you create a song, you immediately think about what you’re going to be wearing. When you put on an outfit, it creates a mood – even a ‘swag.’” Cole successfully combines the two. When asked about fashion advice for a first date, Cole’s response: “Well, that depends... do I or don’t I want to see this person again? If it’s someone who I think I’m interested in, I’ll definitely pare it down a little bit.”

Cole feels that being an artist poses a unique circumstance. “There really shouldn’t be any rules in fashion. Artists walk a fine line, and sometimes, we catch criticism for it. Obviously, you wouldn’t be out wearing a meat dress like Lady Gaga on a first date. At the end of the day, wear something that makes you feel good. It’s hot to be comfortable in what you’re wearing.”

Of course, this discussion brought up the question of Cole’s personal love life, which she navigated with stealth. “I do keep a few things under wraps,” she says. “However, I will say that if you’re not exploring relationships, feeling the highs and the heartbreaks, then you’re not gaining much inspiration. That inspiration definitely comes out in my music.”

Delving even deeper into her dating philosophy, Cole believes that “we all have those butterflies. If navigating a relationship was easy, it would be no fun!” She continued, “There aren’t any real tricks for moving past that nervousness

– but I will say that it is what makes us human. We should embrace that.”

Related Link: [Amy Laurent Tells Us How to Navigate a New Relationship and Go From ‘8 Weeks to Everlasting’](#)

As far as her upcoming projects, she has a ton of new music coming out. Throw that together with her work at FM, some new television projects and preparation for an upcoming tour – it’s safe to say she has a full plate. “A lot of hard work is paying off, and I couldn’t be looking forward to it more,” she says.

You can find out more information about Kimberly and catch the latest FM episodes, which are part of Stylehaul, at www.youtube.com/stylehaul. And, of course, don’t forget to check out “U Make Me Wanna” on iTunes!

New York Fashion Week: Whitney Port Steps Out in Style for Nine West





New York's Fashion Week kicked off in typical style with the unveiling of a brand new footwear retail entity. Nine West hosted an event at the opening of the first Nine West Vintage America Collection concept shop – a culmination of Nine West's collaboration with Kate Ciepluch. It features a collection of American-inspired modern footwear and accessories. Whether you're single or have a significant other, it looks like you have new options for those nights out on the town.

To celebrate the new store, Nine West's Brand Ambassador of Culture and Noise, Kelly Cutrone, TV personality and fashion consultant to Whitney Eve, Whitney Port and the new America's Next Top Model judge, Katy Perry stylist Johnny Wujek all made special appearances for Fashion's Night Out. In addition to opening the new store, Nine West took the spirit of vintage out onto the streets of SoHo and partnered with mobile accessories boutique The Styleliner. They featured curated vignettes of Styleliner exclusives and Vintage America product. If you ladies were having a hard time looking for a new pair of shoes for that upcoming date, you may be in luck.

To celebrate the evening, guests enjoyed cocktails, beverages

provided by Arizona Iced Tea, and experienced a piece of Kate's American road trip as they snacked on treats by Tiny Pies of Austin, TX. The store featured an interactive social photo booth, opportunities to win tickets to Coachella 2013, an experience with Kate Ciepluch, and more. The newly launched collection will be available exclusively at the Nine West Vintage America Collection SoHo store, as well as online at Vintage America Collection. We're not even 24 hours into Fashion Week and Nine West is already helping you get a leg up on looking great for that potential Prince Charming.

Why It's OK to Have Kids Later In Life





By Ken Myers

It wasn't that long ago that women were expected to have kids in their 20's, and any woman that ventured into motherhood after she turned 30 was seriously testing her fertility waters, not to mention was destined to be an old mom who wouldn't be able to keep up with her young children. However as women continue to gain a stronger foothold in the corporate world and are experiencing a shift in personal goals, they are also invoking a serious delay in when they decide to have kids; many are opting to have their children well into their 40's.

Actress Uma Thurman is a prime example of this trend. Thurman, who is 42, just recently welcomed her third child into the world, and while many fans have rallied behind her in support, an equal amount have pronounced disgust at her decision to have kids so late in life, holding fast to the notion that women need to be young moms to be good moms.

So why are women waiting longer to have kids these days? Here are five reasons that many women have decided it's OK to wait

to have kids until in your 30's or even 40's:

1. Their career comes first: It's taken a long time for women to gain equality in the workplace, and many women are reluctant to give that newfound career equivalence up to have kids. Instead they are opting to further their career first and have kids second, whereas not too long ago it was the other way around.

Related Link: [Keira Knightley Talks Balancing Love and Her Career](#)

2. Time spent with their spouse is more important: Many women are opting to spend more quality time with their spouses before trading in alone time for time spent with kids. This is usually done in an effort to experience as much of life as possible with their significant other while they're still young, instead of waiting until the kids are out of the house to do so.

Related Link: [Prince William and Kate Squeeze In Alone Time In Canada](#)

3. Their education is taking the front seat: With more education options available and many people choosing to further their education by pursuing their masters and doctorate degrees, the decision to have kids early is being put on the backburner.

4. Achieving financial security is a priority: Most parents will tell you that you'll never be fully ready to have kids; however, despite this, many couples are putting a higher value on ensuring they have a more guaranteed financial security net in place before they decide to try having kids.

5. Personal maturity: These days many women are recognizing that they simply don't feel ready to have children at such a young age, and are waiting to have kids until they've developed more as an adult.

Whether you decide to have kids in your 20's or your 40's makes no difference, no matter what anyone else may say. Sure, some women may have more trouble getting pregnant right away the longer they wait to have kids, but your age has no bearing on your ability to be a good mother.

Ken Myers the editor in chief is a frequent contributor of www.gonannies.com. Ken helps acquiring knowledge on the duties & responsibilities of nannies to society.

Do You Have To Kiss A Lot Of Frogs To Find Your Prince?



By Dr. Jane Greer for GalTime.com

learning from failed relationships

Jennifer Aniston has finally found her prince, and it wasn't easy. After several failed, and very public relationships, she has found love. Jennifer's boyfriend Justin Theroux, whom she had dated for fifteen months, asked her to marry him. And she accepted.

Now clearly John Mayer, Vince Vaughn and the other men she was involved with were anything but frogs; however, they were not the right guys for her, or the answer to her finding happiness. They were, though, testimony to her willingness to break out of her comfort zone and explore different types of men. She didn't allow herself to fall into the habit of typecasting a boyfriend, repeating the same negative patterns and thinking there was only one kind of guy for her.

I recently talked to one of my patients about the ending of her long-term relationship. She was in that difficult place that follows the aftermath of a break-up. She did, however, do something that she never would have done before. She was willing to take the chance of going on a blind date. Much to her surprise it went well, especially because she told me he was so different from the kind of guy she would usually consider dating. She is now in a new, exciting relationship. This reminds me of Jennifer, who remained open, rather than closing off her options, by dating various kinds of men as she searched for her dream guy.

Throughout dating different guys, Jennifer Aniston held onto her vision of what she was looking for and seeking in a partner. To put it another way, she had a clear image of her prince. In 2011, she told People, "I'm really picky. When I feel it, I feel it." She knew he was wandering around out there somewhere, and she wasn't willing to settle. Ironically enough, she connected with Justin Theroux on the set of

Wanderlust, a movie they were filming together. Her instincts were right on target. Because she never gave up, even when confronted with the intense betrayal and heartache she suffered along the way, she was finally able to find the soul mate she was seeking.

Jennifer is a great role model for any woman who has experienced betrayal. Despite the hardships she's endured in her various relationships, she was able to learn and grow from them. She persevered and remained optimistic in the face of the heartbreak and the disappointment she sustained. She rose above public judgments thrown her way, and instead stayed true to herself, trusting her own judgment. Because she had the courage of her convictions and gave herself the room to explore, she was ultimately able to heal from her pain and find her true love.

May they live happily ever after.

Celebrity Couples That Have a Kid-Free Marriage





By Jessica Smith

Parenthood, that is, bringing a child into this world with your own DNA, is a miracle. Sure, it's an extraordinary undertaking and a definite blessing, but it can also be one giant pain in the butt. As a result, deciding to have children as a married couple is a gargantuan step that will forever change your lives. Although you can expect to lose your privacy and most likely your mind, you can also expect to feel love and gratitude beyond anything you've ever experienced. However great these rewards, and perhaps because of the many potential troubles, these Hollywood couples remain kid-free:

Related Link: [Best Celebrity Dads \(Who Also Make Great Husbands\)](#)

1. Prince William and Kate Middleton: As a royal couple, there's undoubtedly a lot of pressure on Prince William and Kate. The whole world is waiting for the confirmation on a baby bump—which despite rumors, still doesn't exist—but no one is anticipating it more than the lovebirds themselves.

Although they've only been married for a little more than a year and have been busy on tour for most of that time, they have pregnancy plans to bring a little prince or princess into this world soon. We suspect that the Duke and Duchess will announce their pregnancy by New Year's Eve.

2. Channing Tatum and Jenna Dewan-Tatum: Could this couple be more beautiful? After Channing Tatum and Jenna Dewan-Tatum first made their debut together in the movie *Step Up*, they've been married for three years. This dancing couple is in their young thirties, and although they do plan on having children in the future, they're still not sure when. With their hectic lives and crazy schedules, their main focus is on having enough time for each other.

3. Fergie and Josh Duhamel: Let's forget about the fact that Josh Duhamel was accused of cheating on Fergie, since she has decided to forget about the matter herself, and instead focus on the dream-fulfilling marriage these two now have—literally. Nine years ago, Fergie read a tabloid about a dream that Duhamel had about her, and she later asked him if it was a good dream. His answer eventually led them to a marriage. Though they've been married for four years now and want to start a family, they still remain kid-free. Time's ticking away, so they'd better hurry before it's too late!

4. Rachel Ray and John Cusimano: Lately, the only coverage Rachel Ray and John Cusimano have been getting isn't so happy. Though you can't always believe everything you hear, the rumor mill has been churning up reports of a potential split for this couple. Even before these rumors, however, the two had no plans of parenthood. Ray says that she puts too many hours into her career to even consider having time to raise a child. Parenthood just isn't in the cards for this couple, and if the rumors are true it might be for the better!

Related Link: [Best Celebrity Moms \(Who Also Make Great Wives\)](#)

5. Jay Leno and Mavis Leno: It only took Jay Leno three days after meeting Mavis to know that he wanted to marry her, but she wasn't even sure she ever wanted to marry anyone. After falling in love, she married Leno on the same day his parents were married. In the thirty years they've been married, they have always been sure about keeping their marriage child-free. The couple admits that they simply have zero interest in being parents.

In what ways have children affected your marriage? Share your comments below!

6 Tips for Texting Your New Crush





By Emily Hellman

Ah, the joys of texting. Texting seems like the ideal way to communicate, right? Simple, easy, and to the point. Texting can even define celebrity relationships, like Kristen Stewart and Robert Pattinson's. Rob reportedly used to text Kristen 400 times a month, Kristen allegedly broke off her affair with Rupert Sanders through a text message before the affair was exposed, and now, after their breakup, it's been rumored that Rob will ONLY communicate with Kristen via texts.

So what happens when we jump the gun and start replacing real communication with texts?

Related Link: [How to Communicate the Need for Communication](#)

Although women aren't the only sex that does this, I have to admit we do it more. We say something coy and seemingly innocent like, "I had a great time last night. I always have fun with you. You make me smile... I can't wait to see you again!" and he writes back, "me 2". We're dumbfounded. You, too...what? You had fun, too? You always have fun with me, too?

I make you smile, too; You can't wait to see me again, too? All of the above?? Or...wait...are you too busy to come up with an original reply? Or too distracted? Maybe by some hot chick? Or maybe you just don't care enough to take five seconds to write more than that? Or maybe you're not interested anymore? Are we breaking up? Have you already moved on???

This all seems silly to you men out there I'm sure, but unfortunately some women inherently function this way.

Here are some easy tips to follow if you choose to use texts to communicate early in a relationship:

- 1. Don't have expectations.** When you send a text, it should be to relay information or just to say "Hello." You can't be tied to a specific response, or you're doomed to be disappointed.
- 2. Don't expect "feelings" to be reciprocated through a text.** Some people just aren't comfortable with – or sure of – the way they are feeling, so trying to put their feelings into words on a phone just isn't possible.
- 3. Be aware of your partner's circumstances.** Don't text them in the middle of a work day and expect an immediate response!
- 4. Don't put time limits on a response, and don't play games.** Enough said.
- 5. Don't make assumptions.** If you get a short response (or no response at all), give them the benefit of the doubt and don't assume something is wrong.
- 6. Fight the urge to read into a text conversation.** If something is bothering you or you don't understand something, it needs to be discussed in person. A phone call or face-to-face conversation is required at this point!

So remember – texting is meant for the straightforward, not the emotional. Men, take a second to TRY to respond with more than a word or two. Women, give the guy a break. They don't

process like we do. Save the texting for directions, times, “I’m running late”, and maybe some fun, harmless flirting.

Emily Hellman is the founder and CEO of www.CaliberMatch.com, where she uses her dating and matchmaking expertise to give a personal touch to those seeking love online. She couples her background and degree in Psychology and coaching with her passion for helping others find and maintain healthy relationships. Emily is married and has two daughters.

6 Things Women Do that Scare Men Off



By SMF Marcus Osborne for GalTime.com

Don't make these mistakes

We over at Your Straight Male Friends never claim to be relationship experts. But we are *dude* experts. We've got you covered there.

I have an inbox full of emails from ladies trying to understand the men in their lives. As I recently sifted through them, I noticed one particular question over and over again: **Why do guys seems to vanish after a few dates?** Well ladies– sometimes it IS something that you are doing or saying that makes a man want to run for the hills.

Related Link: [Top 5 Truths About Women, According to Men](#)

Here are some potential early-in-the-relationship dating fumbles that set an alarm off for most guys. Stop yourself before you make one of these mistakes with a man you just started dating.

1. Ex-Talk – Ex-boyfriends will come up. And from my perspective, exes *should* come up. I've always found that knowing a little bit about the ex and why that relationship didn't work out is healthy and informative. You can learn a lot about a person by listening to how they talk about their former partner. But when that "talk" makes it obvious that you are still carrying a torch for your ex-boyfriend– or worse, you show symptoms of stalker-like aggressiveness, you won't be getting a call back. What you should be getting is therapy.

Related Link: [Top 10 Things Guys Wish They Could Say...](#)

2. Baby-Making – Sure, it's perfectly reasonable to want kids. But no guy wants to be sized up for fatherhood at the outset of the courtship. There's a hint of desperation in bringing up the topic too early. Even if you're THINKING about babies,

keep it to yourself. Let me be totally honest here. Those first few weeks of a new relationship, men are thinking about two things: “Do I like and respect this woman enough to pursue a long-term relationship... and when are we going to be intimate?”

3. Meeting The Parents – Parental introductions are a major step. Nothing puts the exclamation point on the statement, “We’re a couple!” quite like meeting mom and dad. And most dudes are not down for that with just a few dates logged in. Don’t push– it comes off as desperate and manipulative, especially within the first few weeks of dating.

4. Being Controlling – Some people can’t help themselves. They just have to manage every situation. That behavior repels guys, in particular. Don’t try to dress him, don’t try tell him what to eat, don’t try to get him to exercise... or to get a job. You started going out with him in whatever state he was in, accept him or move on. Don’t fall into the typical trap, “He’d be perfect if I could just get him to change...”

Related Link: [When You Should Treat a Man Like a Woman](#)

5. Claim-Staking – You’re not a couple until you’re a *couple!* Four dates in and you’re changing your Facebook relationship status? That sound you hear is the screeching rubber and a sonic boom as that guy cracks the sound barrier trying to get away from you. Have “the talk” about where the relationship stands at some point, but give yourself and him the time and space to enjoy the launch of this blossoming romance. It’ll all happen in time. Or it won’t.

6. Sharing Past Relationship History Too Soon – This is a delicate subject, so tread lightly. This conversation can be uncomfortable to most long-term partners, imagine how odd it is to the new guy to be getting grilled about his previous relationship history after just a few dates. It’s an absolute requirement to have this talk at some point, but it’s got to

be handled delicately. And whatever you do, unless he's asking, do not offer up the intimate details of your physical and intimate exploits... the dude does not want to hear it. And he'll make sure he won't by not dialing your digits again. Ever.

What are some other dating don't's you have experienced?

Mother and Son, Tammy and Justin Lane, Share What Happened 'The Week the Women Went'





By Deanna Atkins

On Lifetime's 'The Week the Women Went,' the men and women of a small South Carolina town, Yemassee, abruptly find out what it's like to live in a world without the opposite sex. Sounds scary, right? The social experiment turned reality show explores modern gender roles in this new unscripted series. Everyone wants to know how the males will handle their own families along with running businesses and just regular day-to-day life. It would seem that the men are really in for it, but surprisingly, the women aren't exactly having the time of their lives during their getaway. Many of the females are homesick and sincerely worried about their families – so much that one mother, Misty, drops out after only two days of being away.

We had the opportunity to chat with mother and son cast members, Tammy and Justin Lane. This pair brings tons of drama to the show: much to his mother's dismay, Justin, a 21-year-old fire chief, proposed to his girlfriend of three years, Amy, just before the women took off. Amy said "yes," leaving Tammy disappointed in her son and his new fiancé. The women

left for Florida before their differences were resolved, ensuring that these three participants are in for a rocky ride when they're reunited.

Related Link: [‘That’s My Boy’ Can Teach You a Thing or Two About Surviving Your Crazy In-Laws](#)

Even though Justin is no longer a bachelor, he’s still a total mama’s boy. “It’s not that I don’t think Justin can take care of himself; it’s just more of a comfort for me,” Tammy explains. Justin lives at home and has everything done for him: Tammy does his laundry, puts food on the table and picks up after him. “I know things are done right, and I don’t have to worry about him. It’s a comforting thing, not a control thing.”

When it comes to Justin’s new fiancé, Tammy can’t help but be protective over him. Although it seems like she doesn’t approve of Amy, it’s the engagement in general that upsets her. She believes that 28 years old is the best age to get married. “He’s having the time of his life now, and he’s just way too young to get married,” she shares.

The seemingly overbearing mother adds, “Amy is fine. I would feel the same way about any woman who wanted to marry my son.”

Related Link: [5 Ways To Reconcile Arguments With In-Laws](#)

While the women were away, Justin was not afraid to share that he missed both Amy and his mother in different ways. “I couldn’t last without my mom – she does a whole lot more for me than Amy does, and our relationship is just tighter,” he says.

Will Tammy give her blessing to Justin and Amy? Will the couple take moving out of their parents’ homes seriously? Will Justin be able to get by without his mother’s constant help? They all have a lot of figuring out to do, but Tammy boldly holds nothing back when she says, “I don’t know what’s going

to happen if Justin and Amy move in together. I've been telling myself every day that it's eventually going to happen, and when it does, I'll give you a call from the emergency room."

Watch what happens to the tight-knit community when the men realize that they'll need to take on the female's roles since their wives, mothers and fiancé's will be vacationing in Florida for the week. 'The Week the Women Went' airs on Tuesday's on Lifetime at 10pm EST.

5 Ways to Bond with Your Partner





By Jessica Nappi

It's Monday morning and your alarm clock goes off just as it does every week. You still have to shower, pick out an appropriate outfit and, with luck, even squeeze in some breakfast. But before you find the strength to start your day, you feel a slight tug on your arm. A longing pull from your beau followed by a whisper so soft you can barely make it out makes you want to stay in bed for the rest of your life. "Stay with me," your partner says. Of course, even the most romantic words often can't overshadow the piles of work you have waiting for you on your desk. If you're tired of your daily routine and stressed about missing out, consider these five ways to put your life on hold and keep your partner in bed:

Related Link: [Reduce Stress and Maximize Romance](#)

1. Convince your partner it's 'World Stay in Bed Day': 'World Stay in Bed Day' is an actual holiday that falls on September 25th, but most people don't know that. This sounds like a legitimate enough of an excuse to stay in bed, and even if you

don't have the exact day, it can be a little secret for you and your partner. Everyone deserves to stay in bed in for an entire day once in a while, and a day named after this guilty pleasure is the perfect way to justify it.

2. Date idea: Time spent together in bed can be far more romantic than any date night out, and much cheaper to boot. Lure your partner to stay and cuddle by making them breakfast in bed, but don't just stop there. Treat yourself and your partner by eating all three meals in bed, and even throw dessert in there to assure that neither of you want to set foot out of bed. Plus, when you're in your bedroom, you don't have to worry about too much PDA.

3. Movie marathon: Everyone needs an occasional movie marathon day. You can get your work done later. Consider buying or renting both movies that you and your partner enjoy and some new ones the neither of you have seen. That way, you can recite lines and bond over the movies that you love, but also keep your interests peaked by watching movies you've never seen.

4. Plan ahead: The more you plan, the better off you will be. Call in sick the night before, or use that precious vacation time. Either way, an excused day off will clear your mind of everyday stresses, whereas an unplanned absence leaves room for feeling tense. You and your significant other need to take the day off together, and pack on the overload of affection and cuddling in bed.

Related: [Five Signs He's Not Ready to Commit](#)

5. Massages: As relaxing as a day in bed is, a massage can make it even more soothing. Take turns giving each other massages and focus on the areas that bother you most. After a massage, you'll be incredibly calm, and neither of you will want to leave your bed. To top it off, massaging is a guaranteed way to raise oxytocin levels in the bloodstream,

which is a bonding hormone that will make you feel closer as a couple.

How would you keep your partner in bed? Tell us below.

Date Idea: Giddy Up at the Rodeo



By Ché Blackwood

Put on a pair of Daisy Dukes, tie a cute flannel shirt above your belly-button and giddy-on up to a rodeo this weekend with your love. Whether you're looking forward to the clowns, the bulls or just an excuse to be outside, you won't ever forget a

fresh outdoorsy day with cowboys (and your sweetie.)

Start the day off with a delicious BBQ. Make pulled pork sandwiches and ribs with your honey, both ensuring you'll stay full while sticking within a western theme. Or, buy lunch at the rodeo, taking the opportunity to strike up conversation with the workers and other visitors. You may be surprised to hear the traveling life of the food vendor, or intrigued by the mother of one of the riders.

After the show, make sure to take a chance to pet the horses or see the bulls close up. You and your beau will have the chance to learn more about these animals we so rarely get to see, while also making one unforgettable memory together. Whether you love it or decide to never visit again, a rodeo date is not only a guaranteed fun time, but it will leave you with something to talk about for years to come.

What's the most unique date you've ever been on? Confess to us in the comments below!

Can You Be 'Just Friends' After Dating?





By Matthew Sullivan

Many different writers and relationship experts, not to mention everyday people, have pondered the dilemma of whether or not two people can remain friends after they've dated. Clearly, this question has no easy answers. Whether or not a couple can remain friends after their exclusive relationship has ended depends on a host of different factors, especially the personalities of the individuals involved. In order to accurately answer this question, it's important to look at and consider the different scenarios that might lead to a friendship:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Your relationship was very casual: Sometimes two people date fairly informally before coming to the mutual conclusion that a relationship simply isn't in the cards. In this scenario, a friendship is a distinct possibility. For example, Kylie Minogue and French actor Olivier Martinez were courting back in 2007. Their relationship did not have much time to

mature and they decided to split, however to this day they remain good friends. Casual courtships like this can easily turn into a solid friendship as long as both parties agree that a continued dating relationship is not the best idea. It's always easy to still be friends when deep romantic feelings emotions have yet to develop between two people.

2. Your relationship was more serious: When relationships develop beyond the casual stage, a friendship becomes much less likely. Many people have attempted to befriend their exes, but it's rare that they have any long-term success. In many cases, this is because breakups in serious relationships are rarely, if ever, mutual. The idea of friendship serves as a consolation prize. The party that agrees is in the midst of being broken up with and eagerly agrees in hopes of hanging on and winning their lover back. When the two parties are operating on these different wavelengths, the new friendship rarely works.

3. Neither party was wounded: Of course, as with all things in life, there are always exceptions to that rule about serious relationships. Actors Bruce Willis and Demi Moore were married and had three daughters together, but their break up did not appear to be dramatic and they were further bonded in friendship by their responsibilities to their daughters. This made their separation one of the most amicable among celebrity couples. In fact, when Demi Moore later broke up with Ashton Kutcher, Bruce Willis was quite supportive of Moore. In the case of Willis and Moore and many similar situations, neither party was wounded from the breakup, meaning there are few lingering thoughts to make a new relationship with the ex.

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

4. You've taken your time: In order for a friendship to legitimately grow out of a romantic relationship, time is essential for both parties to heal and for the emotional connection to dissolve. A solid six months in which the former

lovers do not speak is often necessary for the emotional wounds to heal and for each person to decide if a friendship would be helpful. After that period, the two parties can come together and attempt a friendship. However, even in that situation, you can never guarantee success.

Remember, none of these scenarios are guaranteed to work out in these ways. Even more importantly, there isn't one answer that applies in all scenarios. It's best to know yourself when figuring out whether or not to try.

Matthew is a freelance writer and lifestyle coach. He enjoys writing on various online lifestyle publications, including the DatingWebsite.com.

Dr. Catherine Salmon Shares 'The Secret Power of Middle Children'





By [Deanna Atkins](#)

One thing you can't change in life is your birth order. Firstborns are destined for leadership, and lastborns take the role as the family's beloved baby, making it a confusing ride for a child growing up in between. While a vast amount of research has been done on birth order, it always seems like the ones left out are middleborns. Realizing this truth, Dr. Catherine Salmon strives to credit middle children's extraordinary traits through her research, surprising readers, myth-believers and parents with the real facts about middles. Salmon teams up with journalist Katrin Schumann to reveal how middleborns can "harness their unexpected and remarkable abilities" in *The Secret Power of Middle Children*.

Although Dr. Catherine Salmon happens to be the baby of the family, she has great admiration for her father who was born a middle child. Throughout her book, she speaks about his honorable qualities, which she believes stem from his middle-child nature. A "trail blazer and a justice seeker," her father inspired her to be independent and, above all, herself. We had a chance to speak with Dr. Salmon, and she filled us in

on what sets middles apart from their siblings – intellectually, romantically and emotionally.

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

Why do you think people still choose to believe outdated myths which categorize middle children as being neglected, overshadowed, resentful and negative?

I think there are a number of different reasons for it. A lot of time, our opinions are based on what we see in the media. Sometimes, shows like 'The Brady Bunch' give middle children a reputation of being overlooked and neglected, which is powerful because so many people grew up watching that. Also, in general, there's not a lot of research on middleborns; it's usually just firstborns and lastborns, which proves the overlooked theory again. People look to firstborns and assume that, if they are this way, everyone else must be the opposite.

You say that middleborns are great love matches for first and lastborns. Why do these pairings work so well?

Generally, middleborns go well with most other pairings because of the traits they developed simply from getting less attention from their parents. They work diligently to develop relationships, and they're good negotiators as well as cooperators. They tend to be more concerned about what they're doing for others than what other people do for them. This quality transfers to their relationships, thus making them good at understanding what the other person wants.

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

What are some disadvantages of having two middleborns in a relationship?

When you match two middles together, neither wants there to be

much conflict, so each partner may not address problems that arise in the relationship. Actually, many birth orders don't do well when paired together. Firstborn pairings tend to butt heads all of the time, and when two lastborns are in a relationship, neither really wants to deal with the problems at all. Middles can easily become pushovers, and a relationship won't be successful if that's the case.

Additionally, middleborns have stronger friendships and longer-lasting marriages. What makes them more relationship-oriented than first and lastborns?

Like I've said, middles are better at figuring out what the other person wants. They're dedicated, value their relationships and also show a willingness to survive the tough times. Middles are agreeable, loyal and flexible – which are all upstanding qualities that are essential to making a relationship or marriage last. Having a high sense of responsibility also helps them in relationships because they're eager to stay in a long-lasting relationship.

Related Link: [When One Partner's Needs Are More Important](#)

Middleborns are also “agents of change in business, politics and science – more so than first and lastborns.” Can you explain this idea further and share a few examples?

One of the things we talk about in the book are the strategies you learn when you're younger to get what you want. Middleborns are not only good negotiators, but they have an 'openness to experience' – which usually derives from not being given enough freedoms at a young age. Therefore, they're open to new things and willing to take risks and think outside the box. For example, Charles Darwin would probably not have come up with the idea of evolution and natural selection had he been a firstborn. He created a huge change in the way that people thought about science because he didn't follow his family's expectations for what he should be, which

was a doctor. Middles are more sensitive to issues about justice and whether people are being treated fairly. They see inequities in the world and want to change what isn't right.

What's the greatest hidden personality trait you believe middleborns possess?

The openness to experience – the willingness to not go by the typical way of thinking about things. They're empathetic and are internally good psychologists. These traits all go into what makes them so successful.

From Donald Trump to Madonna to the Dali Lama, how can more middleborns channel their secret powers like these famous people did?

Recognition is the first thing. Sometimes, middleborns don't see their skills for what they are because they have a lower sense of self-esteem. They have this great package, and at first, they might not see how all the pieces fit together. I think that, if they had more confidence to go out and do the things that they want, then there would be a lot more successful middles.

You can learn more about 'The Secret Power of Middle Children at [Amazon](#).

How Celebrity Couples Celebrate Labor Day Weekend





By Whitney Baker

Labor Day weekend is often filled with beach and barbeque, giving people an opportunity for an extra day off before the summer ends. Some celebrity couples like to keep things simple as they spend time together with the sand and the sun, while others add a little glitz and glam to the usual date plans.

In anticipation of the upcoming holiday weekend, let's look back at how the hottest duos in Hollywood celebrated Labor Day last year:

1. Partying in Las Vegas: Stars seem to flock to Sin City for a final summer blowout. Before she was on baby bump watch, Nicole 'Snooki' Polizzi hosted a bash at PURE Nightclub inside Caesar's Palace with then-boyfriend Jionni LaValle. That same night, Carmen Electra and her former fiancé Rob Patterson hosted a party at Nikki Beach in the Tropicana Hotel.

Related Link: [Date Idea: Venture Out on Labor Day](#)

2. Lying Poolside: Other celebrity couples prefer to focus on relaxing and soaking up the last bit of summer sun. Gabrielle

Union and Dwayne Wade spent the afternoon at a Miami Pool with Wade's two sons, while Dave and Odette Annable enjoyed some newly-wedded bliss before celebrating their one-year anniversary in October.

3. Saying "I Do": Many celebrity couples choose to [tie the knot](#) over this three-day weekend. Last year, Lauren Bush wed David Lauren, son of fashion icon Ralph Lauren, on his private ranch in Telluride, Colorado. Additionally, Mark Ronson, a well-known DJ and the brother of designer Charlotte Ronson and DJ Samantha Ronson, and actress Josephine de la Baume celebrated their wedding with a two-day celebration in Aix de Provence, France. It sounds like the perfect way to mark the end of the summer.

Related Link: [Five Celebrity Couples Who Had a Low Profile Wedding](#)

4. Hanging Out with Their Kids: Some Hollywood pairs opt for a more traditional route and enjoy low-key plans with their family. The Malibu Fair and Chili Cookoff was a popular spot last year: Tori Spelling and Dean McDermott took their kids, while Pink and her husband Carey Hart were there with their daughter. Also in Malibu, Nicole Richie and husband Joel Madden spent Labor Day on the beach with their two children.

5. Working: Even celebrities have to show up to work on a holiday once in a while. With the 13th season of *Dancing with the Stars* underway, many of the dancing duos, including Cheryl Burke and Rob Kardashian as well as Lacey Schwimmer and Chaz Bono, were spotted practicing for the next show. Similarly, Selena Gomez was in Colorado for her 'We Own the Night' tour, keeping her away from boyfriend Justin Bieber.

What are your plans for Labor Day weekend? Tell us below.

Anna Post Talks Etiquette Rules for Dating



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Oh, you think you've found the perfect man, haven't you? Everything is going swimmingly right up until... he lets off a biblical belch right in front of your friends. Or maybe he isn't entirely courteous to your server at the dinner party you planned with four other couples. Even worse, his sense of style leaves you cringing at the thought of anyone seeing the two of you together. Deal breakers or bad habits? Whatever the case may be, Anna Post, the great-great-granddaughter of etiquette queen Emily Post, knows what the books say about bad manners, and now, she's teaming with Ponds to help women put

their best face forward.

What's great is that Anna is also up-to-date when it comes to technology etiquette in the dating world. For example, is it right for a man to ask me out via text? When should you change your Facebook status? To gain perspective, we chatted with Anna about the small behavioral details that add up to big relationship problems. From eating with your mouth open to digital dating techniques, Anna sheds insight on all of the things you may need to know.

To get more tips from etiquette expert Anna Post and join the beauty conversation, log on to www.facebook.com/PONDS.

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

Pumped Up Kicks: Decoding His First Date Shoes





By Rachel Seliger, JDate.com Community Manager

As community manager of JDate.com, the premier online community for Jewish singles, I know about the importance of first impressions, especially on a first date. That perfect first date outfit can either set you up for a second, or spell utter failure before the “nice to meet you” handshake. When it comes to decoding his first date look, pay special attention to the pumped up kicks. It’s common knowledge that we women love our shoes, but what men don’t know is that their shoe selection can also be a form of non-verbal communication, sending messages about their personality to a potential partner. Men and shoes happen to be two of my favorite things, so I’m here to help you figure out if your potential man is worth a second date, or if you should head for the hills:

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

1. Sandals: If your date wears sandals, you can never bring him home to Mom. If a guy doesn’t put in the effort on the very first date, he never will. The one exception to this rule: beach activities. Any guy who *doesn’t* wear sandals to

the beach is hiding something unsavory.

2. Running shoes: Running shoes show that a man isn't big on commitment. It's a huge red flag if a man goes on a first date looking like he's ready to bolt.

3. Sneakers: Casual wear like this shows that a guy is subtly sexy. There's something about a nice pair of sneakers—the understated “cool factor” has a way of sparking a girl's curiosity. As long as he doesn't step out in his limited edition lime green and pink Kanye sneaks, that is.

4. Loafers: Loafers reveal a spontaneous personality. In addition to being casual-yet-classy, loafers can be dressed up for a nice dinner or dressed down for a more casual date at a bar.

5. Dress shoes: Give him an A for effort. If women are expected to endure the pain of five-inch heels all night, it's only fair that men be dressed to impress as well.

6. Boat Shoes: Anyone who chooses boat shoes is likely to be out-of-touch with reality. Who wears boat shoes unless they're a New England governor trying to “connect with people” at an ice cream parlor? No one, except for actual boat captains.

Related Link: [9 Things His Handwriting Can Tell You About Him](#)

7. Crocs/Clogs: These shoes are great for happy-go-lucky people. Truth be told, these shoes are a turn-off, but they're so *obviously* a turn-off that if a guy shows up wearing them anyway, he clearly doesn't care what others think about him.

8. Boots: One word describes boots: Masculine. Only a man's man can pull off a nice, rugged pair of boots. Let's face it, what girl hasn't fantasized about being swept off her feet by a manly hunk?

And remember ladies, if a first date doesn't work out, don't get disappointed—go shopping! There are plenty of other styles

out there to try, and with a little patience you'll find one that will fit you perfectly.

Rachel Seliger is a dating guru and Community Manager of JDate.com, the premier online community for Jewish singles. When she's not shopping for her next pair of great heels, she is busy blogging on the JDating® Tumblr, JDate's exclusive microblog featuring great first date outfit ideas, tips to make your JDate profile shine and more.

Ten Romantic Ways to Enjoy The Last Weeks of Summer



By Nisha Ramirez

Summer's almost over, and soon, the itch to leave your office and get outside to enjoy warm weather will be a thing of the past. Although being in a relationship during the cooler months is full of cuddling in order to stay warm, but nothing beats summer romance. Whether you met someone special this summer and you still want to create your own summer nights like those from *Grease* or you're looking for a new romantic way to end the summer with your steady partner, you'll find being creative is the best way to let the season end. Skip the clichéd beach picnic date and try one of these ten romantic ways to enjoy the last weeks of summer instead:

Related Link: [Enjoy the Summer Together Like Halle Berry and Olivier Martinez](#)

1. Love is thicker than water: Grab a bag of water balloons and go crazy! Enjoy water during the heat while you can, because before you know it, the next duel you'll be sharing will be a cold snowball fight. So where is the romance? Seeing each other wet and bouncing around is sure to inspire love touches and raise the level of heat so that the water won't be able to cool it down.

2. Sweat is sexy: Playing a sport is always incredibly sexy. A great choice during the summer is volleyball. Hit the beach and wear your sexiest swimsuit and you'll be sure to give your partner a heat stroke. Play on each other's team for plenty of friendly camaraderie and don't be afraid to sweat.

3. Take a cruise: It might be expensive to take a ride on a cruise ship, but don't underestimate the fun you can have cruising around on a car trip. Driving is an all-season romantic trip, but it really rocks when it's warm out. Forget the air conditioner and roll down all the windows for a warm summer breeze. Try singing along to every song on the radio.

4. Enjoy your own holiday: Who says Independence Day is the only summer holiday? Check out dailyholidays.net for last minute holidays to celebrate before the summer's up. August 1 is Girlfriend Day and August 2 is National Night Out. Make it fun and promise to celebrate every holiday on the calendar.

5. You can't get bored with a board game: Go outside in a park or even on your rooftop and bring all of your favorite childhood games with you. There's nothing better than laughing with your special someone in beautiful weather. Add some grown-up perks by handing out coupons for free kisses and massages for whoever wins.

6. Catch an outdoor flick: Couples can enjoy air conditioning in a movie theater any time of the year, so take advantage of the weather and take your movie date outside. Buy tickets for a drive-in movie or a movie showing in the park. Bring a cooler full of ices and ice cream to beat the heat and keep the night sweet.

Related Link: [Date Idea: Cuddle While Counting the Stars](#)

7. Hit the kitchen: Cooking is usually romantic, but slaving over a hot stove in the summer isn't. However, there are some simple summer meals you can enjoy together. Go out to a farmer's market and pick out fruits and veggies that are in season and make a delicious fruit salad. Pair your salad with iced tea and call it an official summer dinner. Don't forget dessert—have your favorite kind of ice cream.

8. Enjoy air conditioning for the last time: Before you turn off your AC and take it out of your window, choose a hot day and take a walk outside with the AC on at home. When you come back, jump into your bed completely naked. Nothing feels better than an air conditioner and your partner's warm touch after a hot day.

9. Sprinklers for adults: Remember how much fun sprinklers were when you a kid? Recreate those old times without looking

creepy in a kiddie park by jumping into a fountain. Go to a nearby college campus or park and jump in a fountain for some cool fun in the summer heat.

10. Cliché one last time: It's the end of summer, so you have to go to a pool or beach to really say goodbye to warm weather. Enjoy the water, sun, and each other and do your best to make it a celebration to remember. Here's to next summer!

How do you enjoy the last days of summer? Share your comments below.