

Relationship Advice: Tips and Tricks for Successful Internet Dating



Despite the horror stories you may hear, a recent study showed that upward of 84-percent of people who use online dating apps do so with the intention of developing a romantic relationship, rather than a casual hookup. What does this mean for those looking for love? You're in luck.

Still, there are ways to make the task easier for yourself when trying to find that special someone. Here are some of the best

relationship advice tips and tricks for internet dating to help you find “the one”.

Define Your Goals

First and foremost, you need to do some self-reflection to determine exactly what it is you want out of this experience. Are you sure that you want to look for a serious relationship, or are you looking for something casual? What’s important to you in a mate? What are some compromises you’re willing to make and some that you aren’t? Perhaps you’ll date someone with kids, but you won’t date a smoker. Maybe you need a [christian dating](#) site to stay aligned with your beliefs and values. It doesn’t matter what your guidelines are, as long as they are authentic to you.

Ideally, you should define your goals before diving into the online dating world. If that ship has sailed, however, it’s never too late to take a step back and re-evaluate your situation, especially if you’ve had a few negative experiences.

Portray Yourself Authentically

While it can be tempting to choose a photograph of yourself from six years ago or one from the rare occasion when you’re dressed to the nines for a special event, refrain from doing so. Why? Because this approach doesn’t show the real you and it leads to possibly starting a relationship on a bad note.

If you’re a woman who spends most of your time outdoors, hiking through the woods and camping under the stars, then perhaps the photo booth picture of you as a bridesmaid with your hair and makeup done isn’t the right choice. Alternatively, if you’re a man who loves sports and has no

interest in fine dining, don't hype up your profile in attempts to tell women what they want to hear. You're trying to find someone who will love you as a person, not as a picture. Keep that in mind when crafting a profile.

Think About Your First Message

The first message you send to someone will act as your first impression, so give it careful consideration. Messaging someone and saying "hi" is unlikely to get you far. Look at their profile and make a connection based on their interests to show that you went beyond the picture to learn more about them.

On the other side of things, consider your response carefully if someone reaches out to you and you are interested in pursuing something. Keeping things simple and friendly is the best way to go. If, by chance, you are exposed to someone rude, block them and move on without engaging.

Set up a Safe Meeting

When you feel ready to meet someone, take precautions to ensure that the person is who they say they are and that they have good intentions. Start by looking past the profile picture and seeing that the person has an online presence beyond that. Next, schedule a long phone call or video chat so you can talk for real before making the agreement to meet. Anyone can be sitting behind a keyboard typing and sending photos. Verify their identity so there are no surprises.

When everything checks out, plan to meet in a neutral place where there are lots of other people around. Tell a close friend or relative about your plans and the person you are going to meet. If you ever feel as though something is amiss, don't feel obligated to stay out of politeness.

To have success in online dating, remember these three key takeaways: be kind, be truthful, and be safe. There's someone

out there for everyone; you'll find your person soon enough.

Relationship Advice: Get the Birthday Gift Right



By Dr. Jane

Greer

Birthdays are generally synonymous with hopes, cakes, and, of course, presents, but they can also be tinged with disappointment since there are so many expectations wrapped into this one special day, and emotions can run high. Sometimes the gift is perfect. For example, Priyanka Chopra and Nick Jonas celebrated his 26th birthday together this past week at a baseball game which, according to social media, seemed to be exactly what he wanted. A misstep with the all-important gift, however, can sometimes be the very thing that

sinks the ship, and can not only ruin the day, but can also breed resentment for a long time afterward.

Whether you're dating someone, or you've been married for years, getting the birthday present right can be a challenge. Your partner has wishes you may not be aware of, and you might not be sure what to get. How can you live up to meeting their desires, and where do you start?

There are a few things that can lead you down the wrong path while you are contemplating that purchase. To begin with, if you have not paid attention to what they have appeared to be interested in over the past few weeks or months, like the scarf she stopped to look at in the store window, or if you have missed their hints, like the massage he always says he would like to get, then you may have no idea where to begin. If that's the case, when they tear away the tissue paper, hoping to find something specific looking back at them but find something out of left field, your gift might be met with disappointment. Along the same lines, it is never a great idea to simply buy what you like or want with no consideration to whether or not your partner might feel the same way. Just because it is your taste does not mean it is theirs. If they say they want a sweater, before choosing the one you would buy for yourself, instead think about their preferences and previous choices. Similarly, you might see this as a good time to get something practical, why not? You really need that

better coffee maker or expensive knife. Here is another way you can go awry, though, since your partner might not appreciate that, and may be hoping for something more personal and indulgent. Finally, while some do like a joint activity to be the gift, as was the case with Nick Jonas, not everyone falls into that camp. Make sure that is okay before you take the plunge, since some might see it as encroaching on their birthday, which they don't want to share, since they want it to be only about them.

Related Link: [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

For any and all of these reasons, browsing online or in a store can feel like a minefield that could blow up in your face at any moment. So, what can you do to avoid that? Begin by asking what they want in advance, even going as far as requesting that they make up a birthday list. Think about suggesting that the list have three or four items that fall into different price ranges. That way you can have options, and you will know that whatever you choose will be well received. Another possibility might be to take them to a favorite store and have them try on a few things. You can go back later and choose one or more of those items, and it will still be a surprise, but you know it is something they will enjoy. Finally, you can simply get a gift card to a store or spa you know they like so they can select what they want, going back at a later date either by themselves or together to make an outing out of it.

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Sometimes people are reluctant to make a present list because they think it spoils the surprise of the gift, which can be nice but not necessary. They also may think they are making it too easy for their partner by telling them what they want. But the truth is it is more about the pleasure and the good

feelings a great gift will generate over time. By helping your partner out so they know precisely how to please you, you guarantee a happy outcome, which is what matters most. The goal is to get what you want, it isn't a contest to see if your partner can figure it out.

It is likely that the way you give gifts comes from the way the family you grew up with gave gifts – in other words, that is what you know, and naturally you continue that pattern. The trick is to be open and aware of your partner's ways and preferences, so you can develop your own gift-giving protocol together. It sounds like Priyanka and Nick have been able to do just that.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: How to Cope with a Loved One Who Is an Addict



By Dr. Jane

Greer

When someone you once loved dies, it can be devastating, even if you haven't been in a relationship with them for a long time. If that person had problems, such as a drug or alcohol addiction, learning about their death can also be confusing and can conjure up all sorts of feelings including guilt. Ariana Grande is heartbroken over her ex Mac Miller's death, according to an inside source. The rapper was found dead last week after what is thought to be an overdose. Some people have lashed out at her, saying she should have done more for him. Others have strongly supported her, saying she did everything she could.

Either way, it is a hard place to be and it raises the question, when someone is in a difficult

relationship with an addict, how much is too much, and when is getting out the right thing to do, even if that person might be in danger? Here is some relationship advice.

It is never easy to end any relationship with someone you love, and if they are struggling with personal demons it can be even harder. Anyone who has ever been involved with someone who is alcohol or drug dependent knows how hard it is to separate even if it has reached a point in which staying seems just as impossible, and sometimes even harmful to your own well-being. There is a natural amount of guilt that goes along with any breakup, but when there are these added complications the guilt can be overwhelming. When a tragedy occurs after you are no longer together and there is a death or overdose, those feelings can take over, leading you to wonder if you “abandoned” them and could have or should have done more.

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The most important place to begin to reconcile these feelings is to recognize that you did everything you could possibly do when you were in the relationship to help them, and if you had remained it would have been to your own detriment. Acknowledge that leaving it was not easy for you. If you were able to remain friends, there might have been the opportunity to further illuminate that in order to have a better understanding of what happened. So in that case, it might be clearer to you that there was nothing more you could have done, and that you simply couldn't continue to handle the

struggle. If you didn't remain friends or stay in touch and an overdose or death comes as a complete surprise, remind yourself that you chose to end the relationship because it took a heavy toll on you, and recognize that you had no choice in the face of their continuing destructive behavior. Understand that there are limits to what you were able to do to help the other person. Ultimately each person is responsible for him or herself. Accept and respect that you made the decision out of necessity to invest in your own safety and happiness, that it was either sink or swim for you. Being able to see and do that is vital to your healthy self-esteem.

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Keep in mind that what you want to do is remember who the person was to you, what they meant and what you shared together. Ariana paid tribute to her relationship with Mac by posting a picture of her memory of him. Hopefully she has been able to find peace.

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Dating Advice: Why Do I Attract Men I Don't Want...And Repel Men I Desire?



By Gillian Lee

In this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Duana Welch. Watch the video above and read the article below for some good tips in your dating life!

Why Are We Repelling Men We Desire?

1. Not right for each other: Us women need to remind ourselves that just because you think you're attracting the wrong ones, doesn't mean you are doing the dating game wrong. Welch brings up the dating app, Bumble and explains that men loves this app because it shows that women show that they're sexually

interested.

Related Link: [How to Be More Desirable](#)

2. Showing you are available: This one might sound strange that you're showing that you're available. But, Welch states, "When women pursue them, what they hear is that I am sexually available to you and please don't make a commitment to me because I am sexually available to everyone." People tend to send the wrong signals when trying to pursue someone, and this often leads to repelling people you desire.

Related Link: [Fearless Flirting Formula](#)

3. Send proper signals: On dating sites, make sure to have the guy reach out first. Have a presence on the site, and show that you are single, but let him do the talking! Welch states, "Men are anywhere between 6-10x more likely to reach out for that first contact than women are."

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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**New Celebrity Couple:
'Bachelorette' Star Clay
Harbor Is Dating 'Bachelor in**

Paradise' Star Angela Amezcu



By Ivana

Jarmon

In [celebrity news](#), there's a new [celebrity couple](#) in *Bachelor Nation*! According to *UsMagazine.com*, Clay Harbor and Angela Amezcu are dating! Harbor confirmed their relationship via Instagram by posting a photo of the two and including the following caption: "What do the kids call it? Woman crush Wednesday? Well here's mine." The snapshot shows the couple embracing on Wednesday, September 5. He also took to Twitter, included the same photo, and said, "If I had a rose to give she would get it. Every time." Harbor first appeared on Becca Kufrin's *The Bachelorette* season. Amezcu was first introduced to *Bachelor Nation* on Nick Viall's *The Bachelor* season in 2017 and then starred in season 5 of *Bachelor in Paradise*. Best wishes to the happy couple!

There's a new celebrity couple in Bachelor Nation! What are some ways to use your connections to find someone to date?

Cupid's Advice:

The dating world is tough, and it can be hard to find ideal prospects out there. Cupid has some ways you can use your networking skills to help your cause:

1. Happy hour at work: There's nothing like enjoying a cold one with coworkers! Even though it may not be the best idea to date someone from work, you never know who may be there from outside of the workplace. Work friends often ask friends to come and tag along. So, there is every possibility that you might meet someone at a work happy hour. If you get invited, seize the moment and go!

Related Link: [Celebrity Couple News: 'Bachelorette' Becca Kufrin Is Engaged to Garrett](#)

2. Social media it up: Check out what's happening on your social media! Try checking out events suggested to you on your Facebook. You can also check out where your friends are going and join them. It's a great way to connect, make new friends and maybe even get yourself a date with a lucky girl or guy.

Related Link: [Celebrity News: 'Bachelorette' Becca Kufrin Feels 'Sick' When She Finds Out Colton Underwood Dated Friend Tia Booth](#)

3. Public transportation: What better way to make a connection with someone than on a train or bus that you take every day? The subway or Metra provides a great opportunity to strike up a conversation with someone. There are all kinds of people on

the train. Next time you see a person reading a book you like or happen to hear the music they're playing, go talk to them. You never know what may happen!

What are some other ways to use connections and networking to your advantage when it comes to dating? Share your thoughts below.

Movie Review: See The Modern Retelling of 'Little Women'



By [Haley Lerner](#)

Little Women, the 2018 film, is a modern retelling of the classic 1868 novel by Louisa May Alcott on its 150th anniversary. The film stars Saoirse Ronan as Sarah Davenport, Saoirse Ronan as Allie Jennings, and Timothée Chalamet as Lucas.

Grabeel, Ian Bohan and Lea Thompson. The movie follows the lives of the four March sisters—Meg, Jo, Beth and Amy— and their complex and loving relationships with each other. Jo, an aspiring writer, leaves for New York City determined to publish a novel. After countless rejections, Jo's editor challenges her to instead write about her family. A tragedy eventually brings all the sisters back home and brings the girls closer together. This adaptation of a true classic will be out in theaters on September 28th.

***Little Women* is a heartfelt film that retells a classic story in a modern way, so keep reading our [movie review!](#)**

Should you see it:

If you are a lover of Alcott's original book, then you should totally see this movie! It'll be so interesting for you to see a modern retelling of such a classic tale.

Who to take:

The perfect person to take to this movie could be your beau on a date night or even some of your closest female family members! This movie is sure to make you tear up a bit and appreciate the importance of family.

Cupid's Advice:

Balancing relationships with your partner and with your family can be difficult. Cupid has some tips on how to do it:

- 1. Designate time:** If you have a really close family, it might seem hard to designate time for just your family and just for your partner. Make it easier by figuring out when you want to

spend time alone with each important people in your life.

Related Link: [Movie Review: Have a Blast Watching 'The Spy Who Dumped Me'](#)

2. Bond together: If you want your partner and your family to be close, then make sure you plan activities and outings for everyone to join in on. Whether it's a dinner at your parents house or a trip to a sports game, your partner can get to know your family better.

Related Link: [Movie Review: Dance along to 'Mamma Mia! Here We Go Again'](#)

3. Find common ground: Find things that your partner and some of your other family members have in common and help them connect over their similarities. That way, your partner can get close to your family on his own accord and make all of you bond even closer.

Have any more ways to balance your relationships with your partner and family? Comment below!

Dating Advice: 3 Things Men Wish You Knew





By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

Dating Advice On What Men Wished You Knew!

Related Link: [Dating Advice: How to Attract a Strong Man Who Takes the Lead](#)

1. Men Don't Like To Date: According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money.

You will have that feeling that they are “always wanting you around.”

Related Link: [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

2. Food Is The Way To a Man's Heart: Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a good idea would be to bring up food, instead of saying, “We need to talk.” He will be concentrated on the food while you are concentrated on the talk. It's a win-win!

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

3. Affirming a Man: This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, “There is nothing more valuable than a man feeling like he's needed, he's wanted, he's valued, he's appreciated.” There are many terms that you can say on daily a basis that will make him feel wanted such as, “I love you” or “You are important.” Make sure you make your man feel good, because it'll make him want to stay and love you. Bostock explains that if you aren't the one affirming him, then there will be someone else out there who will.

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Dating & Technology Q&A: How to Win a First Date After Meeting Online



Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and

Robert Manni!

Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be the best version of yourself— both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

Related Link: [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online, I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved

forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice: Is It Too Soon to Get Engaged?





By Dr. Jane

Greer

When is it too soon to get engaged? There are so many considerations that go into making this decision, from practical issues such as having enough money to finishing a degree to living in the same place, to more philosophical ones like is there a proper timeline for true love? Sometimes people have to first deal with other commitments and responsibilities before taking the plunge. But what if you meet someone and know instantly that person is your soulmate, do you still have to wait? Some think the answer to that is no. Nick Jonas and Priyanka Chopra announced their engagement after dating for only two months.

Quick engagements can be a sign that one or both parties are ready to settle down and feel the security and stability that comes with marriage. However, there are a number of pieces of [relationship](#)

advice to consider before taking this next all-important step.

One of the biggest questions that comes up is, does it make sense to wait even if all the pieces are in place so that you can have more time to bring each other into the other's respective world? In other words, does having the inside track on your partner's life before you're all in add to the success of a marriage? Some might worry that the intensity of the high one feels when they first fall in love won't last, and therefore won't be enough to sustain you through life's ups and downs. If you do feel, however, it is enough to get you through, and you are seriously considering a quick engagement, it can be helpful to ask yourself why. Is it because you simply want to get married and crave the security that comes with that? Or were you disappointed by a previous relationship and now eager to move forward with someone who's ready to truly commit and get married? Or is it all about the person, that you have fallen so hard for one another, that you have become a part of each other's lives so completely, and there is enough compatibility, that you feel you want to and will be able to continue to make things work between you?

Related Link: [Relationship Advice: Tales of the Other Woman](#)

Whatever the case, most people do find that the all-consuming, instant attraction eventually, and really inevitably, wanes. That's why a certain amount of time and effort is generally important to allow the relationship to solidify so you have the chance to really learn how to work things out together, and to see how each of you reacts to different situations. With time, you'll move from that googly-eyed stage where your partner can do no wrong, to eventually "sobering up," so to speak, and deal with life – sickness, cars that don't work, endless bills, having to work late – as opposed to the euphoria you might be feeling when you first come together. In

fact, the “honeymoon phase” can often last longer than most people think, in some cases even up to a year, but by the time you move away from that and into everyday reality where you need to be able to work together as a couple to deal with the nuts and bolts of each day, it takes more than rose-colored glasses to navigate the raging rapids. If you don’t manage to build that strong foundation, it will only be a matter of time before your individual needs, as well as all the daily hits of living that create friction and tension, tear you apart.

Related Link: [Relationship Advice: The Pitfalls of Dating While Divorcing](#)

If you are in love, and if marriage is on the table, here are a few things you can ask yourself to determine if you are ready. First, do you think you are able to deal with your differences and compromise around them so you end up at a joint decision that feels good for both of you? Are you able to communicate and listen to each other, and ultimately relate to each other’s feelings, so that you both feel understood? Can you problem solve, as well as work through and clear up your anger and disappointment so those feelings don’t linger and cause trouble between you? Do you have empathy for each other? If you have these skills in place, then you are starting your life together with a full toolbox of important skills.

Nick and Priyanka seem to have found in each other what they are looking for, and have faith that they can continue to keep love alive. If you, too, have that trust in your partner then perhaps a short engagement can work for you as well.

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Learning From Celebs: Clear Signs You Are In A Toxic Relationship



By James

Helliwell

How do you define a toxic relationship?

There are many ways to do this; you can call it a relationship without love, without a future, without peace, without passion

or without a number of things. The simplest way to describe it, however, is to call it a relationship where one or both parties is perpetually unhappy. We see this in celebrity relationships all the time on celeb news sites, such as our friends at [Fame Game](#), and *Vanity Fair*. The classic [Kate Moss and Pete Doherty](#) saga is a good example, but it happens to “regular” people as well.

Recognizing that your relationship is toxic is a very difficult thing, especially to those within it. Here are a few signs to help you identify it.

1. You fight so much, you don't even notice it.

This is an easily recognized sign of a toxic relationship. Oddly, it is a sign often missed by those in the relationship. There comes a time in a relationship when you fight so often that the only fights that register are those loud enough to wake the neighbors. The best way to discover if this sign is in your relationship is to inquire about it from those close to you and your partner.

2. Either or both of you are keeping score.

This is both an extension and a separate entity from the constant fighting. In this case, there might never even be a fight. However, any time an offense is committed by one party, it is immediately followed up by the other party listing all the previous offenses. Here mistakes become weapons that each party must stockpile so that they never lose.

3. There has been no sex in a while and neither of you misses it.

This is a sign that most of us have already learned from watching TV, but it happens all too often in real life. People in this condition are quick to make excuses for why they have not been intimate in some time, most of which are hollow. The simple truth is that if a loving couple is ever together, there's little that can stop their lovemaking. And this is vital to their well-being.

4. You stop communicating; casually or intimately.

There are two major ways every couple communicates; casually and intimately. A casual conversation between a couple is what establishes that they are friends. This is often mindless banter and joking around about any number of subjects. Intimate conversation is what distinguishes them as a couple. This is when they talk about their emotions, dreams, struggles, and other confidential topics. Both of these forms of conversation are important to maintaining a relationship.

5. You find you are never yourself around them.

It is normal for a person to change in a relationship. Changing allows them to accommodate their partner's quirks and personality. However, not being yourself is different. In this case, you only change when the other person is around or your partner only changes when you are around. Being yourself is a type of honesty and without it a relationship will never advance.

Every relationship will go through a rough patch, this is true. If you have noticed that your relationship identifies with one or more of these signs, you have a chance to work on it before it's too late.

Dating Advice: What To Do When Online Dating Isn't Working For You



By Lisa Smith

Although online dating is one of the most common ways to meet someone these days, it doesn't work for everyone. There are several [research-based reasons](#) why online dating isn't actually the best way to meet someone.

For some people, online dating is frustrating because it's so easy for prospects to present themselves in a way that is much different from who they are in real life. It's incredibly easy to portray yourself as a great catch and hide your bad qualities in the online world.

Others claim the bigger problem is simply that online dating presents them with too much choice which is too overwhelming.

Overall, many of today's singles avoid dating apps and

websites because they are a time suck. It requires so much time to sift through the bad matches and find someone worth talking to. A great way to waste your time is by chatting with someone online for ages, only to meet them in person and realize there is no connection.

Here is some [dating advice](#) if you're single, and online dating just isn't working for you.

1. Try Professional Matchmaking.

Working directly with a professional matchmaker is like having a best friend who is on a mission to find your Mr. Right. A matchmaker is a trusted ally who knows exactly what you're looking for in a partner and wants to find that person for you. By choosing to work with a reputable and [elite matchmaking](#) company, you'll experience what it's like to only be presented with desirable and appropriate prospects. A matchmaker will also help to remind you not to commit certain dating mistakes, and will basically give you a much-needed pep talk before your first date.

One of the greatest benefits of working with a matchmaker is the screening process. They sift out the inappropriate candidates for you, and screen everyone to ensure they're only introducing you to someone great. While online dating might overwhelm you with options and present you with an exhausting [paradox of choice](#), matchmakers effectively narrow it down. This saves you time and energy, resulting in a much more positive experience than online dating.

2. Get Set Up.

Getting set up by a friend who has a single friend can definitely work. It might not be as effective as using a

professional matchmaker, because there is not the same screening process; however, it doesn't hurt to let a friend set you up with their single friend. If nobody is offering to do this for you, try asking a few of your friends if they know someone who is in your age group and single. You might spark the idea that there's someone great they can try setting you up with.

3. Sit At The Bar Alone.

Although it takes some courage to go to a bar by yourself, sitting at the bar alone is a great way to meet someone. Whether it be your neighborhood sports bar or a more upscale venue, sitting at the bar alone makes you approachable. You'd be surprised at how many people will chat with you, as it's not intimidating for them since you're sitting there by yourself. You might mistakenly assume that this makes you look like a sad person with no friends. However, it actually makes you look confident and esteemed. You aren't afraid to grab a drink by yourself, and that shows a sexy confidence. Patrons won't assume that you have nobody to grab a drink with – they'll simply think that you're comfortable being alone. It's a great quality to be independent and comfortable in your own company.

4. Work On Your Confidence.

How many times have you noticed a beautiful stranger behind you in line at Starbucks, or seen someone who is totally your type in the produce section of the grocery store? By working on your self-confidence and realizing that you have nothing to lose, you might start getting comfortable approaching sexy strangers in real life. With the rise of online dating, fewer people are getting approached or flirted with in real life, and you'll stand out as being confident if you do this. Remember that the worse thing that can happen is a polite decline, which isn't so bad.

Movie Review: Have a Blast Watching 'The Spy Who Dumped Me'



By [Haley Lerner](#)

The Spy Who Dumped Me is a hilarious action comedy film starring [Mila Kunis](#), Kate McKinnon, Justin Theroux and Sam Heughan. In this comedy, best friends Audrey (Kunis) and Morgan (McKinnon) end up tangled in an international conspiracy after discovering Audrey's boyfriend who dumped her was actually a spy. Things get heated when Audrey's ex shows up to the best friends' apartment with a team of assassins on his trail. Audrey and Morgan end up traveling to Europe to escape the assassins and save the world. This thrilling comedy is out in theaters on August 3rd.

***The Spy Who Dumped Me* is the story of how to best friends get thrown into an international conspiracy after one is still reeling from a break-up. Keep reading our [movie review](#) and our tips on how your friends can help you move on from a break-up!**

Should you see it:

Totally! Who doesn't love a hilarious comedy sprinkled with fun action scenes. This movie will definitely have you on the edge of your seat and make your stomach hurt from laughing so hard.

Who to take:

This move can be perfect to see with a group of your best friends! Or, it could be perfect for a [date night](#) with your special someone.

Cupid's Advice:

Getting over a break-up can be really hard, but a best friend can make it easier. Cupid has some reasons you should turn to your friends after a break-up:

1. They can cheer you up: Your BFFs can be a shoulder to cry on and your biggest supporters in making you feel better. Stop moping around after a break-up and instead hit the town with your closest friends. Having a good time and forgetting about your ex can seriously make things a lot better.

Related Link: [Movie Review: Adrift](#)

2. You can vent: If you're not in the partying mood, your friends can totally be the people you spill all your feelings about the break-up to. You've probably told them all about your relationship in the past, so they know the situation and can give you advice on how to get over it.

Related Link: [Movie Review: Dance along to 'Mamma Mia! Here We Go Again'](#)

3. They can set you up: Itching to move on quickly from your ex? Your friends can help with that by setting you up with someone cute! They know you best, so they can help find you someone who will make you much happier than your ex ever did.

Have any other reasons why spending time with your best friends is the best break-up cure? Comment below!

Celebrity News: Celebrities Knock Millions Off the Asking Prices of Their Homes





When a celebrity sells their home, it typically goes for millions of dollars. However, there's a rising trend in that celebrities are first slashing hundreds of thousands, and in some cases millions, off of the asking price first. Earlier this year, according to [The Observer](#), former One Direction member, Harry Styles, slashed \$500,000 off the asking price of his LA mansion, while actor, Mel Gibson, recently knocked \$2.3 million off his Malibu mansion's listing price. Often, a well-publicized celebrity break-up is the cause for the swift drop in price in order to secure a fast sale, but in other instances celebs just don't seem to want to hang around for a buyer.

In celebrity news, check out more instances where celebs are dropping the prices of their homes.

A quick drop in price

Since putting their luxury New York City penthouse on the market, Justin Timberlake and Jessica Biel have dropped the asking price by almost \$1.25 million. In fact, the couple seem so eager to shift the property that just a week after taking

\$1 million off, they opted to drop the price further by \$245,000. According to The Daily Mail, the penthouse isn't Timberlake and Biel's only property. The pair reportedly spent more than \$20 million on a penthouse in the 443 Greenwich Street building last year. While celebs such as Justin and Jessica sell up because they require larger homes, there are others who stay put and opt to [utilize the money invested in their homes](#) by refinancing their mortgage and expanding their property.

Slicing off millions

Demi Moore is another star who found herself slicing millions off her home in order to attract a buyer. Her New York property which was once home to both her and her ex-husband Bruce Willis, originally hit the market for \$75 million. Realising that the asking price was significantly over-inflated, it dropped to \$59 million. However, after 2 years on the market it was sold for just \$45 million. You might think that Moore would be a disheartened at the 40% drop, but considering she picked the property up for a mere \$7 million, she still made a fortune from shifting the penthouse.

Asking over the odds

When Harry Styles's pad hit the market for \$8.45 million, his listing broker justified the price by stating that renovations had taken place and that there was a strong housing market in LA. Despite owning the property for less than a year, it was significantly marked up compared to the \$6.87 million it was originally purchased for. This therefore begs the question whether celeb homes are purposefully overpriced in the hope that the agents selling them will make a bigger commission out of the sale.

Celebrity homes usually sell for a small fortune, however, it's worth remembering that many of them are over priced when they hit the market. Therefore, while, taking off millions

might sound extreme, it's usually only done to bring the price back in line with similar properties.

Divorce Coming Your Way: Five Signs Men Need To Watch For



Excerpt from NYC-based divorce lawyer Jacqueline Newman's book [Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce](#)

The signs that a divorce may be on the mind of your spouse has the potential to show itself in different ways, depending on if you are a man or a woman. When it comes to men, signs may present in the form of financial shenanigans.

Here are five signs men need to watch out for when it comes an impending divorce:

Your partner is no longer Mrs. Chatterbox.

You need to be aware and realize it is a bad thing if your spouse starts to shut down verbally. Is she beginning to no longer talk to you about her day or what is going on in her life? If she stops complaining, that can also be a bad sign.

Related Link: [Should You Date Someone Going Through a Divorce?](#)

She is always annoyed.

Let's face it—you can be annoying (just as she can be). And therefore, she is often irritated with you. However, what is happening now is different. She is annoyed on a whole new level and all the time. This is not the simple “Turn the TV down! Are you deaf?” exasperation; this is the “Do you have to breathe so loudly and so often” line of questioning.

She has taken on a great interest in many things—except you.

There is nothing wrong with someone taking an interest in a new hobby or venture. What is not normal is when one partner seemingly has moved on to finding a new singular interest, hanging out with friends you do not know, traveling solo, or otherwise engaging in hobbies that do not involve you—and furthermore, places no focus on even trying to include you.

Related Link: [What Now? Transitioning from Married to Single](#)

She suddenly has a new interest in the finances.

If you have always been the spouse who paid the bills and handled the money and now she has taken a sudden interest in the family finances, it is normal for you to wonder why.

Indications point to the cheating component.

If your spouse becomes really possessive of her electronic devices, is abruptly required to “work late,” suddenly has a ton of business dinners to attend, is more concerned about her appearance, or is even overcompensating when it comes to your relationship, you must pay attention.

Just because your spouse may be doing something on this list does not automatically mean your marriage is over. Try to understand what is causing your spouse’s new or strange behavior. Remember to stay alert. It is always a wise strategy to become fully aware about what is going on so you are not shocked when divorce papers suddenly turn up on your dining room table and your wife’s toothbrush is gone

[Jacqueline Newman](#) is a New York City based divorce lawyer and experienced NY matrimonial law expert. As managing partner of a top tier 5th Avenue Manhattan law firm focused exclusively on divorce, her practice runs the gamut from prenups for high net worth people contemplating marriage to high conflict matrimonial litigation in dissolutions involving complex financial assets and difficult custody issues. She is the author of “Soon-to-Be Ex: A Woman’s Guide to Her Perfect Divorce and Relaunch” & “Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce.”

Dating Advice: Best Movies for Great Date



Let's say you are with someone you're dating at home, you like each other, but you both experience some shyness. In this case, an excellent option is to watch some movies together. The question is, which ones? Let's figure it out. To begin with, set aside vulgarity and rudeness. They don't promote a romantic mood, and instead, they push [single ladies](#) away. Remember one thing: the movie you choose will say a lot about you, and it will either help or hurt your cause when it comes to your love interest.

Here is some dating advice around each genre of movie to consider when it comes to dating:

Drama

One of the biggest mistakes you can make when it comes to movie suggestions is choosing a heavy drama. These types of movies can lead to tears and depression, which isn't exactly the vibe you want to put out in front of your crush. If you

choose to watch *Titanic*, you may be in for a teary night.

Comedy

When choosing a comedy, make sure to keep in mind a few things. First of all, check out the film's rating. You don't want to end up accidentally watching a movie with stupid jokes, obscene language, drugs, and murder. It 's definitely best to check into the humor of a movie in advance. The bottom line is that comedies don't promote feelings except happiness, which is great for a date.

Horror

They say that horror and fear strengthen your sex drive. It's difficult to answer whether this is true or not, but the fact that scary movies typically bring couples together indisputable. Generally speaking, when choosing a horror movie, make sure to ask your partner first. It may be that your crush hates them, no mater how interesting the movie is or who she's with, so be careful!

Thriller

Thrillers, like horror movies, can be called frightening. There's typically less blood and murder scenes in thrillers, but there lies suspenseful secrets and mystery. Make sure your partner is okay with those types of things before selecting a thriller to watch. In thrillers, there are no clear boundaries and they create intense emotions of excitement.

Adventure

One of the best options if to watch an adventure movie with your love interest. Adventure movies debuted in 1981 when *Indiana Jones: Raiders of the Lost Ark* hit the theaters, directed by Steven Spielberg. In adventure films, attention is focused not on the use of force and violence against heroes of a film, but on the ingenuity of heroes and travel. In adventure films, heroes often have to find an extraordinary way out of difficult situations.

Melodrama

You'll have the largest selection of movies to pick from if you watch a romantic movie, also called a melodrama. What else does she need to feel happy? A good, bright, kind movie about love a happy ending is a sure thing. A melodrama reveals the spiritual and sensual world of heroes in emotional circumstances on the basis of well-known contrasts: good and evil, love and hate, or joy and sorrow.

Be sure you choose the right genre for you, as people are all different. What are some other things to consider when it comes to choosing a date movie?

Dating Advice: Most Common Dating Mistakes



While some of

us are great when it comes to dating, others may fall into the “beginner” category. Either way, each and every one of us has had to deal with dating and the issues that come along with it at some point. Just as with anything, the ins and outs of dating and relationships have evolved throughout the years. There’s no doubt that there are some drawbacks to dating, but in the end, imperfections can be beautiful.

To get the most out of your dating game, it’s best think about possible pitfalls in advance. Here is some dating advice:

1. Poor communication: In an era where messengers and ridiculously fast transportation are ubiquitous, for some unknown reason, people tend to forget how to communicate. It’s not enough to just have sex and spend a few hours a week going out or eating somewhere. Deeper conversations and even small talk still matter. Ask how she feels today, what she is up to, or what she dreams about. If things work out, you may end up in a serious relationship or married. Can you be happy with a person you know nothing about? No!

2. [Online dating](#) problems: Let’s be honest: issues with online dating are infinite and we could devote an entire book to it. But to name a few, there are online dating scammers, addictions to sexting and frequent rotation of partners. You can easily become picky and fastidious, changing partners like underwear. It’s totally not okay, as you never build an emotional bond, which makes your relationship real and authentic.

3. Rushing into things: “Think fast” is really great for work, but when it comes to relationships, rushing into decisions makes very little sense. Predicting how people are going to

act is virtually impossible, so take some time to understand your own feelings and whether or not your partner and you truly click. Many people make this mistake while still being in the initial stage of a romantic relationship when everything seems sweet and fine.

4. Over-analyzing everything: This is pretty common. People tend to pay way too much attention to that which does not really matter. Overall, “actions speak louder than words,” as they say. The fact is, we’re human, so at times we can be distracted, depressed, moody or just detached. Of course, you want to avoid putting all of the burdens of your emotional state on your partner’s shoulders. If she doesn’t answer your message within 30 minutes, it does not necessarily mean you’re getting the cold shoulder.

5. Not paying enough attention to sex: This one may sound odd, but it actually happens (often times with men especially). They tend to believe that they have natural skills in bed, and there’s no need for training and looking for better approaches. Moreover, there’s a right and wrong for each individual. Sometimes, the simplest things in life are the most complicated.

What are some other potential pitfalls when it comes to dating? Share your thoughts below.

**Movie Review: Dance along to
‘Mamma Mia! Here We Go Again’**



By [Haley](#)

[Lerner](#)

In this entertaining comedy, which releases in theaters on July 20, 2018, 10 years after the events of *Mamma Mia!*, Sophie (played by Amanda Seyfried) is pregnant with her fiancé Sky's child on the Greek island of Kalokairi while running her mother's villa. But, Sophie is unsure she can do it all by herself, so she enlists the guidance of her mother Donna's friends and former bandmates, Tanya and Rosie (played by Christine Baranski and Julie Walters, respectively). Throughout the movie, Sophie learns more about Donna (played by Meryl Streep, with Lily James as Young Donna) and how she met each one of Sophie's dads (Pierce Brosnan, Stellan Skarsgård and Colin Firth) and raised her daughter bravely on her own, without a mother's guidance. Of course, things are turned upside down by a surprise visit by Sophie's grandmother, Ruby Sheridan (played by Cher).

***Mamma Mia! Here We Go Again* is all about the love between family and the true connection of a mother's bond with her daughter. Keep reading for our [movie review](#) and some tips on how to manage the stress of a first pregnancy:**

Should you see it:

Yes! This fun musical romantic comedy is filled with fun ABBA songs that will make you want to dance out of your seat. The romantic storylines and bond between a mother and daughter will truly make you fall in love with the movie.

Who to take:

Seeing this movie is the perfect [date idea](#) for you and your special someone. The movie is romantic, but also tons of fun! Grab some popcorn and a soda and cuddle up with your beau in the theater for this exciting rom com.

Cupid's Advice:

Being pregnant with your first child is incredibly stressful. Cupid has some tips to help make it easier for you:

1. Reach out for help: You don't need to struggle alone in your pregnancy! Reach out to your close family and friends, just like Sophie did. They can help you get through all the rough patches and lend you the advice you need for raising your child.

Related Link: [Movie Review: Check Out the Ultimate Game of 'Tag'](#)

2. Prepare in advance: Before actually giving birth to your baby, make sure everything at your home is ready for your bundle of joy's arrival. Make sure your baby's room is all setup, you've got plenty of diapers and you know the route to the hospital. It's never too early to start nesting!

Related Link: [Movie Review: Adrift](#)

3. Take a breath: We know, having your first child is definitely scary. But take a deep breath and realize that you don't have to be a perfect parent right away. It's okay if you make mistakes, you're only human. You worrying so much is a clear sign your child is going to be raised in extremely caring hands!

Have any more tips on having your first child? Comment below!

Dating Advice: 4 Signs Your Partner Is the Right One for You





A lot of us get into a relationship only to eventually breakup. This typically happens because we end up picking the wrong partner simply because we are not aware of what we want from life or we are not able to catch the signs.

To help you make the right decision, our dating advice below includes four signs that indicate your partner is the right one for you:

1. You can talk for hours:

It is important for partners to communicate with each other and talk about everything. If you struggle to come up with a topic to talk about with your significant other, then it is a sign that you are probably not compatible. However, if you can talk at a stretch without struggling to find things to say, then you more than likely have a sustainable connection.

Many couples just sit together, at a restaurant for example, but have nothing to say to each other. Such couples are typically unhappy, and it's not something you'd want to aspire

to in your relationship. If you find it difficult to open up in front of your partner and your conversations are not a two-way street, then it may be time to call it quits.

2. You love doing things together:

If you love your partner's company and enjoy doing things with them, then they may be the right pick for you.

This could involve everything from dining together to watching movies together to going on trips. Remember that you do not need to share the same tastes to be able to enjoy things together. You might like action movies and your partner might like romantic comedies. There is nothing wrong with that, and sometimes opposites can actually attract one another. But, if these differences begin to cause you to fight, then it's a sign of concern.

3. He or she makes you happy:

Physical attraction aside, you get into a relationship because it makes you happy, but sadly not every relationship involves two happy people. Some can be toxic.

If your relationship only makes you unhappy, then it is not the right one for you. However, before you make a decision, find out what really causes you to be unhappy. It can be due to several reasons. For example, if you're married, think about putting together a list entitled "[thankful for my husband](#)" and bring to light what qualities your husband has that you are thankful for. You can do the same thing with your partner, and this will help you gauge if the fault is within your partner or because of you.

4. You fight, but then grow closer:

It's okay and normal for couples to fight. Just because you have arguments, it doesn't mean you're wrong for one another. Remember that all couples argue. In fact, many experts believe

that fights can help two people come closer, but this only happens when you avoid letting arguments change your relationship.

If you stop talking to each other for days after a fight, then it is a sign that you're not right for each other. However, if you can get along despite arguments and not carry forward the hatred, then it is a sign that you can work through things together long-term. Couples that forget about the negative things in life and concentrate only on the positives stay together for a long period of time, because they do not let the hardships of life affect who they are.

Consider these four signs when you're trying to figure out if your partner is "the one". The key lies in not being overly critical and seeing how things really are. If the partner you're with makes you happy and you think you can be with them in the long-run, then it's time to give it a real shot.

Movie Review: Adrift





By [Jessica](#)

[Gomez](#)

Adrift is a story of love and survival. Love birds Tami (Shailene Woodley) and Richard (Sam Claflin), set out to sail from Tahiti to San Diego and get caught in one of the most powerful hurricanes to ever happen. Their boat capsizes and is damaged, and Richard is badly hurt. Tami then takes on the fight for her survival and the love of her life's, not losing hope. Watch this breath-taking love story play out now that it hit theaters June 1st. A great watch for those who crave love with the chaotic, intense twist of the struggle to survive.

***Adrift*, although having a natural disastrous twist, is about the perseverance of love and not losing hope due to that love. Read on to continue reading our [movie review](#) and get some tips on how not to lose hope when you're in love:**

Should you see it: Yes! *Adrift* has a good story line that can keep our eyes glued to the screen. With the topics of love, hope, and fighting to survive with your loved one – we will get the intensity we are asking for.

Who to take: Take your other half or a friend. Grab some drinks and snacks, sit back, and enjoy the movie. The plot is good for whoever likes a love story and/or a movie of surviving a natural disaster.

Cupid's Advice:

Sometimes we find ourselves in a situation that we feel has no remedy. And yes, there are times that this is true and we have no choice but to move on. However, there are also times where we shouldn't lose hope. Here are a few mental techniques to keep yourself hopeful in what feels like a hopeless situation:

1. Be appreciative: Evaluate the situation and see what you should be glad for. Think about the positives of the situation and how things could have been worse. Then, appreciate the situation you are in before fixing it. At the end, be glad you're learning from all this.

Related Link: [Movie Review: Book Club](#)

2. Think it through: Most of the time – where there is a will, there is a way. This brings us to evaluating again, but this time in search of a solution or something to calm things down a bit. Sit down, think deep about what's going on, and ponder it all until an idea comes to mind. Don't be shy to ask for help either, two heads are better than one after all.

Related Link: [Movie Review: Samson](#)

3. Be positive: It is easier said than done, but whenever you think of the situation negatively, push it out of your head. Think about what is to come and how things will be okay again. Look ahead. Things may look glum now, but they will get

better. Positive thoughts can bring positive outcomes – like the law of attraction states.

What tips do you have? Share below!

Movie Review: Check Out the Ultimate Game of 'Tag'



By Haley

Lerner

In this exciting comedy, premiering in theaters on June 15th, a group of five competitive friends play a constant game of tag for one month every year. These friends have risked it all for this 30-year-long ruthless game – including their jobs, relationships and physical health. The film centers around the current year's round of tag, this time coinciding with the

wedding of the only player that has never been tagged, Jerry, played by Jeremy Renner. So, the other tag players set out on a mission to finally defeat Jerry once and for all. This laugh-out loud comedy also stars Ed Helms, Jake Johnson, Anabelle Wallis, Hannibal Buress, Isla Fisher, Rashida Jones, Leslie Bibb and Jon Hamm. This buddy comedy shows how far competition can go between life-long pals and it's actually based on a true story.

***Tag* shows how competition can keep a group of old friends close for many years. Keep reading to check out the rest of our [movie review](#) and some tips on how to stay close with your old friends.**

Should you see it:

Definitely! This is a fun movie that is guaranteed to bring you lots of laughs. You've got to see the chaos that unfolds over the intense seemingly simple game these pals play.

Who to take:

This movie is about the power of long lasting friendships, so check out this movie with a few of your close friends! You can laugh together at the absurd situations the characters put themselves in in order to tag others. Your group can then also bond after the film and talk about your old memories together. It could also be a fun [date idea](#) to go to the movie with your partner.

Cupid's Advice:

Making new friends is great, but everyone knows the friends

you've known for forever will always hold a special place in your heart. Cupid has some tips on how to keep that close bond you have with old friends strong:

1. Keep in touch: It sounds obvious, but frequent communication is really one of the most important ways to stay connected to old friends. Make a texting group chat with your old friend group so you guys can update each other about what's going on in your lives. Plus, whenever you think of something funny, you can share it with all your old friends!

Related Link: [Movie Review: Book Club](#)

2. Schedule meet-ups: There's nothing better than actually seeing your friends in person. Even if your friend group is living across the map, try to plan group gatherings a few times a year so you all can reconnect.

Related Link: [Movie Review: Midnight Sun](#)

3. Be there for them: When times get tough, old friends are truly who many people can fall back on. Make sure you're there for your friends when life gets rough and support them in any way you can. Whether it's a bad break-up, loss of a family member or money trouble, you should be someone your friends can talk through their issues with.

Do you have any tips on how to stay tight with old friends? Comment them below!

Movie Review: Book Club



By [Jessica](#)

[Gomez](#)

In this fascinating comedy, which was released in theaters on May 18th, four successful older women in a book club read the infamous book *Fifty Shades of Grey* – and it gives them a whole new perception: It's time to change it up and seek out different kinds of pleasures. These four women are in different situations – one widowed, one playing the game with no strings attached, one working through a floppy 35-year marriage, and the other working through a 10-year old divorce! This lovely comedy starring Jane Fonda, Diane Keaton, Candice Bergen, and Mary Steenburgen, displays the journey to finding what was lost in love and sexuality, and showing us that you're never too old to get it back. Outrageous choices are a must sometimes in order to find what you actually crave.

Book Club is all about being

sparked by a particular something to go out and take life into your own hands. Read on to continue reading our [movie review](#) and for some tips on how to get the motivation to get you out there and get what you desire:

Should you see it:

Yes! This is a great feel-good movie! No matter how old you are, *Book Club* will make you laugh. You will follow the lives of these four older women and see that the golden years are not really what society makes them out to be.

Who to take:

Definitely take your girlfriends and anyone else who enjoys a good chick flick! It's the type of movie that can inspire women of all ages to aim and achieve what they want, while also having you laugh. Enjoy it with some popcorn and soda! If you're on a diet, make it your cheat day!

Cupid's Advice:

Sometimes all we need is a little push, a little motivation. It happens. Sometimes we're in a slump and feel the need for more, but just can't get the energy to do so or don't even realize it! Here are a few things you can do to change that:

- 1. Update your look:** When you look good, you feel good! Go shopping, change your hair, etc. Look through your closet and give it a good clean out. Check out what you want and don't, what you use and want to use, and what you will never use again. Go to the salon and get a hair cut or just get it done

and grow your hair out – the choice is yours. Do what makes you feel good! It's time to get to work!

Related Link: [Celebrity Videos: 5 Steamiest Movie Kisses](#)

2. Take care of yourself: You want to be healthy, and like said before: look good. Eat well, have a full breakfast and a decently small dinner. Eat snacks throughout the day to give you the energy you need to get stuff done. Exercise for energy and health – it also keeps you looking good and it releases dopamine and serotonin, chemicals that work together to make you happy and keep you in a good emotional state. Also, don't forget to pamper yourself! Go get a mani-pedi, a facial, etc. Stay on top of this and be consistent!

Related Link: [10 Films About First Love that Make You Want to Fall in Love All Over Again](#)

3. Try new things: Continue doing the things you love and make you happy, but also try the new and foreign. You never know what you could be missing! There are just so many things to explore whether it be activities or new places. Be all about you. Take on these new adventures both alone and with friends and family. The list is endless and so are the possibilities for your self-realization and happiness.

Do you have any tips to add? Share with us below!

Relationship Advice: Tales of the Other Woman



By Dr. Jane

Greer

Everyone feels they were scourged in the aftermath of betrayal, and in an effort to work through that and regain their equilibrium they like to talk about what happened, often to anyone who will listen. Sometimes, though, while that can make someone feel better in the moment, it can cause greater trouble down the line and further delay the journey back to personal peace and happiness. Whether you are in the public eye or not, speaking out about the person who hurt you can be tempting. For example, Evan Felker's ex-wife Staci Nelson reacted recently to claims that he cheated on her with country superstar Miranda Lambert. Doing this can feel like your chance to set the record straight by telling your side of the story, and it can feel like a way to fight back. You've been wronged, so this is your way to make it right.

Sometimes speaking out about the

one who wronged you can be helpful, while other times it can cause more negativity. So how can you balance it? This relationship advice comes down to what you say, and whom you say it to.

The obvious place to go to vent your anger and frustration is to friends and family, since they are the people who know you and support you. They may encourage you by asking you to tell them what happened, or they may be more provoking by launching a missile and speaking badly about your ex-partner, thus throwing logs on the already flaming fire. Try to be careful, however, about what you share with them for a few reasons. While the initial reaction is to look to end the connection, sometimes cheating can actually help people reevaluate and overhaul their relationship to make it stronger and more resilient than it was before. There are enough times that people get back together. If in fact you and your ex do reconcile one day you don't want your friends and family members to have turned so completely against him or her and become so alienated that it makes it difficult for you to reconnect. Also, there is always the matter of the people you shared while you were together. What if, during your relationship, your cousin became good friends with your ex-husband, or your college best friend's wife is now best friends with your ex-wife? These are hard connections to break, and it helps to be aware of the tricky position that putting down your ex, who may still be an important factor in their lives, can put the people you love in. While oftentimes there is a strong pull to rally as many people as possible to your camp, drawing these lines can sometimes be very divisive and you risk creating more losses for you with your existing

relationships if people feel they have to choose a side.

Related Link: [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

Being able to vent and say bad things about your ex can be an important initial step, but you want to continue to take subsequent steps and have that not be where you remain. Instead of only demeaning them and looking to do a character assassination, start to shift what you are expressing to focus on the impact their betrayal had on you and how you are dealing with it. To begin the real healing, it is important to be in touch with all of your feelings, not just your anger. This way it can eventually become less about stirring the brew of your rage and more about developing your self-awareness. In my book *How Could You Do This to Me?: Learning to Trust After Betrayal*, I speak about blind trust. Was this going on for you? Were you too trusting, did you see signs and ignore them, or did you miss them completely? It is this reflection and understanding that will enable you to learn how to trust your own judgement so that you feel better equipped to protect yourself in the future and keep this from happening again. By doing this it helps you to stop perpetuating the negative by keeping yourself in the role of victim, and instead shift to moving forward and away from your ex and the fallout of the betrayal.

Related Link: [Celebrity Break-Ups: Evan & Staci Felker Were Trying to Have a Baby Before He Met Miranda Lambert](#)

Being deceived is devastating at best, at worst, if not dealt with, it delivers a blow that can keep you feeling low for a long time and can derail you from living your best life. For that reason, doing all this is your emotional health insurance as you go forward. Hopefully, Staci will be able to get back on track and become stronger as she carries on.

Please tune in to the Doctor on Call radio hour

on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: The Pitfalls of Dating While Divorcing



By Dr. Jane

Greer

Dating someone new is exciting but often challenging, and adding the complications of a divorce that's not officially finalized yet, as well as kids from the fractured marriage, into the mix can create a whirlwind of possible pitfalls and new challenges. Waiting for a divorce to become official, though, can take some time, and it is often difficult to put the entire future of one's love life on hold until it is all said and done. Actor [Brad Pitt](#), for example, has been seeing MIT professor Neri Oxman in the midst of ending his marriage to [Angelina Jolie](#). Dating while being separated from your ex-spouse can often feel like a no man's land of uncharted territory with no clear rules. There may be concerns about how quickly to move things along, or a newfound fear of commitment because the most recent union failed.

While you may be eager to move forward and find new love, it can feel like a slippery slope where you can get in too deep quickly, sometimes without even meaning to. With that in mind, there are certain pieces of relationship advice to consider as you navigate this sometimes lawless territory.

The first obvious question is how soon is too soon? It is a very personal journey in terms of how each person manages the sadness of saying good-bye to someone they loved and shared a life with. Some people have no immediate desire to meet someone new, and instead withdraw and go into emotional

hibernation, unwilling to put themselves out there for a while and risk being hurt again or diving into another unsuccessful relationship. Others take the opposite approach and seek out a new romance because that is what they believe they need to survive the turmoil they are facing. Taking your personal inventory of what works for you, figuring out your own rhythm of moving faster or slower, can be helpful in gauging the best way for you to proceed. If you do decide to jump back in to the pond of love, try to consider what didn't work in your marriage and attempt to avoid those behaviors in this new partnership.

Related Link: [Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

Along those same lines, how do you balance the responsibilities and devotion you have to your children, as well as all the things that go along with taking apart your old life, with this new person? Consider how much energy you realistically have to give to your new identity as a single person and to your new relationship. If you have met someone you really like and want to get involved, that is fine, but keep your kids in mind and pace yourself with how you introduce them, possibly saying your new love interest is simply a friend at first so as not to confuse them. On the flip side, you might find you are not ready to invest a lot of time into a new romance. He or she might want to jump right in, planning dates and weekend brunches, but you are juggling time with your kids and don't want to miss a soccer game or a dance performance which often conflicts with the proposed plans. Think about and prioritize what is most important to you, and be completely honest about what you are willing and able to put into this new situation. Be clear about your time and what you need to keep it balanced. It can be helpful to convey this upfront so that they can keep their expectations of you realistic and not bombard you with demands for getting together. By doing this it will help make the new relationship

stay light and be a relief for you, instead of becoming another emotional burden and a new source of guilt.

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Finally, is it okay to talk about your ex and the details of your divorce with your new dates? There is no question that you have gone through a difficult time as you and your ex-spouse untangle the life you shared together. It has probably been the focal point of everything for you, all that you can think about. It is natural, then, that it is what you are used to talking about, and very likely what you want to talk about. That is understandable, but when it comes to the people you are just meeting and getting to know, the less you say about the nitty-gritty of your ex and your divorce, the better. Try to keep the conversation focused on fun topics such as activities you enjoy doing as well as those you would like to pursue in the future. Instead of making this new person your support system while you go through the divorce, allow your connection to be about what is ahead of you and think about it as an opportunity to explore who you are now and who you are becoming.

While it is a lot to contend with, it appears Brad is handling these possible roadblocks and choices with aplomb. Neri seems to be taking everything in stride, and perhaps she and Brad can continue on this path to happiness together.

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visit <http://www.drjanegreer.com>.

Relationship Advice: 8 Ways to Tell If Your Online Date is a Cheater



Online dating is a fairly new phenomenon, but one that is here to stay. For some, it's a great way to meet like-minded people who share your interests, activities, and hobbies. But, how can you tell if their online persona is accurate and truthful? Are they really single and ready to mingle, or is your online suitor married with children? Several studies have concluded that up to 30% of those men using an online dating service are already married. The online dating site eHarmony states that 53% of online users lie on their dating profile, mostly about age,

height and weight, and job/income.

Here are some signs to watch for so that you don't fall in love with a serial cheater.

1. He's on all of the online dating sites: Online dating apps like Tinder and OKCupid make it easy to keep a lot of irons in the fire. Someone who maintains profiles on ALL these sites are probably not interested in monogamy; if something doesn't come from one contact, he is right back there working on his next one. Be sure and check to see if his user ID is active on multiple dating sites before getting too involved with your selection.

2. He refuses to meet you in real life (IRL): Some men enjoy the online attention and have no intention of ever meeting you IRL. If you've communicated frequently and are ready for a face to face in a public location, ask for it and gauge his reaction. You will find out how serious he really is about pursuing a relationship by how easily he makes it to connect with him IRL.

3. He may be unavailable and vague when asked direct personal questions: For someone looking for love on a dating website or app, ambiguous responses to basic questions like where they live or what they do for a living are a huge red flag. You want someone who is willing to reveal himself to you on a personal level, even if it's just meeting for a cup of coffee. Serial cheaters stay intentionally vague so that you can't pursue them; they can only pursue you on their terms, which don't typically include living happily ever after.

4. He's only willing to meet at odd times of the day or is unavailable for regular "date" activities: Someone who talks all night but gets off the phone hurriedly at 7am may have

something (or someone) to hide. This may not apply to those guys who work a second or third shift, but if they are a 9-to-5er then watch their behavior carefully. Don't accept rushed, last-minute invitations or booty calls!

5. He doesn't appear confident in who he is and needs a lot of attention: Often serial cheaters are men who don't like being alone or are very insecure. They use online dating to prop up their fragile egos by trolling for compliments, strokes, and contact with multiple women. You don't want to waste your time on a dud who only wants to get something from you and not give anything in return.

6. He doesn't want to change his relationship status: If you've already met in person and it seems to be getting serious, check out his reaction when you ask or tell him that you are ready to change your relationship status online. If he balks, he may want to continue appearing to be single so he can play the field. If you can have a conversation about it and mutually decide on this issue, he may indeed be serious.

7. He avoids talk of the future: If your guy likes to only discuss things in the here and now and isn't willing to talk about the future, that may be another red flag. Every couple needs to have hopes and dreams that they share about their future together; if your guy changes the subject when you bring up your upcoming summer vacation plans, you might want to ask what his true intentions are for your future. Men who are in it for the short term or until someone better comes along will not want to make future plans together.

8. Sex is his primary objective: If someone initiates sexual conversation, flirting, or asking for naked pictures too soon, then that may be all that they are down for! It is always a good idea to have your own intimacy rules in place before ever pursuing online dating so that you know where the boundaries are upfront. Be honest with the guys too – if they are legit looking for love, they will totally appreciate knowing what

the rules are.

Like anything online these days, do your homework before committing to anyone or anything. Always meet in a public place until you know the person better and don't be afraid to hire a professional if you are truly serious about a guy and don't know if he is or not. Reputable [private investigators](#) such as North American Investigations can ease your fears about your online romance or perhaps dig up enough information to know that he's not a good fit for you.