

# What Attracts Us to Bad Boys?



By Dr. Carole

Lieberman

Though we women pride ourselves on how 'we've come a long way, baby,' we still fall prey to the charms of bad boys. Why? It all starts with Daddy – the first man we've ever loved. If this relationship was dysfunctional, such as with a father who was abusive, depressed, a workaholic, or simply divorced and unavailable, we feel unlovable and grow up with a penchant for bad boys.

The Dozen Dangerous Devils, or 12 types of bad boys, include the: Fixer-Upper Lover, Compulsive Flirt, Grandiose Dreamer, Misunderstood and Married, Mr. Power Mad, Commitment Phobe, Wounded Poet, Self-Absorbed Seducer, Man of Mystery, Dramatic Daredevil, Prince of Darkness and Lethal Lover. We are attracted to one or more of these types in an unconscious effort to turn our disappointment with Daddy into a fairytale happy ending.

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For example, if a little girl's father abandoned her, such as by death, divorce or emotional distance, she would likely grow up to be attracted to a Fixer-Upper Lover (also named the Frazzled Frog), who seems like he would be the least likely man to abandon her because his life is in need of much repair.

But, once she provides him with the nurturance he craves and helps him get his act together, he hops away to find a more discerning princess. All Dozen Dangerous Devils are heartbreakers. They just break a woman's heart in 12 different ways!

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Headlines are perpetually filled with celebrity bad boys – from Brad Pitt, who claimed to be Misunderstood and Married when he fell for Angelina Jolie; to Chris Brown, an abusive Prince of Darkness who Rihanna still can't resist; to *Bachelor* Ben Flajnik, who's become a Compulsive Flirt despite his engagement.

Some bad boys can be tamed, but a woman must be careful not to lose her self-respect or sanity in the process. Look where it got Catherine Greig, the woman who harbored mob boss James 'Whitey' Bulger, a Lethal Lover. She'd laughed about liking bad boys until it landed her in jail!

*Dr. Carole Lieberman is an internationally renowned "Media Psychiatrist." On TV, Radio, the Internet, in Film, Print, as a Speaker and as the first "Shrink on Board" airline in-flight entertainment, Dr. Carole's insights help people seize the moment to live happier, more fulfilling lives. She's also the author of Bad Boys: Why We Love Them, How to Live with Them and When to Leave Them.*

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# Spring Cleaning: 5 Types of Guys to Dump



By Marianne Beach,

GalTime

The flowers are blooming, the grass is growing—meaning it's time for some spring cleaning. But we're not talking about clearing out your closet or freshening up your house. Nope, we're talking about spring cleaning your love life. Yes, you heard me. It's time to wash that guy right out of your hair.

Jumpstart this spring with a fresh outlook and shed yourself of the five kinds of guys that spell out trouble.

Of course we girls are notoriously bad at letting go of Mr. Wrong. Even though we know in our hearts we should. (How

could we not, with our best friends telling us every five seconds?)

So for a little added motivation, we recruited our favorite Straight Male Friend, Marcus Osborne, to smack us down. And give us the 411 on the **five guys we need to dump** this spring.

“You’ve GOT to be willing to cut the cord. Respect your deal-breakers... and let the deal be broken,” Osborne insists. “The alternative is to stick around in a relationship that fires round after round at your self-esteem.”

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Is your man on Osborne’s hit list? Take a look!

## **5 Guys to Dump**

**1. Mr. I’m Too Busy:** “Gosh you’re amazing but I just don’t have the time for a relationship right now.” If you’ve heard any variation of that line, know that you’ve just been warned.

That relationship, if that’s what you’re hoping for, is going nowhere and he’s basically told you so. The deal with Mr. I’m Too Busy is that he really isn’t too busy. If you believe nothing I ever tell you, believe this- If the guy is into you, he’ll find time. Period.

**2. Mr. Panderer:** This is the guy who has mastered the “game.”

Typically, he seeks out women who are looking for an old-school/traditional guy. Why? Because (in his mind) that woman can be had by sticking to the old courting playbook.

She’s not a huge challenge for him—even though the woman may think she is. Not for Mr. Panderer. He knows what SHE thinks before she even thinks it because it’s all in the playbook.

He says and does all the “right” things as a gentleman all the time. If he seems too good to be true...start looking for clips of him on Dateline.

**3. Mr. Mysterious:** This guy can be everything or anything. His genius is making you feel as if you know him “well enough” without knowing a thing about him. You probably haven’t been to his place. And if you have, you’ve probably only been there at certain times. He never really answers questions about his life. It’s likely he’s reluctant to introduce you to his friends or family—and has made mention or attempt at doing so. And he probably doesn’t care to meet yours. This guy probably has no male friends either. No best friends? Beware. No matter how sexy or intriguing Mr. Mysterious seems to be, there’s something not quite right about him.

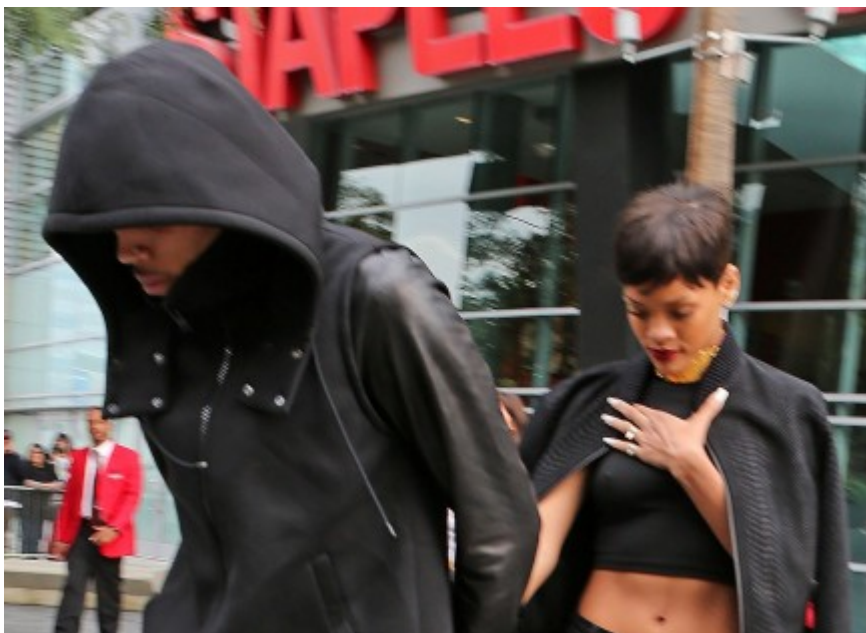
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**4. Mr. Know-It-All:** One of the worst. Mr. Know-It-All may initially be impressive. His intellect is alluring, no doubt. Problem here? No one really knows it all. Furthermore, no one wants to be around anyone who thinks they know it all. Even worse, this guy can tend to be overbearing and domineering. He’s always telling you what you did wrong, always telling you the “right” way to do things. He has very little regard for other perspectives. His high opinion of his opinions turns your friends off as much as it turns you on. Ultimately, this guy will end up being far more controlling than you expect and that’s not good.

**5. Mr. Apology:** We all love and appreciate contrition. You screw up? You own up to it. But there’s a limit to everything. How many times can a person apologize before you realize that the repentance has the worth of Monopoly money? (Especially if it’s for the same transgression time and again.) Understand this; if the guy is constantly apologizing he either lacks confidence or he doesn’t really respect you. Because at some point the lesson learned should stick and shouldn’t keep happening. If it DOES, it’s because he knows he can get away with it by saying, “my bad.” Not good enough. \_

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# 'American Reunion' Is a Nostalgic Love-fest



The gang is back! After almost a decade of absence Jim, Kevin, Oz, Finch, and of course Stifler are finally heading back to the big screen. On the surface these films may not seem much like a romance, but the true heart of the series is in the relationships that help these characters grow. In 2003's *American Wedding*, Jim tied the knot with Michelle, proving that this series is all about romance. Now, in *American Reunion*, the entire cast of the 1999 original is back for their high school reunion. Old flames reunite and long term relationships are tested. But all in all, this film is going to be a lot of fun and a great slice of nostalgia for everyone who grew up with these classic characters.

**Should You See It?** If you loved the original three, you

should be really excited for this reunion. But *American Pie* isn't everyone's cup of tea.

**Who To Take:** While *American Reunion* would make a great date movie, perhaps the best way to see this is with a bunch of old friends from high school. This is a big nostalgia flick and could be worth a reunion of your own.

**Afraid of a run-in with an old flame? Here are some tips on how to get through the situation with ease.**

In *American Reunion*, the main characters of the original film are all forced to face their old high school flames. The trailer shows a lot of potentially awkward moments, which is pretty accurate to how these things can be handled. Here are some tips on making this situation as unpainful as possible.

**1. Just be yourself:** Don't try and go back to the person you were when you guys dated, you both have changed and the last thing you want to do is show them that you haven't grown. Plus, who knows, if the stars align and you both grew into completely different people, maybe you can find something in each other again.

**2. Keep the conversation light:** High school relationships almost never end well because you are young and naïve. So seeing this person will likely bring up some bad memories. So simply just don't bring those up and you will have a pleasant reunion. Talk about the good things in your life.

**3. Remember that it has been years:** A lot of time has passed since your relationship. If they did something bad to you that might not be something they would do anymore. The same goes for you. A lot of growing happens after high school. Forgive and forget and just be as nice as possible. You never know what might come of it.

**Do you have any experiences reuniting with an old flame? Share them below!**

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# Can Being A Sibling Teach You To Have A Good Relationship?



By Steven Zangrillo

My sister and I grew up in Suburbia, which affords bored, middle-class children multiple opportunities for creative mayhem. My sister, therefore, functioned as a guinea pig of sorts. For instance, picture a 10-year-old and his friends chasing you around with Super Soakers filled to the hilt with pickle juice. You'd have hated me, too. When we both hit adolescence, we grew up a little bit. We went to high school and started to test the dating waters. As if being a 14-year-old, pimple-faced fat kid wasn't enough, I had to come home to the chiding laughter of my older, hotter, more dating-tested sister whenever I failed. Good news of failed romance spreads fast in Suburbia. My immaturity blinded me from taking in the



romance lessons that are now so clear to me. Let's break them down:

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**1. People will always aggravate you, but how you react is dependent on how you want this situation to end.**

On Easter we would have an Easter egg hunt, followed by a trip to the Sunday car show downtown. My sister would wake up extra early and find out where the eggs were, leave them there and go back to bed. When our parents woke us up a little later, Samantha would rifle through the house and snag every egg. Me? I was left in bitter tears and tuxedo pajamas (they were sweet, don't judge). She won the battle, and I didn't complain. I won the war later when I, not she, got to sit in the cars first at the show. Karma comes back around.

The lesson here is that your significant other will purposefully or unintentionally do aggravating things, just like your sibling. Whatever habits, issues, or situations you're faced with, remember that you can either continue to stamp your feet and cry while everyone goes to the car show, or you can calm down and hop your little tush into the front seat of a '72 Corvette.

**2. Everyone is equally accountable under the same roof.**

I had a Sega Genesis; she had a boom box. Montel Jordan was particularly popular at the time. You're already singing it in your head, "*Thiiiiis is how we doooo ittttt...*"

I was busy freezing people and knocking their heads off in *Mortal Kombat* when Samantha came bounding down the stairs, asking if she could play. I shrugged and, since I was bored anyway, surrendered the game console to her. I began to aimlessly prance around the house as quickly as my 7-year-old body would allow me to move. I stumbled upon her glistening,

gorgeous new Sony boom box. Somewhere between the chorus and the second stanza I managed to scramble up the tape deck. I was left with a mangled mess of what once was a cassette. Needless to say, my sister and I brawled that day.

The lesson here, of course, is to communicate. Want to borrow his toothbrush? Fine, just say so. The idea that “What’s yours is mine, and mine is yours,” is great up until that last drop of orange juice is gone and someone is forced to adjust their routine because you didn’t say anything. It seems mundane, but little things add up. Give yourself few chances to be accused of things.

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

**3. Be a softie- it’s okay, seriously. If you don’t know how to be one, open yourself to learning about it.**

My sister and I have spent 24 years being absolutely obnoxious towards each other. Between the passive-aggressive verbal assaults, physical encounters, finger pointing, name-gaming nonsense, we’ve seen some real and palpable tough times. There have been days where I’ve been called on to be her little brother. That’s a role that I relish and will always take seriously.

The same thing goes for relationships. It’s easy to be a fun, happy boyfriend or girlfriend. Life is great when you’re out on the town having drinks and dinner, going to your favorite club, seeing a movie, or whatever the case may be. The next day that person may be in need of something more concrete.

You might be called on to be there for support and you better be ready for it. If you aren’t, then just listen to everything they have to say to you. Be a softie. Listen, understand and appreciate. That’s your job as a sibling, significant other and a person in the world.

**Do you think being a sibling has helped shape your relationship? Share your comments below.**

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# Exclusive Interview: Pick-Up Artist Mehow Shares His Secrets



By Samantha Mucha

As women, we read countless articles, stories, opinions and anything else we can get our hands on to help us understand what guys want. Now, there is no need to worry anymore, ladies: Mehow has your answers.

Who is Mehow?

Mehow is one of the most well-known Pick-Up Artists (PUA) in the world of seduction. Back in 2006, he started his own Website called Mehow Inc. where he used his experience and his expert advice to help men meet women and develop happy and

successful relationships.

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When asked about the top three qualities men look for in women, Mehow replied, “First of all it’s hotness, but that’s just the truth, right? That’s the number one thing for men.”

However, woman who may not be the best looking still have a great shot at getting the guy they want. “Fun and personality are a big factor,” Mehow reveals, but really, “It depends on the guy. A normal dude will look at her stuff, level of fun and see if she’s being logical. She has a better shot, if she has her life together.”

Be fun, cool, compelling and confident. According to this PUA, that’s what it takes to make yourself more attractive to men.

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So how does Mehow know so much about women? He has been working as a PUA for about seven years and has talked to thousands of girls. He has compiled tons of research and sometimes uses hidden cameras to look at women’s reactions to his methodology. He uses specific methods and ways of communication to make women feel comfortable, but also allow the guy to communicate well. Taking his work a step further, he even believes that with the right amount of funding, he could scientifically prove some of his theories.

Believe it or not, “women are primarily attracted to men’s personalities, and men are primarily attracted to women’s looks,” says Mehow.

If that’s true, then what can women do to help guys – and themselves – out?

“Gives guys a chance,” he urges, sharing his number one piece

of advice for women. “Guys often ask themselves the question, ‘Is she cool with who I am?’ A guy’s biggest fear is how to approach a woman.”

**Related:** [5 Ways Nice Guys Finish First](#)

Women also need to remember that there is no perfect guy; they all make mistakes. If your new man messes up once or twice in the beginning of your relationship, forgive him, accept his screw up and move past it.

Mehow also describes “super hot girl A.D.D.” He says that this refers to the “perfect 10” girl who has no problem getting what she wants but cannot focus on anything serious for more than a minute due to the fact that she was handed everything just from being good-looking. “Perfect 10’s screw it up. How a woman appears to the world around her changes her social behavior.” His advice to these women is to slow down and take a risk with someone. Attractive women should find one guy who they like and stay with him.

The moral of the story is to give guys a better shot. No matter what the situation may be, guys are deserving of a second or maybe even third chance to impress a woman and show off their knight-in-shining-armor side.

No matter who you’re dating – even if it’s Mehow himself or someone who he’s trained very well – you have to be able to let go of small errors and see the bigger picture. “Guys can’t be players forever,” Mehow says.

You can catch Mehow using his system to “pair up perfect couples” on his new reality television show coming out this fall.

That’s all Mehow was able to tell us without sharing too many secrets, but we know enough to know that he is the master of getting inside the heads of both men and women.

You can check out YouTube in the meantime to see how his methodology works.

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# Get the Latest Fashion Style from 'Hunger Games' Star Jennifer Lawrence



By Ann Csincsak

One of the hottest stars on the planet right now is Jennifer Lawrence, star of the hit movie *The Hunger Games*. Not only is this gal a sensational actress she is also becoming a style icon with her laid back, chic fashion. Right now she is wearing some of the hottest trends for spring and summer. Make sure for your next date out that you copy her easy style with some of these great looks.



Keep it simple with neutrals and flared jeans for spring. Remember dark polish can take your date look from day to night.



I love this look because of the classic touches she brings in while still sporting some great trends. High waisted pants, classic Ray Ban's, and the boyfriend blazer! All of these items will fit your budget and keep you right on trend for spring. To dress up this [date look](#) throw on a great pair of nude colored heels and your ready for a night out with your favorite someone.

Make sure to check back next week for more great celebrity styles for any budget. Leave a comment to let us know your favorite looks or who you want to see featured here next week. Until then, enjoy the weekend and make sure to check out 'Hunger Games.' I already have my own [date](#) planned with my husband to see this one.

**Giveaway Alert:** Here is a chance to win a beautiful gemstone necklace! To enter, all you have to do is:

1) Go to <http://www.facebook.com/CayetanoLegacy> and hit "Like" as well as post a comment on the page saying you want to enter the contest.

2) Follow them on twitter at <http://www.twitter.com/-CayetanoLegacy>

That's it. You'll be entered to win this amazing piece of jewelry. Contest Deadline is Friday, April 6 at 12:00 p.m.



A beautiful fusion of color, this hand embroidered bib style statement necklace compliments the season's colors, with its eye-catching stone combination. Seven natural gemstones make up this design: turquoise, pink agate and yellow agate are surrounded by rows of gold Japanese seed beads.

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## How to Get the Best Sleep You Can With Your Partner







By David O Volpi,

M.D.

Sleeping habits aren't exactly first date conversation topics, but the reality is that more than a quarter of couples say their partner's sleep habits prevent them from getting a good night's rest, according to the National Sleep Foundation. Sleep incompatibilities are a top reason why one in four couples sleep in separate beds, and snoring is actually one of the top three reasons for divorce in the U.S.

So, how can women sleep in sync with their guys? Often times, simple lifestyle changes can help busy couples make their sleep routines mesh, and stop the snoring and bad sleeping habits that prevent them from sleeping soundly together. To get the best sleep possible, try the following tips:

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

**Sync up your sleep schedules.** Going to bed and waking up at different times every day is a sleep destroyer, and it's easy to do when couples have different work or social schedules.

In order to practice good 'sleep hygiene,' couples should get into a pattern of going to sleep and waking up around the same time every day, including weekends.

**Change your position.** For some people, an increased amount of airway obstruction occurs when they sleep on their backs.

This is called positional snoring. The obstruction can be reduced or eliminated if the snorer sleeps on their side, which is why bed partners always try to get their snoring counterpart to wake up and “roll over.” In this case, a simple solution is to keep the snoring person off their back.

To do so, you can try sewing a ball into the pocket of a t-shirt, and having the snorer wear it backwards during sleep. Sleeping with an extra pillow can also help, because it elevates the head and opens the airways.

**Reserve the bed for two things: Sleep and intimacy.** Try to avoid eating, watching TV or using electronics in bed. It’s been scientifically proven that the light from TV and computer screens affects melatonin production and throws off circadian rhythms. Plus, working in bed won’t help couples bond, or wind down and ease into sleep.

**Related:** [Celebrity Couples Who Could Use an Extra Hour of Sleep](#)

**Make sure neither of you use alcohol or sleeping medications before bedtime.** Alcohol and medicines that make you drowsy can actually prevent you from sleeping through the night, even though they may make you drowsy initially. Alcohol and sedatives also cause the throat and tongue muscles to relax even further than usual, exacerbating snoring.

**Create a relaxing bedtime routine.** When your body gets used to a nighttime routine (whether it’s a beauty routine or an activity like reading), the brain is tricked into knowing that it’s ready for bed. Try doing a crossword puzzle together or taking a warm bath. A study in *Sleep*, the Journal of the American Sleep Disorders Association, suggests taking a hot bath 90 minutes before bedtime can help you fall asleep. The hot water raises body temperature, and cool air in the bedroom lowers skin temperature, which triggers your body to produce

melatonin and become drowsy.

Finally, always see a doctor if you or your partner struggles from sleep problems. Sleep disorders affect millions of people. Even celebrities like Rihanna and Shaquille O'Neal are known for struggles with snoring! But taking time to fix sleep problems is always worth it. In fact, it can help save relationships!

*David O. Volpi attended Hahnemann Medical College in Philadelphia and completed his post graduate training in General Surgery at the Hospital of The Medical College of Pennsylvania in Philadelphia and a residency in Otolaryngology, Head and Neck Surgery at the New York Medical College Affiliated Hospitals and the New York Eye and Ear Infirmary. He is also the co-author of the book Wake Up! You're Snoring... which was conceived and written to be an authoritative information source for people seeking guidance on treating the many causes of snoring.*

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## **David Wygant's Book 'Naked' Teaches Us How to Reveal Ourselves When Dating**





By Daniela Agurcia

The “rules” of dating can be complicated, and most of the time, we can’t figure out what we’re doing wrong. Dating expert, David Wygant, wrote *Naked* to get rid of those “rules,” hoping that we could finally learn to love ourselves and be ourselves when entering the dating world. He successfully coaches both men and women in dating by analyzing their situations and helping them figure out what they’ve been doing wrong, so they can move forward and have a happier and more successful dating life. We had a chance to interview David about his book, and here’s what he had to say:

**How would you say your book *Naked* is different from anything else you’ve written?**

Most of the time, I write about how to meet someone and ways to be more aggressive in your dating life. This book is a lot different because I really strip people down from the inside out. Most women date like resume shoppers. They miss finding their needs, wants and desires because they’re constantly looking for the perfect picture or that romantic comedy instead of really just embracing the beauty of how you feel in the presence of somebody. I decided to take it from the inside out so that you’re able to have those checks and balances.

**Related:** [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

**What are some exercises or techniques you find most important that are mentioned in your book?**

One is stripping yourself down to 100 percent naked to figure out what you want. Write down what you want and how you want to feel when you meet that special person. That way, when you do meet someone, you will immediately know if they're the right person because you're in tune with what you need to feel.

Another thing that is really important is get rid of the past, something I think a lot of people focus on when they're dating. A lot of women will meet a guy, and if he's confident, it'll remind them so much of a player they once dated. Because of these assumptions, they end up feeling like they're going to be used sexually or cheated on because they were cheated on in the past. I call these people past-ers.

If you're a past-er, you need to accept your past and embrace it. All of your lessons from the past are lessons that you needed to learn. If you didn't *learn* them, then you're just going to go repeat them with different men. That's the reason why you haven't been satisfied in a relationship. So it's about accepting the past and realizing the beauty of what's ahead of you.

**Related:** [5 Ways to Stop Sabotaging Your Relationships](#)

**On your website, it says that you have discovered secrets from the universal human nature. Can you tell us what that means and what are some of those secrets?**

Human nature is that we repeat the same things that we're programmed to repeat. My relationships have all been wrong because of the programming I had as a kid. While I was growing up, my mother was not happy with my dad. She was pretty much miserable the whole marriage. So as a little kid, she used to tell me all the time, "You're going to have a

beautiful relationship one day. I love you. You're going to meet your soul mate." When I was 17, I was broken up with by my high school sweetheart, and my mom looked at me and told me, "That's not your soul mate." Afterwards, every time a beautiful woman mentioned "soul mate" to me, it would trigger off my programming that told me, "This is my soul mate, this is a sign." All because my mother used to tell me to look for that sign. There are so many "signs" that we give meaning to, and I finally realized after a couple of bad marriages that this is my trigger point. I actually don't want to be with these women who present the sign. I actually want to be with a woman that I'm most current with. Once we recognize the pattern and learn to understand those things that have been programmed in us since birth, we're able to get real and grow.

### **What are the top three tips you can give single men and women when looking for a partner?**

- 1) Be 100 percent present. Go out every single day, and people shop. Get off your Blackberrys and iPhones. Smile at someone you're attracted to, and push yourself out of your comfort zone. Look at some guy in the elevator instead of looking at the ground and say, "Hello." If you're at a café, sit down next to someone, and make yourself available.
- 2) When you go out on a date, stop going for the repeat cycle. If you went out on a date, and the guy didn't call you back, screw it! If he didn't call you back, he's not interested. Stop overanalyzing it with your friends. I don't want you beating yourself up to that point; it's ridiculous.
- 3) Accept where you are right now. Not in six months when you lose twenty pounds. Not in seven months when you get a better job or get your hair done. You're a beautiful, evolved, amazing person right now. You're a work in progress, but it doesn't mean you can't be loved right now. That's what's important.

**What is the number one mistake people make when starting to date someone?**

They're in fantasy land. They don't look at what's really going on. They don't trust their gut instinct because they date from a need instead of dating from power. I look at it this way: I'm an incredible, amazing man, and if I'm not with somebody who feels the same way, then I'm with the wrong person. That's okay, because I believe there's an abundance of great people out there. Most people come up with excuses. For example, people who are in their forties say, "No man my own age will want to meet me." Well, if you think negatively and have that belief in the world, then you're 100 percent right. It's all in your belief system, and that's what I want to help people change. I mean, you have to be realistic; not everyone is going to want to date you. If some guy doesn't call you back, it's their choice, just like it's *your* choice to call someone back. Be realistic, and you're going to be fine.

*To get more insight on dating, you can purchase David Wygant's new book Naked at Amazon. For more information on his practices, visit his website at [www.DavidWygant.com](http://www.DavidWygant.com).*

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## **Going the Distance: Celebrity Couples Who Make It Work**





By Jennifer

Harrington

Everyone has heard the saying that “relationships are hard work.” But it seems that in Hollywood, relationships are even harder work, and celebrity news is always full of star couples calling it quits. We’re only a few months into 2012, and this year we’ve already heard of Russell Brand and Katy Perry’s divorce, the conclusion of Drew Carey’s five-year engagement to Nicole Jaracz, and the shocking end to Heidi Klum and Seal’s seven-year marriage.

We are always looking to celebrities for the latest trends in clothing, music, and movies. But with these couples frequently dissolving in divorce and disputes, are there any famous couples we can look to for inspiration in the love, romance, and marriage department? Cupid checked it out, and here are three couples who have been lucky in love, despite the constant glare of the spotlight:

**Kurt Russell and Goldie Hawn:** These lovebirds have been together for a quarter of a century, despite never tying the knot. Goldie was quoted in a 2007 *Woman’s Day* article saying, “We have done just perfectly without marrying...I like waking up every day and seeing that he is there and knowing that I have a choice. There is really no reason to marry.” What’s the



best part of their romance? They make their own rules and live life their way. Make your own rules in your relationship and do what works best for you and your honey.

**Related:** [Are Celebrity Cougars Becoming Extinct?](#)

**John Travolta and Kelly Preston:** The *Saturday Night Fever* star and *Jerry Maguire* beauty have been married since 1991. While both have built enduring, interesting careers in the film industry, personally they have experienced great sorrow with the death of their son Jett in 2009 (due to a seizure) and joy in 2010 when they welcomed son Benjamin into the world. What can we learn from them? John and Kelly share a common foundation in their religion, Scientology, and it's obvious that these shared beliefs have guided them through life's trials and tribulations. Whatever your beliefs, it's easier to cope with life when your partner shares a similar belief system.

**Related:** [What Celebrity Marriages Can Teach Us About Love](#)

**Mark Consuelos and Kelly Ripa:** Millions of people start each day with Kelly on the show *Live! With Kelly*, and she's always an open book on all aspects of her life, including her marriage to Mark, which started after they met on the set of *All My Children* in 1995. Between two showbiz careers and three children, Mark confided in a YourTango interview that the secret behind their successful marriage is remarkably simple. Mark said, "We have a lot of respect for each other. Our children are our priority and we come from two families where both parents are still together, and we hold that in high regard." Keep that in mind with your other half; don't lose sight of the basics, such as respecting your partner and putting family first.

So while it may initially seem like Hollywood is full of short-lived romances, it turns out there are successful love stories as well. Thanks to Kurt and Goldie, John and Kelly,

and Mark and Kelly for showing us all about love – Tinseltown style!

What are some other celeb couples who continually make it work? Share your ideas below.

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## Nick Cannon Helps To Launch Badoo Project in New York, Discusses Marriage With Mariah Carey



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Interview by Steven Zangrillo. Video by Richard Zangrillo.

If you've grown bored of going through the motions with Facebook and Twitter, you'll be relieved to know that there is new social media busting at the virtual seam.

Badoo, an international stalwart in the Social Media community, recently made it's virtual footprint in the chic streets of SoHo, New York. The Badoo Project, hosted by Nick Cannon, was a 3 day photo shoot centralized around the idea of putting your best foot forward when choosing your profile pictures. The Badoo Project brought together four top celebrity photographers – Dan Martenson, Brooke Nipar, Danielle Levitt, and Kenneth Cappello – to capture 1000 portraits of New Yorkers. We caught up with Nick Cannon and the rest of the Badoo team, who took us through the whole Badoo experience.

Interested in meeting new people? Maybe it's time you give Badoo a try.

Learn more about Badoo at *Badoo.com*.

*For more videos from CupidsPulse.com, check out our YouTube channel.*

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## **Snooki's Pregnancy: Can You Salvage Your Image?**





By EJ Parfitt

What happens if you have a certain image at work, and then you change that image? If everyone expects you to be a particular type of person, will they still accept you if you are suddenly different? Can you be effective in your job if you alter your personal “brand”?

We all change as we go through life, and in many cases those changes can affect the way people see us on the job. Even someone with a job as unusual as *Jersey Shore*’s Nicole “Snooki” Polizzi has to deal with these issues. Snooki is pregnant, and the question remains as to how that may affect her career as a reality TV star. Here are two ways to look at it:

### **The Pessimist**

If you look at the situation from a negative point of view, being pregnant could destroy Snooki’s career. From this viewpoint, Snooki’s fame is based on being a wild and crazy party girl who takes the freedom of being single to deliciously tacky extremes. This is what viewers have become used to, and this is what they want to watch. It won’t be any fun to see her settle down into motherhood. Pregnancy could ruin Snooki’s “brand.”

**Related:** [Movie Review – Easy A](#)

## **The Optimist**

Though there's no denying the potential ruin of Snooki's career, there's another more positive way to look at the situation as well. It's possible that it's mostly Snooki's personality, rather than her crazy antics, that keeps viewers interested. If that's the case, then Snooki's pregnancy won't stop her from continuing to be a star. If people watch her because they feel they can relate to her, then they will be eager to see what will happen next in this new phase of her life. Her pregnancy and motherhood could even give the show a boost for viewers who were becoming tired of the endless partying.

**Related:** [How Decoding Your Love Map Can Heal a Broken Heart](#)

What's true for Snooki is true for everyone. You don't need to have satellite TV providers beaming your life story across the world in order to think about your personal "brand." The key is to make your brand about the things that will last throughout your lifetime, such as your personality, intelligence and skills, not about the things that will change, such as being young, single and childless.

If your image at work is based on being cute and perky, think about the traits you have that will last over the long haul.

If you're a partier like Snooki or a young rebel, realize that you are likely to make a transition to a calmer and more stable stage of life eventually. Don't put all your career eggs in the basket of who you are right now. Hook people on your long-lasting qualities and abilities, and you'll be able to use life's changes to your advantage. You don't need to be a Guidette to learn this lesson from Snooki.

*Tech writer EJ Parfitt has been writing for a short time now and has already picked up steam with several tech and sports sites. During his free time , you're sure to catch him*

*competing in local chess tournaments in downtown Fort Lauderdale, Florida.*

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# April Fools Pranks to Play on Your Significant Other



By Ryan Boyle

Whether it's the prank of all pranks, or a cute and funny trick you play on your better half, taking part in some April Fools Day shenanigans is a great way to reacquaint your partner with your playful side. A couple harmless escapades can be exactly what you need to create those memorable laughs that help keep your relationship strong. If you're having trouble coming up with ideas, Cupid is here to help. Here are five tricks that are sure to get a rise out of your mate:

## 1. Bogus Lottery Ticket

It's no secret that we'd all like to be millionaires. So, it's time to trick your love with a fake ticket to Paradise. All you need to do is mix a bogus lottery ticket from a trick shop into a pile of real ones you've purchased from the local gas station. Leave them on the kitchen table, or a place in the house he'll be sure to frequently visit. When he gets home, tell him you were feeling lucky and decided to buy a few tickets for the two of you to enjoy together. Watch as his eyes light up with thoughts of all the ways he's going to spend his newfound fortune. Of course, when he returns from his triumphant jog and realizes the ticket was fake, you'll have to be there to playfully laugh at him and give him a long consoling [hug](#).

**Related:** [Chris Martin Says Marrying Gwyneth Paltrow is Like Winning the Lottery](#)

## 2. Have Him Think You're Planning a Massive Prank

Psych majors gather around in an effort to employ a little reverse psychology this April Fools. This non-trick will prove to be a bit more difficult to carry out, but will leave a lasting sense of trickery paranoia on your partner throughout the day.

Start a few days before the first of the month and tell your mate that you have something spectacular planned for April Fools and he's the target. Let them know that you've been talking about it with your friends and they're all in on the joke. As the days go on, he'll grow increasingly curious and when he asks you about it, [be sweet](#) and sinister in the way you let him know that he'll just have to wait and see. Of course, at the days end, he'll be sure to ask you about the prank, to which you reply "April Fools!"

**Related:** [Date Idea – Create Magic in Your Relationship](#)

### **3. Scratch Decals**

If your partner adores their car, a few well-placed scratch decals will be sure to not only make it look old and in poor condition, but it'll put a quick scare into him or her on the morning of April 1<sup>st</sup>. Watch from the window as they notice the marks and erupt into a panic attack. Be sure to meet them at the curb with a smile on your face and your arms stretched out as you let them know just how easy these decals are to pull off.

### **4. Mildew Sandwich Bag**

You were nice enough to make your partner that special turkey sandwich that he loves so much. Today however, embrace the April Fools trickery, and put that delicious lunch treat in a faux moldy sandwich bag. These bags appear to be your standard Ziploc lunch carrier, but upon further inspection, it becomes clear that there are green splotches painted on the outside that mimic the signs of old, molded bread. He or she will get a real shock when they tear open that brown paper bag at noon to see the sandwich they were looking forward to has turned into its own living organism.

### **5. Electric Shock Mouse**

We'll set aside all offensiveness to our hairy pals at Geico, but it's obvious that you and your lover aren't cave people. If you have electricity, chances are you're a part of the new age of technology. From texting on your iPhone, to Skyping, video chats, tweeting and status updates, our lives have become more and more blended with the results of advanced technology.

This April Fools Day, set up a new mouse for you and your love to use on your desktop computer ... only this isn't an ordinary mouse. When he or she goes to sit and test it out on their favorite computer game, every time they presses the left and



right select buttons they'll get a gentle shock into the palm.

Be sure to watch on as they start frantically clicking around on the computer, but be sure to come to the rescue with a smirk on your face.

This year, hone those pranking skills, and turn this April 1<sup>st</sup> into one for the scrapbooks.

What prank did your partner pull on you last year? Tell us in a comment below.

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## **Exclusive Interview: Mrs. United States Talks to Us About Life as a Married Beauty Queen**





By Ryan Boyle

For a lot of men and women, the idea of balancing a lifestyle dedicated to both work and love can be downright stressful. Mrs. United States winner, Shannon Ford, filled us in on living the life of a beauty queen as well as a newlywed and how she makes time to enjoy both. Ford, a veteran of beauty pageants since she was 18 years old, is no doubt a busy woman.

“I’m traveling a lot,” she said, “from Daytona to Texas to St. Petersburg. It’s fun, but it can be tiring as well.”

It’s easy to see how all of this travel can put a strain on even the healthiest of relationships; not for this couple, however. Ford says of her husband, police officer and amateur Jet Ski racer Ray Quintana, “He’s very understanding. There are things of his that I can’t attend because of my schedule, and there are things of mine that he can’t attend because of his schedule, but we’re both trusting and understanding with each other.”

**Related:** [Newlywed 911: Protecting Young Marriages](#)

Talk about finding Mr. Right. Ford and her husband met while attending college in Florida and dated on and off for 15 years before finally deciding to tie the knot. As many couples decide to rush into marriage, the decision to wait before

making their vows was a blessing. “I really had no idea who I was or what I wanted to do with my life,” she went on to say.

A major role in any partnership is making time to be with one another. After all, in a marriage, there needs to be a level of common ground that exists between husband and wife. “We’re both very independent,” Ford told us, “but when we go out together, it’s because we want to and not because we’re afraid of being alone.”

**Related:** [Five Things Men Look For in a Wife](#)

When Mr. and Mrs. United States do find the time, it’s not spent in as traditional of a sense as you may think. “We run a lot of 5K’s” she told us. “We don’t go out to dinner too often. I’m not very comfortable with going out to dinner, but running is a passion of our’s, so we do that together.”

It’s not the camera flashes of the paparazzi that have the beauty queen feeling uncomfortable. “I have Celiac disease,” she informed us. Celiac stems from the inability to process foods containing gluten, so it’s no wonder that going out to eat proves to be difficult for Ford. In fact, she has taken a proactive stance on her condition and has begun a crusade to spread knowledge on the symptoms of Celiac and ways to raise awareness to those who could be suffering.

For more information, visit Shannon Ford’s website. You can also visit ‘1 in 133’ to learn more about the fight against Celiac disease.

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# Love Advice For Making Your Long-Distance Relationship Work



By Jemima Lopez

He lives in L.A, and she lives in London. While having a trans-Atlantic relationship is tough, if there's anything British celebrity couple David and Victoria Beckham prove, it's that long-distance relationships *can* work. Married for 12 years, they just welcomed their fourth child. Their American counterparts, Hollywood couple Brad Pitt and Angelina Jolie, have made it work too. Despite separation between films, they've managed to stay in a committed relationship for seven years, and they share six children.

But non-celebrities have remote relationships too. In fact, more than 3.5 million Americans were in a long-distance relationship in 2005, according to the latest statistics. With the development of new technology, that number is most likely

on the rise. While us common folks can't afford to jet set or send extravagant gifts, that doesn't mean our long-distance relationship can't last just as long. Use this love advice to help maintain your relationship and love like the stars:

## Love Advice For Long-Distance Couples

**1. Use all forms of communication:** Let's get the obvious out of the way: Physical interaction is scarce, so communication is key. Text messaging, instant messaging, or even Facebooking is a start, but make your "communication" more interactive. Here are some examples:

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

– **Date nights:** "Skype dates" are the norm – a designated time couples agree to video chat. But try to have a *real* date instead. Each week, pick a movie and a meal to prepare or purchase. Arrange your laptop, screen facing you. Eat and engage in conversation like in a restaurant. Then, pop in the movie. This way, you can hear and see each other's reactions to scenes. Bonus: Other movie-goers won't tell you to pipe down!

– **Send photos:** Sending self-portraits are great, but always try to send photos of things that you find interesting or funny. It will allow your mate to become more in-tune with your personality and give them some insight into your world.

– **Make videos:** Hearing someone's voice and seeing their face is more personable than a text. But people don't always have time to videochat. Instead of sending a text, create a 30-second SMS video. Your significant other can view or respond when they have time, and it's still special. There are apps that deliver "voice text messages," like Voxer.

**Related Link:** [Do's and Don'ts of Flirtexting and Sexting](#)

**2. Send them a package:** Sending your partner a gift for no reason is great love advice that can keep a smile on their face. Remember that you can also treat your boo to lunch or dinner because it's easy to get online and order a pizza that can be delivered to his or her front door. You can send traditional letters too. There is something incredibly personable about seeing someone's handwriting.

## How to Strengthen Your Relationship and Love

**3. Schedule monthly trips:** You can talk for hours, but unless you see each other in the flesh at least once a month, your relationship will most likely fizzle. There are exceptions, like military relationships, which don't have the luxury. But for those that can travel at their own leisure, take turns planning monthly visits.

**4. Be secure:** Lastly, most remote relationships fail due to lack of trust. While understandable, if there is no trust, you shouldn't be together. Try not to let your jealousy get the best of you. That said, never completely ignore your intuition either. If something doesn't feel right, speak up.

*Jemima Lopez is a freelance blogger and writer who writes for Zen College Life, the directory of higher education, distance learning, and best online schools. She welcomes your comments at her email: [lopezjemima562@gmail.com](mailto:lopezjemima562@gmail.com).*

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# Are Celebrity Cougars Becoming Extinct?



By Ché Blackwood

Until the early 2000s, most women hadn't even considered moving backward a generation in their search for a partner, and if they did, their friends and the rest of society served them with a cool dish of disapproval. Then, the cougar craze peaked when couples like Demi Moore and Ashton Kutcher became household names. Single women everywhere finally felt free to scope out younger men in their hunky hunt for love. Now, nearly a decade later, the publicity over cougars has slowed to a crawl and with the dissolve of the Kutcher-Moore marriage, some have been left to wonder if the phenomenon has passed. Newsflash: it hasn't! The press may have moved on to newer stories, but these couples prove that women have been following their hearts, regardless of age, long before the cougar craze hit, and they'll continue to do so long after:

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

**1. Mariah Carey and Nick Cannon: Married April 30, 2008**

With 11 years between them, this duo's whirlwind romance proved to be more than a fling when Cannon placed a rock hard diamond on Carey's hand. The birth of their twins in 2011 only solidified their union, and the pair shows no sign of slowing down.

**Related:** [10 Most Beautiful Celebrity Couples](#)

**2. Deborra-Lee Furness and Hugh Jackman: Married April 11, 1996**

Mrs. Wolverine slashed her way into sexy Hugh Jackman's heart in the 90s, stepping over their 13 year age difference long before being a cougar was trendy. Fifteen years and two children later, Furness isn't regretting her decision to ditch society's sense of normalcy as the couple prepares to celebrate another anniversary in April.

**3. Jennifer Lopez and Casper Smart: Together Since November 2011**

After going through a very public divorce with music legend and ex-hubby Marc Anthony, Lopez has found happiness with her backup dancer Casper Smart. With an 18 year age difference causing a backlash of criticism, Lopez has taken to Twitter to fight back. She's explained that 'age is merely a "log" of the time we've been on Earth' and that 'society needs to shut their ears and open their hearts.' With pictures surfacing of the two lovebirds enjoying their time together, it appears that this Bronx girl has certainly opened hers.

**4. Goldie Hawn and Kurt Russell: Together Since 1983**

With their story starting in 1983, this twosome demonstrates a classic case of love outlasting all obstacles. Other than their six year age difference, the couple overcame blending their families together (both had children from previous marriages) and rumors of Russell's alleged infidelity. With a



romance that's lasted 25 years, we think Hawn is one of the the best examples of the longevity of a cougar's love.

#### **5. Melanie Griffith and Antonio Banderas: Married May 14, 1996**

This adorable couple have been married for fifteen years, long since laughing off their three year age difference. While both have had successful acting careers, nothing has been more fulfilling than their relationship, marriage and child. While their age difference isn't the most shocking, it appears as if these two would have hooked up no matter their ages.

**Do you think the cougar phenomenon is over? If not, are you the cougar in a successful relationship? Tell us in a comment below.**

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## **3 Ways to Use Celebrity Media To Assess Your Relationship**





By Samantha Peters

Anyone who follows gossip news is probably well aware that the celebrity media gets plenty wrong and is far from an authority figure. But, even when the media is wrong about the status or longevity of a celebrity relationship, for example, it knows how to interpret individual and publicly-displayed signs. It knows how to assess, even if it can't always see the full picture.

The celebrity media's outsider assessment skills can actually be used by anyone who seeks to examine their own relationship.

Now that Valentine's Day has come and gone, and now that the seasons have begun to change, it's as good a time as ever to take a step back and do just that. It's time to figure out if your relationship is growing, stagnating or declining. How is your [chemistry](#)? How happy and excited does your significant other make you feel? Though difficult, these are all good questions to ask.

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

That said, rather than answering these oft-abstract questions, try to instead assess your relationship from a more public, outsider perspective – and let the celebrity media give you a hand.

As an example of how to do this, we're going to look at the ongoing relationship between actor Leonardo DiCaprio and Victoria's Secret model Erin Heatherton. Heatherton is just the latest in a long line of tall, thin, blonde models that DiCaprio has been known to date. From her perspective, although Leo is 15 years older (sugar daddy definition, anyone?), we can't blame Erin for finding his charm and his fame too irresistible to ignore.

Based on their relationship (and on the celebrity media's reaction), here are a few factors that any couple can assess:

### **Family Involvement**

Love them or hate them, but our families usually know us better than we'd ever like to admit. In fact, they can probably form a pretty solid opinion of whether a relationship will work – or should work – in the long run. At the beginning of January, Leo took Erin out for an upscale New Year's Day brunch – with his mom. The celebrity media reported Erin and Leo's mom chatting, laughing and generally hitting it off. This was interpreted as a good sign for their relationship. *How would the paparazzi view the time you and your significant other spend with family members?*

**Related:** [Zoe Saldana Goes on a Movie Date with Bradley Cooper's Mom](#)

### **Time Together**

A good relationship is one in which couples find ways to truly enjoy the time they spend together. All too often, the paparazzi spots a celebrity couple lounging on the beach for hours on end without communicating, or sees them sitting and sharing a silent dinner together. While a less communicative couple is not in and of itself a sign of a stagnant relationship, it certainly compares less favorably to the couple spotting laughing and interacting in a lively manner.

When Leo and Erin took a romantic vacation to Mexico last

month, they were photographed zip-lining their way all around Cabo San Lucas. According to the celebrity media, this was another positive sign. *When outsiders view your relationship, do they see it as fun and enjoyable?*

## **Public Plans**

Amidst recent news that Leonardo was spotted in Sydney (where he is filming *The Great Gatsby*) with top Australian models, but no Erin in sight, speculation emerged that the couple had [broken up](#). However, Leo, Erin, nor either celebrity's publicist has been willing to make any comments about the relationship in the first place. Some in the media have interpreted this as a sign that nobody involved believes that the couple has much of a future. *What do you and your significant other tell friends about your future plans?*

These are just a few things to consider while assessing your relationship. Although the celebrity media is not always to be believed, and even though Leo and Erin are certainly not reflective of every couple out there, you can still learn from their publically-displayed actions – and from the media response – when trying to determine where you and your significant other currently stand.

*Samantha Peters is a passionate follower of Hollywood celebrity relationship gossip. She loves blogging about ways to sustain successful relations, which sometimes requires assessing your relationship using a little celebrity media. Samantha lives in beautiful San Diego, California, and makes frequent trips to west L.A. to go shopping and celebrity spotting.*

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# Check Out the First Blockbuster of 2012: 'The Hunger Games'!



2012's first big movie is right around the corner. *The Hunger Games* not only features a strong female heroine, it also features a complex love triangle. The upcoming action film stars Jennifer Lawrence, Liam Hemsworth, and Josh Hutcherson as the love struck teenagers who may be forced to take each others' life. Katniss and Peeta (Lawrence and Hutcherson respectively) are both selected for the Hunger Games, a reality TV sensation in a dystopian future where teenagers fight to the death. But the two of them suffer a connection as they are supposed to play up their relationship to get more viewers. However, Katniss also has Gale (Hemsworth), a hunting partner that she has suppressed feelings for. Who will Katniss choose? Will she have to kill Peeta?

**Should You See It?** In a word, yes. *The Hunger Games* looks to be an exciting movie and could be a great date movie that both parties will enjoy.

**Who To Take:** You or your significant other may enjoy the action, but *The Hunger Games* also has a loyal fanbase who read the book. A group of friends may work for this one as well. Just don't take your mother, the gore factor is pretty intense.

**Are you forced to kill your significant other? How to get out of that and other difficult situations.**

In *The Hunger Games*, Katniss is potentially forced to kill someone she has a connection with. While you may not share this problem with her, in many ways it's a classic *Romeo and Juliet* style problem. Here are some ways to get through really tough situations that test your relationship like nothing else could.

**1. Prove everyone else wrong.** People pit you against each other just to prove that it cannot work. If you and your significant other can prove them wrong then you have won.

**2. Stick together.** If you can't stick together and be there for each other then you have nothing. If you can comfort each other and only worry about yourselves rather what everyone else thinks, you two have the right stuff to pull through these difficult times.

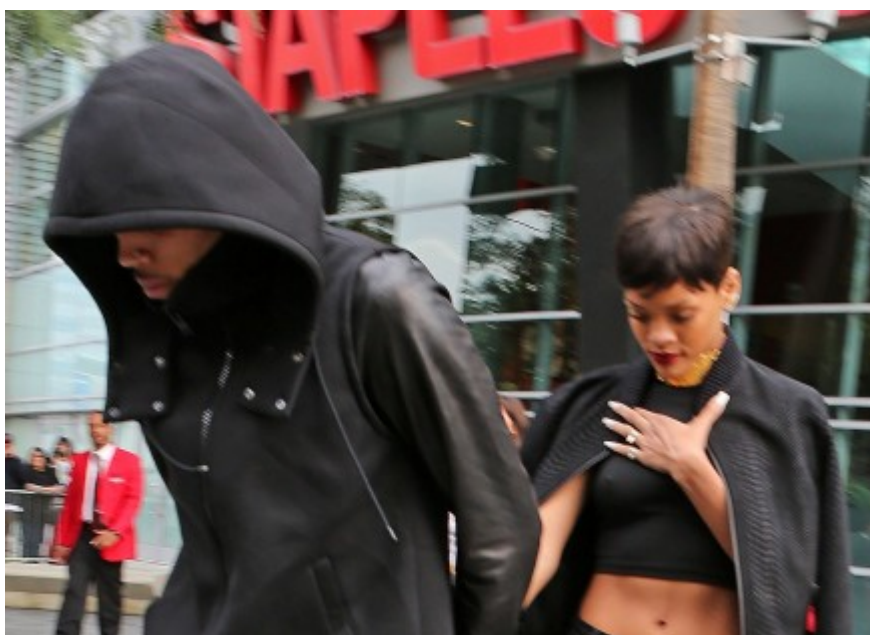
**3. Do what is best for them.** If it is meant to be then do whatever it takes. Sometimes that includes leaving until things can get better. If it is meant to be then it will happen, but maybe now there is simply too much going on for any one person to handle. Do what you have to do and hopefully things will work out for the best.

**Have you had to get through some really difficult times? Share**

your experiences below.

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# Exclusive Interview: Khloe and Lamar's Malika Haqq Opens Up About Relationships, Love and Acting Aspirations



By Daniela

Agurcia and [Lori Bizzoco](#)

Thanks to the ever-present cameras of *Keeping Up with the Kardashians* and *Khloé & Lamar*, we have all gotten to know and love Malika Haqq, Khloé Kardashian Odom's BFF and former assistant. On the second season of *Khloé and Lamar*, currently airing on E!, we see her deal with the ups-and-downs of being

a single woman and navigating the dating world. In an exclusive interview with CupidsPulse.com, the positive-spirited Malika opens up about her past relationships and what she learned from them as well as her acting aspirations.

As many fans know, Khloé and Malika have been friends since they were teenagers and the two have remained tight despite the Kardashian clan's rising fame.

"We refer to one another as sisters from two different misses and misters." Malika jokes. "I get very emotional about a lot of things Khloe has gone through in the spotlight and I can go to her and discuss it. And if she has things she wants to discuss, she knows that she can come to me too."

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

When asked about Khloe and Lamar's relationship, the one reason Malika says it works so well is because they talk. "I know that it sounds generic but so many people have issues in their relationship and they don't communicate about it. The thing about Khloe and Lamar is that they are honest and can turn to one another in just about every circumstance."

Khloe and Lamar's relationship isn't the only one fans got to witness this season. There was also a flirtatious display of on-camera chemistry between Malika and Khloé's younger brother, Rob Kardashian, although the two never became an "official" couple.

"Being friends as long as we are and growing up near each other, sometimes you tend to look at people a little bit different than how you once used to but ultimately our relationship never became of a serious nature because what was important to Robert and I was that we would always be friends and that we would always have a relationship," Malika said. "It was a moment in time and it hasn't changed our love for one another at all, in fact Robert is in a relationship now and he's very happy and I am happy for him."



When asked what lessons she could impart to other women who may be in a similar situation with a guy she said, “If you teeter on the line of not being in a committed relationship, then anything can happen. [Not making a full commitment] also might be a sign that some things just shouldn’t happen.”

**Related Link:** [How Decoding Your Love Map Can Heal a Broken Heart](#)

Malika gave us a glimpse of another relationship on this season’s *Khloé & Lamar* as we watched her fall head-over-heels for Arizona Cardinals defensive back, Adrian Wilson. Once the couple got serious, she even moved to Arizona to be with him. “Most of our relationship was quite good,” she shares.



Unfortunately, Wilson was in the midst of a divorce – one that began *before* Malika developed a relationship with him – and eventually, the pressure became too much to bear. “It kind of broke us up,” says Malika.

Malika walked away from the relationship with another lesson learned. She explains, “Sometimes it’s just best to not put yourself in the middle of something [like Wilson’s divorce]. Go out with someone who is completely free and clear, and then make the decision to date them or not.”

Even though she has no regrets about her faulty relationship with Wilson, Malika has no plans to get involved with another recently separated or divorced man. “I won’t be

running down that dark street again,” she clarifies.

Thinking back on her relationship history, Malika shares one more love lesson with us. She cautions, “We can’t ignore our [romance] [rules](#) because of [what our heart wants]” – a mistake that many girls find themselves making.

**Related Link:** [5 Ways to Stop Sabotaging Your Relationships](#)

Setting her love life aside, Malika shifts gears and talks about her recent focus: auditioning and producing projects for herself. Starring in the films *Sky High* and *ATL*, she also played the lead role in Omarion’s music video for “Speedin’,” posting a TwitPic with Omarion onset. She assures us that we’ll be seeing more of her soon!

Sharing her positive outlook, Malika says that she always tries to go with the flow and live life with an open mind. “I’m just open to new experiences and doing things I haven’t done.”

Even though Malika is working on her own projects, you can still catch up with her and her love life on *Khloé & Lamar*, airing on Sundays at 10|9c on E!. You can also follow her on Twitter and Facebook.

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## 5 Ways to Stop Sabotaging Your Relationships





By Jacquee Kahn

My mother always told me to work on myself first, and from there, everything else will follow. Little did I know that this would become a practice for me as I became a relationship “guru” for my friends (and later, clients).

**News flash ladies:** If you’re having a hard time with dating and relationships, it’s not about the men. It’s not because they’re players or commitment-phobes. It’s about YOU.

I meet incredibly smart, beautiful and talented women who have completely lost themselves in relationships. When they were single, they were confident and independent. But once in a relationship, those attractive qualities dissolved and these same women became needy, insecure and emotionally broken.

It’s time to stop undermining your relationship by first working on yourself. Here are five ways to get rid of those bad habits that sabotage relationships:

**1. Be Yourself:** Don’t be so eager to please your man that you lose yourself and become completely disempowered. Tom Cruise’s line in the film “Jerry McGuire” may be “You complete me,” but it’s simply not true. You don’t have to be in a relationship to be a complete person.

**Related:** [Simple Ways to Please Your Man](#)

**2. Know You're Worthy:** We often become so desperate to make relationships work that we do whatever it takes to please our partners, much to the detriment of ourselves. So, don't be needy, clingy or desperate. These behaviors are a huge turn off and usually create the opposite effect.

**Related:** [How Decoding Your Love Map Can Heal a Broken Heart](#)

**3. Keep a Loose Grip:** Refrain from holding on too tight. If your man pulls away, let him go. Don't show insecurity by begging, pleading or trying to manipulate him to stay. If he comes back, it's because he wants to, not because you forced him to.

**4. Don't Accept Less Than You Deserve:** Don't accept crumbs by allowing yourself to settle for a "friends with benefits" or a "booty call" situation when what you really want is a committed relationship.

**5. Save Yourself:** Don't look outside of yourself to be rescued. Take ownership of your personal happiness, because all relationships start and end with YOU.

*Jacquee Kahn dispenses "Super Nanny"-style tough love to women in need of relationship help. The author of Girlfriend 911: Decoding Dating and Rescuing Relationships One Girlfriend at a Time, her no-nonsense, straightforward advice points toward the foundation of the book.*

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## Celebrity Weddings: 5 Famous

# Couples That Said 'I Do' in Vegas



By Katanya Royster

What's the first thing you think of when someone says Sin City? Okay, *after* legalized prostitution. That's right: quickie Vegas weddings in chapels illuminated with neon lights. The fact is, Las Vegas issues approximately 100,000 marriage licenses each year and boasts almost as many wedding chapels as it does casinos. For famous couples, those quickie celebrity weddings are typically followed by quickie divorces and embarrassing publicity. Vegas' abundance of 24-hour bars makes us wonder if some of our favorite celebs were under the influence of something other than love when they tied the knot, Vegas-style. Here are a few examples:

# Famous Couples That Married in Vegas

**1. Kelly Ripa and Mark Consuelos:** In 1996, former soap star and current television host Kelly Ripa married actor Mark Consuelos at the Chapel of the Bells in Las Vegas. Sixteen years and three children later, this happy married celebrity couple proves Vegas weddings can sometimes stick!

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

**2. Angelina Jolie and Billy Bob Thornton:** In 2000, actress Angelina Jolie and actor/writer Billy Bob Thornton wed at The Little Church of the West on the Las Vegas Strip. The famous couple called it quits after two years of marriage with Jolie petitioning for divorce, citing “irreconcilable differences.” It was Jolie’s second marriage and Thornton’s fifth.

**3. Britney Spears and Jason Alexander:** In 2004, pop star Britney Spears wed longtime friend Jason Alexander at a 24-hour wedding chapel. Apparently, Spears forgot to grab a pre-nup on the way to the chapel, meaning that this stunt could have cost her a lot more than a little public backlash. 55 hours later, Alexander signed annulment papers and took an economy class flight home. During a subsequent interview with MTV’s *Total Request Live*, Spears said Vegas “took her over” and admitted that “things got out of hand.”

**Related Link:** [5 Celebrity Couple We Want to Reunite](#)

**4. Pamela Anderson and Rick Salomon:** In 2007, Rick Salomon, who famously co-starred in the leaked Paris Hilton sex tape *One Night in Paris*, and actress Pamela Anderson tied the proverbial knot at Las Vegas’ Mirage Hotel, making this the third celebrity marriage for both Salomon and Anderson. However, Salomon and Anderson’s 15-year friendship did not translate into a successful union. Two months later, the

famous couple's marriage was annulled in Los Angeles County Superior Court.

## Celebrity Love Has No Age Limit

**5. Doug Hutchison and Courtney Stodden:** In 2011, actor Doug Hutchison married aspiring singer Courtney Stodden at Las Vegas' Little Chapel of Flowers. The groom was 51 years old, and, at only 16, the bride was probably still learning to operate a motor vehicle. Despite Stodden's age, the celebrity marriage *is* legal. Under Nevada law, a person who is at least 16 years of age but is not yet 18 years old can marry with parental consent – and Stodden's parents consented to the marriage. "We all need a good man in our lives," her mom Krista told Fox411.com. "True love can be ageless," Hutchinson told E! News in response to the controversy surrounding the celebrity couples' age difference.

Would you get married in Vegas? Share your comments below.

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## Amy Leigh Mercree Reveals the Secret to Finding Your Soul Mate in 'The Spiritual Girl's Guide to Dating





By Nisha Ramirez

Everyone wants to find their soul mate but it can be extremely stressful. From worrying about first impressions to deciding if your partner is “the one,” the process of finding love can be daunting. Author Amy Leigh Mercree reveals how to make dating bearable with a bit of spiritual self-love. Mercree teaches all genders of all ages how to attract the right dates with positive energy, while remaining emotionally safe in her book, *The Spiritual Girl's Guide to Dating: Your Enlightened Path to Love, Sex, and Soul Mates*.

We got a chance to ask the spiritual dating coach and medical intuitive about spiritual dating and finding the perfect partner.

### **What is Spiritual Dating?**

Spiritual Dating is dating as if all people are sacred and worthy of respect and kindness. It's your answer to how to feel satisfied and enthusiastic about dating. Date on YOUR terms. You can have fun and enjoy dating while feeling emotionally safe.

**Related:** [Using Numerology: Does Your Relationship Add Up?](#)



## **Do you believe that there is a soul mate for everyone?**

I think there is. In fact, I think there is more than just one. Soul mates, twin flames, and divine complements are real. You can find yours by sifting through your past dating patterns to become your most emotionally healthy self. Soul mates are *supposed* to find each other. You can tap into that universal, cosmic truth and attract yours.

I define soul mates as people who are from the same “soul family.” That means that these beings know one another on a mystical, spiritual level. Soul mates can be friends, family members, and romantic partners. They are our soul deep relationships.

With loads of case stories about soul mates finding each other, and first hand experience finding my own, I can attest that soul mates are real. Learn the difference between soul mates, soul family, twin flames, and divine complements. We are all part of a fascinating and interconnected web of souls.

**Related:** [Focus on Friendship for a Peaceful Dating Experience](#)

**If soul mates are real, why shouldn't we just sit around and wait for the universe to bring him/her to us and forget about dating?**

Don't discount the importance of practice dating. You have to get out and experience dating and relationships to know who is a compatible partner for you. You can find a soul mate, and if you aren't compatible as people, you may be disappointed in the how the relationship turns out.

**Dating can be emotionally draining. How does your guide help individuals cope with the process of finding their soul mate?**

First and foremost by helping you foster self love. Self love is the key to a satisfying love life. Strengthen yourself to attract the best dates and have the most fun. Choose you. It

is always all about you – even when it is about your relationship. SELF LOVE IS THE KEY.

Magnetic people are confident. They are real and authentic. They love themselves and feel comfortable in their skin. *The Spiritual Girl's Guide To Dating* teaches you how to authentically love yourself, and shows you how your life will get better because of it, so will your dates.

**Related:** [How to Define Your Aura to Find True Love](#)

**What is magnetism and how do we attract our future soul mates with it?**

Some people are dazzling, charismatic, and attractive. They pull you in; they're magnetic. That's the kind of person you want to be when you're searching for the perfect guy. Now don't misunderstand the idea here. You don't have to become someone different just to land a guy; you just have to be the best you possibly can. Not sure how to put your best foot forward? Well, in their highest expression these dazzling people have the following five traits that you should strive to exude:

1. They love themselves and they know who they are.
2. They are confident.
3. They are authentic—they are just themselves.
4. They own their sexuality and consciously direct their sexual energy.
5. They are magnetic.

You may not realize it now, but you already hold the key to becoming one of these dazzling people. All you have to do is embrace your inner strength and learn to love yourself for who you really are.

**You talk about potential vs. reality. Are we wasting our time if we look for a partner who has the potential to be what we want?**

Yes. Look for a partner who is already, in reality, today, what you want. Waiting for a person to reach what you perceive as their potential is an unsatisfying way to be in a relationship. Most of the time you are setting yourself up to be disappointed and settle for the wrong person.

**What would you say is the #1 do and #1 don't from your Spiritual Dating list?**

#1 Do: Trust your instincts.

#1 Don't: Don't go against your gut feelings.

It is crucial to listen to your intuition and inner voice. You already know what is best for you. You just need to listen.

Ready to start Spiritual Dating? Get *The Spiritual Girl's Guide to Dating: Your Enlightened Path to Love, Sex, and Soul Mates* at Amazon and check out Amy's blog at [www.SpiritualGirlsGuide.com](http://www.SpiritualGirlsGuide.com)

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## **How Decoding Your Love Map Can Heal a Broken Heart**





By Rachel Sussman

When it comes to celebrity breakups, many of us spend plenty of time analyzing their trials and tribulations. We identify on many levels with our favorite Hollywood couples by getting inspired by their romances and mourning their losses. In fact, we even tend to fear that the same types of failures they experience can happen within our relationships as well.

Whether you're a celebrity or not, there are numerous ingredients which go into determining whether a connection exists between two people. Love, attraction and pheromones are key components, but there are many others that dictate the choices we make as well, and they happen from the very beginning of our lives. It's important to remember that genetic/biological, social/cultural, and psychological issues determined your partner selection, romance and grieving period. In other words, they're part of your personal "love map." Through interpreting your love map, you will understand how important events from your past shaped your individual personality development and self-esteem, which directly correlates to your relationship behavior.

Here are two celebrity examples where creating a love map would be invaluable:

## **Demi Moore and Ashton Kutcher**

Since the beginning of their relationship, Demi Moore and Ashton Kutcher's romance fascinated the public. They're both attractive and accomplished actors, and, of course, there's the famous age difference. Sadly, Moore has suffered from depression and grappled with addiction since the pair's split.

In a recent interview, she said, "What scares me is that I'm going to ultimately find out at the end of my life that I'm really not lovable, that I'm not worthy of being loved."

Moore's unworthy feelings most likely existed long before she ever met Kutcher. According to multiple reports, she experienced a difficult childhood and both of her parents were alcoholics, which undoubtedly influenced her relationship choices and her behavior in those relationships. By creating her personal love map, Moore would be able to work through her pain in order to regain strength and health.

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

## **Heidi Klum and Seal**

Heidi Klum and Seal also recently went through an unexpected split. Many of us were thrilled to see a beautiful bi-racial couple with a large blended family who were happily wed. That said, Seal's hard childhood inspired him to create beautiful music, but it also affected him negatively as well. It's been reported that he was raised by a foster family, which would have influenced his personality development during his formative years. Apparently his emotional problems, in particular his inability to control his anger, had become too much for Heidi to take. In this case Seal should decode his love map to understand his psychological makeup. Heidi, on the other hand, should interpret her love map in order to discover what factors from her earlier life led her into the arms of a volatile man in order to expedite her emotional recovery.

**Related:** [Heidi Klum and Seal Confirm Separation](#)

Creating and interpreting a personal love map will enable anyone, celebrity or not, to heal and recover from a bad breakup. It will also allow you to understand and change behaviors that may be negatively impacting your romances – and that is definitely something worth striving for.

*Rachel A. Sussman, LCSW, is the author of [The Breakup Bible](#), a licensed psychotherapist and the founder of [Sussman Counseling](#), a psychotherapy practice specializing in treating couples and individuals with relationship dilemmas. She is an official relationship expert for [Cosmopolitan](#), [Destination Maternity](#) and [Celebuzz.com](#) and has appeared on the [Today show](#), the [CBS Early Show](#), [Martha Stewart Living Radio](#), and elsewhere. She holds a BA from [Emerson College](#) and a master's from [NYU](#). For more information, visit: [rachelasussman.com](#).*

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## St. Patrick's Day: 10 of the Most Desirable Irish Celebrities





By Matthew Dougherty

St. Patrick's Day is right around the corner! With so many celebrities from Ireland or with Irish descent, now is the perfect time to decide who would be the best match for you. With a little Irish luck, anything can happen. Here are our picks for the best Irish actors and actresses to hit the bars with on Saturday – after a romantic dinner, of course:

### **Top 5 Irish Actors To Romance**

**5. Cillian Murphy:** Cillian Murphy was born in Douglas, a suburb of Cork, Ireland. The actor has appeared in many films, but perhaps he was most desirable in the opening moments of *Red Eye*, where he played the perfect potential boyfriend to Rachel McAdams' character. That is, until he turned out to be a homicidal lunatic. Murphy has a laid-back, cool persona and would likely make a charming date.

**4. Jonathan Rhys Meyers:** This television actor, who was born in Dublin, Ireland, has a reputation for partying and would be a great person to hit the clubs with on St. Patty's Day. His piercing blue eyes also make him almost impossible to resist.

**Related:** [10 Ways to Meet Someone on St. Patrick's Day](#)

**3. Pierce Brosnan:** Okay, so he's married, but our list

wouldn't be complete without James Bond. Plus, there's hope for a movie romance: with every new film comes another Bond girl. Brosnan was born and grew up in Ireland and is practically ageless, both qualities that help him play the super suave and sexy spy.

**2. Mark Wahlberg:** Marky Mark was born in the most Irish town in America: Boston, Massachusetts. Boston is the best place in the U.S. to celebrate St. Patrick's Day. If you are lucky, maybe Wahlberg will take you to some of his favorite pubs in the city.

**1. Colin Farrell:** No actor flaunts his Irish heritage as much as Colin Farrell. Born in Dublin, Ireland, Farrell is known for being one of Hollywood's bad boys. But that does not take away from the fact that he would be a great date. Plus, he does have a [soft side](#). Farrell has said that what inspired him to become an actor was watching E.T., which brought him to tears. Need we say more?

## **Top 5 Irish Actresses To Romance**

**5. Jennifer Connelly:** Jennifer Connelly is of Irish descent, thanks to her father. You can very easily see it in her face. Do you know what you cannot see in her face? Her age. Jennifer Connelly is 41 years old and does not look a day over 30. She is a beauty queen and easily one of the sexiest women on the planet.

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

**4. Olivia Wilde:** This rising star has citizenship in Ireland. Coming off of some major television and movie roles, Wilde is becoming one of the hottest names in Hollywood. If she is anything like some of the characters she plays, she is kind-hearted and absolutely loveable but with a bit of an attitude as well.

**3. Rooney Mara:** She may have played a Swedish hacker in last



winter's *The Girl With the Dragon Tattoo*, but Mara comes from an extremely Irish family. Her great uncle was, at one time, the United States Ambassador to Ireland. Mara is very shy and modest in interviews. This makes her one of the cutest and most humble people in the business. Oh, and she is absolutely gorgeous.

**2. Zoey Deschanel:** Who can resist Zoey Deschanel? *The New Girl* and *(500) Days of Summer* star has a glowing personality but manages to be more down to Earth than a lot of other actresses. She would be an entertaining date because she knows how to laugh at herself – and how to make you laugh, too. A combination of her bubbly personality and beautiful, big blue eyes will make her very difficult to ignore.

**1. Anne Hathaway:** Hathaway is of mostly Irish ancestry, which is pretty obvious when you look at her. Based on interviews and what many in the inner circle of Hollywood have said, Anne is one of the sweetest, nicest people in the business. Last summer, she starred in the romantic film *One Day*, leaving many of her fans wanting to spend more than just one day with her. This summer, however, she will take on a much darker role as the new Catwoman in the next Batman movie, *The Dark Knight Rises*. Hathaway is great as any character, but who can pass up dating Catwoman?

**Do you like our picks? Any other Irish celebrities you would rather date? Sound off below!**

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**Video Exclusive: 'DWTS'**

# Contestant Sherri Shepherd Chats About the Three Men in Her Life



By [Whitney Baker](#)

The key to a good life is a happy life – and no one knows better than TV personality Sherri Shepherd. In addition to her co-host gig on *The View* and her work with the recently-launched Clorox Toilet Lounge, she has not one but *three* men in her life: her six-year-old son Jeffrey, her husband Lamar Sally and her *Dancing With The Stars* partner Val Chmerkovskiy. Stepping out of her comfort zone and onto the dance floor, Shepherd is sure to keep us laughing as we root for her week after week.

*For more videos from CupidsPulse.com, check out our YouTube channel.*