

# Steal Jennifer Lopez's City Style!



By Ann Csincsak

Known for her dating, marriages and, of course, fashion, our favorite style of the week goes to our favorite American Idol judge, Jennifer Lopez! Always looking chic and polished J. Lo knows how to accentuate her curves and vamp up the color.

This first look is a chic and colorful outfit for spring. This could be worn for a lunch date in the city or while going to your favorite Broadway show. No matter what the date or occasion, this outfit will never go wrong. Letting one piece of clothing be the standout piece is a great way to wear your winter neutrals into spring. Finish this look with a pop of coral on your nails and you're ready for any date.

This next look is ideal for a weekend brunch or catching a movie with your favorite date. Faux fur is perfect for spring and is a great way to dress up your favorite casual jeans and boots.



Make sure to leave a comment about your favorite J. Lo style! Check in next week for more Celebrity Date looks. For more information on any of these styles or fashion tips, visit [www.anncsincksak.com](http://www.anncsincksak.com) or find me on Twitter @anncsincksak.

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## 4 Wedding Styles of the Rich and Famous





By Lauren Martina, ASID and Katherine Shell Benson

When it comes to upcoming trends, we can guarantee that the hottest engaged celebrity couples will be showcasing the latest and greatest. In fact, we had so much fun pairing the most talked about celebrity brides-to-be with the wedding styles that everyone is talking about! Here's our forecast for what we think we will see in 2012!

**Anne Hathaway:** When we think of Anne Hathaway, we think of vintage elegance. Between her classic fashion style and the grace she exudes each time she walks out of her door, we believe that a *Vintage Elegance* wedding is what fits her best. Although her wedding will be in NYC, this very popular style can be scaled up and used in any setting from penthouse rooftops to grand hotel ballrooms.

**Jessica Simpson:** Very Southern and hand done outdoor weddings are huge right now and are not going away any time soon. One of the things we love about Jessica Simpson is that she is authentic, and this is the type of wedding we can see her having this time around ... very intimate, Southern and hands on.

**Britney Spears:** Although this is not her first rodeo, we believe she has found the one this time! With two adorable boys, and the reputation of sometimes going against the grain (which isn't so bad sometimes when an electric razor isn't involved), we can't imagine Ms. Spears in a traditional white dress. This is why we are pairing her in a colored Vera Wang dress, which is one of 2012's hottest trends.

**Jessica Biel:** *Luxe Weddings* are all the rage right now, and if you go to any Canadian wedding source (Canada is always a step ahead when it comes to wedding trends), you will see what we mean. Who better to have one than Jessica Biel? We envision her wedding very luxe with champagne and gold trims, acanthus leaves and lots of layered texture. We can see her and Justin Timberlake with this fabulous Luxe cake from The Cake Opera Co. Love this!

*For more of the hottest trends and wedding day ideas, come see us on our blog at [www.bellabaxterevents.com/blog](http://www.bellabaxterevents.com/blog).*

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## Hollywood Relationships: Celebrities Who Found Romance On Set





By Megan McIntosh

Everyone remembers the moment they met the love of their life, whether it be at a park, a coffee shop or at the office. For many celebrity couples, the setting of the beginning of their love story was the work place. While some pairs couldn't keep the torch in their love life burning, the following Hollywood relationships turned "just a normal day at the office" into unforgettable romances that tabloids and fans constantly follow and discuss:

## Hollywood Relationships On- And Off-Screen

**1. Brad Pitt and Angelina Jolie:** This famous couple has to be one of the most unforgettable set of co-stars to have met on set (they were filming *Mr. and Mrs. Smith*). Pitt divorced his then-wife Jennifer Aniston in 2004 and later got together with Jolie. The duo has a total of six children together – three biological and three adopted.

**Related Link:** [Brad Pitt Trashes Marriage to Jennifer Aniston](#)

**2. Goldie Hawn and Kurt Russell:** Famous actress and mother of Kate Hudson, Hawn has been with actor Kurt Russell since 1983. This Hollywood relationship started on the set of *Swing Shift* in 1982, and the famous couple later starred in the film *Love Overboard* in 1986. Despite a relationship that spans nearly four decades, the couple has no plans to marry.

## **First The Movie, Then The Celebrity Wedding**

**3. Ben Affleck and Jennifer Garner:** This dynamic duo met while on the set of *Daredevil* in 2002 and celebrated their celebrity wedding in 2005. The Hollywood couple has maintained a relatively low-profile relationship, unlike Affleck's previous relationship with another Jennifer, Jennifer Lopez. Affleck and Garner have three children together.

**Related Link:** [Jennifer Garner Says She 'Would Do Anything' for Ben Affleck](#)

**4. Kristen Stewart and Robert Pattinson:** This twosome has experienced great popularity with their on-set/off-set chemistry. The celebs met on the set of *Twilight* in 2008 and also starred together in the other films of the *Twilight* saga: *New Moon*, *Eclipse* and *Breaking Dawn*. Bella may have difficulty in choosing Jacob or Edward on-screen, but Stewart is Team Edward all the way! Both Pattinson and Stewart will star in the last film of the series *Breaking Dawn Part II* later this year.

**5. Jessica Alba and Cash Warren:** These lovebirds had a slightly different matchmaking experience. Though not an actor himself, Warren met Alba while she was filming *Fantastic Four* in 2004, and the two were married in 2008. The couple have two daughters together.

**6. Freddie Prinze Jr. and Sarah Michelle Gellar:** This reclusive celebrity couple met while filming the scary movie *I Know What You Did Last Summer* in 1997. They were married in 2000 and filmed two additional movies together, *Scooby-Doo* in 2002 and its sequel, *Scooby-Doo: Monster's Unleashed* in 2004. Prinze and Gellar had a baby girl in 2009 and switch off with at-home responsibilities.

**Who are some other Hollywood couples that have found love on set? Share your ideas below.**

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## **How to Know When It's Time for the First Kiss**





By Carlos Kotkin

There's no way around it. First kisses are usually pretty awkward, and yet they're almost always memorable. Even celebrities commit their first kiss experiences to memory. Recently, a group of celebrities including Tom Green shared recollections of their first smooch with [People](#). For instance, Jerry O'Connell was stunned when his first kiss took a French turn. Vince Gill's first lip lock involved intense face slamming that kept him from breathing. James Van Der Beek's extremely romantic first smooch took place in a ... handicapped bathroom? A handicapped bathroom? Seriously?

Even after you've gotten the hang of it, a kiss at the end of a first date can sometimes be just as awkward. These situations bring you back to your teenage years when you were kissing your teddy bear for practice. To top it off, for guys, making the first move is often a nerve-wracking experience ... and as they say, timing is everything. Here are some things to consider:

### **A Concrete "No"**



It's no secret that dating can be an awful experience every now and then (or nine times out of ten). The worst part of a first outing is the potential for an awkward goodbye at the end of it. Indeed, I've experienced my fair share of goodbyes. Sometimes it's crystal clear when a woman isn't interested in a first kiss ... or a second date, for that matter. At the end of one date, I received a firm business-like handshake along with a "Good luck to you," before she power-walked in heels across the parking structure to her car. In that case, I knew leaning in for a kiss wasn't a great idea.

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

### **A Strong "Yes"**

Other times, women I've gone out with have miraculously been attracted to me. In one case, at the end of a date, a young lady asked me point blank, "Are you going to kiss me or what?" This was a strong indication she wanted me to, um, kiss her.

**Related:** [Five Reasons Why Opposites Attract](#)

### **No Man's Land**

But then there's that middle ground – that neutral date when you're out with someone and you feel like things could go either way. It's the no-man's land of dating. Unfortunately, this is where I've ended up most of the time. I've been in situations where I've thought, "This person either can't stand me or is head over heels." I'm not embarrassed to admit I've been on a date at the movies and as the movie was ending, I've thought, "Oh, no. It's over. We're going to say our goodbyes pretty soon. Oh no..." Ladies, while in no-man's land, your date will search for the slightest clue that you're more than friends. The gentlest touch from you, laughing at our stupidest jokes or a twinkle in your eye are all strong indicators. (By the way, it's totally possible to see twinkles.) The bottom line is, things like that give a guy

hope.

While I can't point out which specific clue will lead a guy to lean in, I *can* emphasize what *not* to do. I was on a dinner date once that lasted for hours. We ended up in my apartment, where she sat on the couch, giggling at my yearbook photos.

When I leaned in, she moved away in surprise, saying, "I'm not interested in that. Sorry." I apologized profusely, declaring it was my bad. Even though the atmosphere was incredibly awkward afterward (I thought), she stayed for another hour as if I had never made a move. We talked about Hawaii, and she finally left. When she did, I had a newfound admiration for the woman who shook my hand and power-walked away in heels.

*Carlos Kotkin is the author of PLEASE GOD LET IT BE HERPES: A Heartfelt Quest for Love and Companionship. He is a ten-time Moth StorySLAM winner, including two-time winner of the coveted GrandSLAM, and has been featured on NPR's The Moth Radio Hour, KCRW's UnFictional, and the popular podcast RISK! He lives in Los Angeles. For more on Carlos, visit his website at [www.carloskotkin.com](http://www.carloskotkin.com).*

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## Five Bad Relationship Habits and How to Break Them





By Marianne Beach, GalTime

We've all heard the infamous break-up line: "It's not you, it's me!" But what if it really *is* you that's been sabotaging your relationship— without even knowing it?

Psychiatrist Rebecca Gladding, MD, co-author of *"You are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life,"* offers us the top five bad relationship habits we slip into...and how to break them once and for all.

### **Bad Habit #1: Pointless arguments**

**How to Break it: Stop, assess and refocus**

**Gladding says:** If you find that what started off as a legitimate difference of opinion over something specific has devolved into either of you bringing up old issues or simply trying to make a point to win the fight, you need to stop the conversation and take stock of what's happening.

Rather than blame either person, simply note what just

happened, take a breath if you need to and refocus the conversation on the original point. Say something neutral, like “I think we got off track, you were saying before that you thought/felt,” or “I think we got off track, what I’d really like to talk about is...” By not placing blame and keeping to the original topic, you can avoid saying something that you both might later regret.

**Related:** [3 Habits Guys Find Most Annoying](#)

## **Bad Habit #2: Making assumptions**

**How to Break it: Ask instead**

**Gladding says:** We’ve all done this. He does or says something that you take one way, when he really didn’t mean what you thought he just implied; or, he doesn’t do something in the way you expected him to.

Rather than assuming his intentions, thought process or feelings, ask him to help you understand where he’s coming from. You might be surprised to learn he had actually thought something through more than you assumed, was planning to do something later or didn’t realize how you might take his comment. So, when it’s not clear, ask him.”

## **Bad Habit #3: Endlessly seeking reassurance**

**How to Break it: Ask once (or twice), and then move on**

**Gladding says:** Although it’s important to ask him how he feels or what he’s thinking, there is a limit to this. For example, if you repeatedly ask him the same questions to get reassurance or more information about a prior event or conversation, he might begin to think you did not believe or trust him the first time.

Rather than asking him about the same topic/event several times, ask once or maybe twice, get the answers you need, say what you need to say and then move forward.

**Related:** [What to Do When He Pulls Away](#)

**Bad Habit #4: Checking his email/texts**

**How to Break it: Have a talk about trust**

**Gladding says:** This is very tempting— and people do it for all kinds of different reasons. Is he talking with an ex? Is he cheating on me? Is he getting me that ring? Invading someone's privacy in this way almost never leads to a good outcome and often results in mistrust and resentment. Rather than snooping, look at his behavior. Is he acting like he normally does or has something changed? For example, is he coming home at night at the usual time? Is he following his usual routines? Is he attentive and loving with you or is he distracted?

The bottom line is that if you do not trust him, checking his email and texts is not going to improve your relationship.

You might need to have a conversation with him about your concerns and/or consider whether you trust him enough to be in a relationship with him at all.

**Related:** [Can We Have TOO Much Communication and Honesty?](#)

**Bad Habit #5: Having serious conversations via electronic media**

**How to Break it: Wait to say it face-to-face**

**Gladding says:** Although emoticons have helped some people, having a serious conversation via email/text is a big mistake.

Not only are you unable to tell his tone, you are missing eye contact, body language and other vital information. And, while the phone or Skype might be an alternative in urgent situations, it's still not the same as being in the same room with someone.

I can't tell you how many fights get started this way when really it was a misunderstanding in how someone read the text

and assumed subtext. In most cases, the entire misunderstanding could have been avoided if the two people talked in person. This is why I always recommend meeting in person if you need to discuss something important, especially if there is a chance one of you might misinterpret what's being said.

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**'Bridesmaids' + 'Friends with Benefits' = 'Friends with Kids'**



By Matthew Dougherty

Off the heels of last year's smash hit *Bridesmaids*, comes this romantic comedy which happens to contain many of the cast members of that film. Kristen Wiig, Maya Rudolph, Jon Hamm and Chris O'Dowd all return from that already classic comedy for this movie about six friends, four of whom are married to another member of the group. The two left over decide to have kids without relationship problems getting in the way. But is that ever really possible? This movie can be seen as *Friends with Benefits* for people in their 30's, and it could be the birth of yet another great movie romance.

**Should You See It?** Yes. Even though the plot is typical, the cast is fantastic and the trailer provides some funny moments. With the R rating, many of the film's funniest moments likely could not make it into the trailer. Also, how can you resist seeing Kristen Wiig and Jon Hamm on screen together again?

**Who To Take:** This could be a great date movie or a simple outing with your friends. That said, the R rating means that a lot of the humor may be vulgar, so maybe don't ask your mom to this one.

### **How do you tell if a friend can be made into more?**

In *Friends with Kids*, the two main characters trying to conceive a child seemingly have no romantic connection.

Naturally, one seems to develop anyway, leading them to consider something more than friendship. This is something that does not just happen in the movies. Sometimes the right person for you is hiding behind a cloud of friendship. Here is how to tell when try out a romance:

**1. You have a lot in common:** Do you like the same movies, restaurants, or activities? If so, on some level you know how much fun you will have dating this person.

**2. You have the same friends:** If you have all of the same

friends, you know that you like the same type of people, including each other. However, you also need to be able to be comfortable hanging out with each other one-on-one.

**3. They already treat you like their significant other:** Look at how your “friend” treats you. Is he nicer to you than anyone else? Are you the same way to him? Are there things that only you two know about each other? Are you comfortable with each others’ families? These are all possible signs that your friend might be relationship material, and perhaps even the best relationship you’ve ever had.

**Do you have experience with a friend becoming more than a friend? Share with us below.**

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## **You’ve Cheated, So Now What?**







By Melissa Caballero

You've done the unthinkable. You've cheated. But whether it was a one-night stand or an ongoing affair, something has to be done. You must find the courage to confront yourself, your life and your relationship. The aftermath of cheating is not an easy obstacle to maneuver through, but you are not alone. Reaching deep within can reveal many of the answers to those heart-wrenching questions that are most likely burdening your conscious. Whether you're a celebrity couple overcoming the adversity of the paparazzi exposing your cheating-capades or an everyday couple trying to find your way, here are a few tips on how to handle your embittered situation:

**1. To tell or not to tell.** If your affair was truly a one time lapse in judgment, it may be most beneficial to keep this information to yourself. Although you might think it will take a huge weight off your shoulders to confess, you will only be hurting your partner and destroying any trust that exists between you. If you choose to keep it quiet, remember not to blab to your friends or post eluding comments on Facebook, increasing the risk of your partner finding out.

You must only do this if you truly believe you will never cheat again.

However, if after you've cheated you feel there is no way to exist in your relationship without revealing your wrong doing or if in fact you want to end things and move on, disclosing the information may be the right choice for you. Without disclosure, it may not be possible for you and partner to move on in a truly honest relationship.

**2. Work it out or end it.** Was this really just a one-night stand or are you finding yourself chronically hooking-up? Infidelity often happens because something is missing in the relationship. After you've cheated, you may realize you the made the biggest mistake of your life. If this is the case, you need to communicate with your partner about how you're feeling, and what's lacking in your relationship. Doing so, will make it easier to fix these things as a couple. This doesn't necessary mean you have to confess, but simply use your infidelity as a learning curve.

However, the lesson may very well be that you are no longer committed and you need to move on. Your actions may have been a subconscious act to sabotage your current relationship

**Related:** [5 Reasons Why Power Men Like Arnold Schwarzenegger Cheat](#)

**3. Accept the consequences.** Whether you fess up or not, every action has a reaction. Being unfaithful is a detrimental behavior and will impact your life drastically. If you do expose these actions to your partner, you have to be prepared for the worst. You cannot expect your partner to brush off this information or even forgive you. If you mutually decide to overcome this hurdle together, you must give your partner space and time to heal. You must also give constant reassurance that you have learned from your mistake and are willing to move on honestly and faithfully. If you

and your partner are committed to each other post cheating, the healing process may bring you even closer together.

**Related:** [NY Ink's Ami James Chats about New Season and Inking Your Partner's Name](#)

**4. Find forgiveness within yourself.** Mistakes happen. Rather than beating yourself up, step back and forgive yourself. Doing this allows you to free yourself mentally. While you are still responsible for your actions, this release of emotion can allow you to work on yourself, your relationship- whether it is the current one or a new one- and help you to change your bad habits and find personal growth from within.

**How did you and your partner handle a cheating situation? Share your comments below.**

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**Exclusive: Bachelor Pad 2 Winner Holly Durst Plans Honeymoon in St. Lucia with Fiancé Blake Julian**





By [Lori Bizzoco](#)

This summer, former *Bachelor Pad* reality stars Holly Durst and Blake Julian will have an intimate wedding in South Carolina and set off to the beautiful Caribbean island of St. Lucia for a romantic, one-week honeymoon.

“Blake is everything I’ve been looking for,” Holly gushed. “I liked him from the moment that I met him and I couldn’t deny that. We have the best chemistry together.”

**Related:** [Bachelor Pad 2 Recap: Blake Julian Gives Holly Durst a Rose](#)

As many fans know, Holly and Blake’s path to wedded bliss was all but easy for fans who watched it unfold on national television. Holly and her ex-fiance, Season 5 *Bachelorette* contestant, Michael Stagliano both appeared on the spinoff series, *Bachelor Pad 2* last summer. Although the two weren’t together romantically, they partnered as a team, and split the grand prize of \$250,000 dollars. But, for Holly money wasn’t all that she won. It was on that show that she met her future

husband, Greenville, South Carolina Dentist, Blake Julian.

When asked if she watches the current episode of *The Bachelor*, Holly says she “keeps up” with her reality TV Alma Mater, but says that Blake likes it more than she does. “He likes Ben a lot, they were buddies on their season together.”

**Related:** [‘The Bachelor’ Winner Courtney Robertson Tells All In New Book About Love: “I Really Didn’t Hold Back!”](#)

Ben and most of their fellow contestants from *Bachelor Pad 2* will be invited to their June 2 wedding in South Carolina.

“Invitations are almost ready to go out,” she laughs. “We had a little envelope emergency and the stamps wouldn’t stick on the finish of the envelopes so we spread them all over the apartment to get the stamps to stick and dry.” Holly says that’s the only snafu they’ve faced, everything else has been easy sailing.

The wedding will take place June 2nd (one day before Blake’s 29th birthday) and they are estimating about 150 guests to attend the southern affair that will be decorated in a neutral tone of white. “I wanted a color that wouldn’t date the photos. But, there will be a hint of pink throughout, because I love pink so much.” Holly chose Alfred Angelo for her dress and pink for her six bridesmaids, all of whom are close friends and family.

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

I am the opposite of Bridezilla, she said. “I’m just going to show up the day of the wedding and say alright that’s good, thanks.”

In addition to planning the wedding, this month Holly is launching her first children’s book. “I have been writing for about six years and I have several children’s books and a novel in the works.” Holly says that she always wanted to write a book that inspired kids that they could be and do

anything that they wanted to in life. “I wanted to encourage other kids growing up not to be afraid of anything and to follow their dreams.” The result of this passion is “Chocolate Socks,” a book about taking what you [love](#) and doing whatever you want with it. Holly has always had a love for children, and even went to school to be a teacher before deciding that writing children’s books was her calling.

When asked about having kids of her own, she said we aren’t planning for it but if it happens it happens. “Blake wants two kids, and I want two or three, preferably twins!” Dating Michael who was a twin wasn’t what convinced her, she has eight sets of twins in her own family lineage.

Holly certainly keeps herself busy, dental assistant, children’s author and soon-to-be wife. But, regardless of her hectic life, she is still booming with happiness about finally becoming Blake’s wife.

The wedding festivities are set to begin this month with Blake’s ski-themed bachelor party taking place this month in Colorado and Holly’s bachelorette party in LA in May.

Visit [Amazon](#) to get your own copy of Holly Durst’s new inspiring children’s book, *Chocolate Socks*.

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**Dr. Jean Cirillo Discusses  
Her New Book ‘The Soul Mate  
Myth: A 3-Step Plan for**

# Finding REAL Love'



By [Whitney Baker](#)

Thanks to the fairy tales that we heard as little girls, many women are searching for their Prince Charming, their perfect match. In our hearts, we believe that there is one man for each of us – our soul mate. Well, ladies, listen up! In her book, *The Soul Mate Myth*, Jean Cirillo, PhD, offers a new perspective on finding love, one filled with realistic expectations and attainable possibilities. Through her three-step program, she teaches women how to overcome their fears and fantasies so they can see love with fresh eyes and an open heart.

We had the chance to interview Dr. Cirillo about her book and she shared many words of wisdom along the way:

## **Can you tell us about your program and how it works?**

My program involves three basic steps. The first step focuses on examining your present situation to see where your fantasy expectations have gotten you. The next step is grieving for the mythic man that never existed, much as you would grieve the loss of a real relationship. And the final step involves reprogramming your brain and emotions to pursue a healthy, realistic relationship.

## **Why do you feel that finding “your perfect match” is a lie?**

The idea that you can find your perfect match is a lie because, even if there was such a thing as your “twin flame,” where is the evidence that you could meet him in this lifetime? Why should he live in the same country, speak the same language or even be in a position to meet you? And even if the two of you *did* meet and hit it off, where is the evidence that you would continue to grow together, in the same direction, at the same rate? Clearly, there is none.

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

## **How and why do you think that fairy tales progressed from imaginary stories for little kids to something that grown-up women believe in?**

Fairy tales would never be so popular if they only addressed the fantasies of little kids. Remember, they are written for children *by* adults, created from universal fantasies of a perfect life, ideal love and happily ever after.

## **How would someone rid themselves of unreasonable expectations that may prevent them from finding love? And which ones are most likely to get in the way?**

The book takes one gently through the stages from ridding one’s self of unrealistic expectations toward replacing them with realistic ones. For example, a common unrealistic



expectation is that one's partner should enjoy many or all of the same activities. In truth, his need for sports and her need for shopping can easily be satisfied by other friends or family members.

As far as more difficult expectations, which usually center around characteristics such as financial status, physical traits or ethnic background, the book explores the gains and losses associated with holding onto these demands. Often, we find that they represent personal needs that have little to do with our partner and can be satisfied in other ways.

**What are the top three things a person should look for when considering a man who is worth loving for a lifetime?**

First, you should look for similar values and long-term goals.

Do you and your partner share similar attitudes about family, children, religion, friends, fidelity, work, money, and so on?

These basic attitudes need to be discussed, and any differences should be resolved before making a long-term commitment.

Next, you should consider how difficult times effect your romance. Have you been together when one of you was going through a crisis such as a job loss or illness? It is important to determine if he will be helpful in a bad situation or simply add more stress.

And finally, does your relationship have the capacity for forgiveness? Can you still love and respect one another even when you are angry?

**Women can easily be blinded by their desperate desire for love. How can they ensure that they love and are loved for the right reasons?**

Through years of clinical practice and life experience, I've found that if a man comes out positive on the above three questions, he is someone who loves you for who you really are

and not because you fulfill some momentary need or fantasy. It means you have chosen wisely, from a clear mind and not a blurred fantasy.

**Related:** [How to Dignify Your Relationship](#)

**In your experience, what is the hardest part of finding real love?**

I am often asked why it is so hard to find real love. People seem so mystified by the issue when it pertains to love. Few of us ask why it's so hard to find real money or a real house or a fulfilling career, for that matter. The obvious answer is that it takes time, effort and commitment to find anything highly desirable. Unfortunately, the fantasy Soul Mate Myth has caused people to believe that real love "just happens."

**Do you have any additional tips for our visitors?**

First, just as real love requires work to get, it requires work to keep. Just as you work to advance your career or maintain your house, you must work to keep the love alive.

Second, other than yourself, your partner should be the most important person in your life. If you really feel this way, doing things for him should be pleasurable. After all, an investment in your partner is an investment in yourself.

Lastly, the romantic phase of your relationship – obsessive thoughts, constant sexual desire and so on – will naturally die down in about 18 months. We would all be exhausted if that didn't happen! That does not mean you have fallen out of love. It is the deeper form of attachment that indicates that this man has gone from being Mr. Right Now to Mr. Right. And this Mr. Right exists in reality once you overcome The Soul Mate Myth.

*To improve your love life and learn more about The Soul Mate Myth, visit [Amazon](#) to purchase The Soul Mate Myth. For more*

information on Cirillo, visit her [website](#).

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## 5 Celebrity Couples Who Should Rekindle Their Romance



By Samantha Mucha

There are some things in life that go together like peanut butter and jelly or a refreshing glass of lemonade on a hot summer day. Some of our favorite celebrity couples compliment each other in the same way. Although many of our most loved duos have split and moved on, there's no shame in wishing they would reunite. Think way back to Britney Spears

and Justin Timberlake; they always seemed like the perfect couple on “The Mickey Mouse Club.” What would life be like if all of our favorite Hollywood couples got back together? Here are a few Tinseltown twosomes we would love to see re-spark their old flames:

**1. Jennifer Aniston and Brad Pitt:** So maybe Pitt allegedly cheated on Aniston, but who didn’t love them together? This seemingly perfect blonde couple seemed as if they were going to live happily ever after, but that changed once Pitt filmed *Mr. and Mrs. Smith*, and Angelina Jolie stepped into the picture. Both Pitt and Aniston denied that Jolie was the reason for their divorce filing in 2005.

**Related:** [Brad Pitt Trashes Marriage to Jennifer Aniston](#)

**2. Jennifer Lopez and Marc Anthony:** A recent split for this dynamic duo came as a surprise to most. With such high intensity careers, however, it was almost expected that the couple would eventually butt heads. Although Lopez approves of Anthony’s new girlfriend, it’s simply not possible to replace this previously successful and passionate couple.

**3. Demi Moore and Bruce Willis:** This former duo’s divorce came as a shock to the public. The pair had three children and a seemingly happy marriage, so a separation seemed almost impossible. After over 10 years of marriage, though, the couple agreed to divorce without disclosing a reason and came to a fair settlement. They’re close friends to this day.

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

**4. Jessica Simpson and Nick Lachey:** With this pair, a reality television series had no positive outcome other than revenue. According to *People*, Joe Simpson, Jessica’s father and manager said, “Do they fight? Hell yes, they fight. Have there been moments when Nick has wanted to leave Jessica or Jess has wanted to leave Nick? Absolutely.” Their reality show,

“Newlyweds,” was a first of its kind, allowing a look into celebrity marriage bliss; but apparently the show falsely depicted the couple. Life on the show appeared happy, but behind the scenes, these two were arguing to the point of demise.

**5. Britney Spears and Justin Timberlake:** This former young couple met as members of “The Mickey Mouse Club” in front of the cameras as teenagers. After three years of dating, it seemed that Spears and Timberlake were meant for each other. Unfortunately, fame and fortune took a toll on their relationship, as they battled drama sparked by rumors.

**What other celebrity couples do you think should rekindle their romances? Share your thoughts below.**

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## **Is Dating Your Ex Off Limits?**





By Erika Mionis

After a tough breakup, many people gorge themselves in the nearest pint of ice cream and attempt to forget their sorrows. Shortly thereafter, it's common for them to experience a rush of self-confidence; they're determined to enjoy being single. However, the rush and the ice cream therapy can't last forever.

It's easy to assume going back to your ex is okay if you have a change of heart. And in some cases, it's acceptable to retry a failed relationship. However, it's important to fully analyze your breakup, your ex and your plans for the future before rekindling the flame. Here are a few things to consider:

### **The cause:**

Even the most pointless breakups happen for a reason. Before restarting your relationship with your ex, make sure to figure out why the two of you split up in the first place. If your breakup was caused by a petty argument, feel free to

reconsider the relationship. If the parting of ways was the result of a wrongdoing on your partner's part, think about moving on. Though there are exceptions to every rule, for the most part, people don't change. Starting a relationship with someone you don't trust may only lead to more distress in your life.

### **Possibility of forgiveness:**

If your ex was the one who ended the relationship, reconnecting with each other will be even more difficult. Work on the small personality issues that your partner may have disliked and ask your ex for another chance. Though this will take time, eventually you will be a better person because of it. If your breakup was caused by a personal mistake on your part, your ex may not consider dating you again. Be prepared to accept rejection.

### **Your ex:**

Is your ex really worth it? Trying to rekindle the flame will take enormous effort on both of your parts. You should only date again if you truly feel that your ex could be "the one."

**Related:** [Ten Signs You're Dating a Jerk](#)

### **The future:**

Don't run back to your ex if you feel optimistic about the future. If you have a close friendship with someone that could potentially lead to more, go for it. Contemplating the past may be a waste of time. There are probably better relationships still to come.

**Related:** [How to Campaign for a Better Relationship](#)

**Would you give your ex another chance? Share your comments below.**

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# The Fragile MALE Ego? Not So Fast!



By [SMF](#) Marcus Osborne for [GalTime](#)

That headline should not be read as a knock against the X chromosome set. Consider it more an objective observation. Yes, I said, "objective." Hey, being a guy doesn't kill my ability to see a situation fairly. As a matter of fact, as I think more about this topic, I'm thinking mine may be the lone voice of impartiality here.

Constantly worried about hurting your man's ego? Think again. It seems that women are actually more emotionally



insecure than they think.

For as far back as I can recall, men have been derided for the fragility of their egos. It's been noted a gazillion times by professional therapists, pop psychologists, and basically anyone looking to take a shot at a guy's emotional fortitude.

Sure, I'll own up to some of the common insecurities men commonly and constantly battle. We love feeling "manly", which means many of us have no idea what to do with ourselves when you tell us that you can fix your own sink or change your own tire.

*"You can??? Well what the hell am I supposed to do while you jack up that car? Good lord...I think I'm about to...pass out...getting...dizzy..."*

**Related: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)**

No doubt we struggle with some fear that you'd leave us if George Clooney (or George Clooney-lite) came sniffing around. This mainly due to the guilt we feel for knowing we'd do the same if there was a late night knock on the door and Halle Berry was on the other side.

And we sure as heck worry, no matter how many times you tell us not to, about whether it's *big enough*. Quick piece of advice, never look at your guy's "manliness" and proclaim, "Honey, it's big enough for *me*." Because then we know it isn't.

But what about the ladies? You want to talk fragile egos? Hoooo boy! Any man will tell you (if he's got nothing to lose) that women have a fairly hefty, Microsoft-esque market share in emotional insecurity.

Ever see what happens to a lady's self esteem if her guy turns down sex a couple of times? "Well why not? Are you not

attracted to me? Is there someone else? Am I getting fat? You like my sister, don't you!"

Errrrr--no. I just wanna watch the Raider game.

You can't mention her age without risking a stay in the doghouse. You had better not, ever, EVER, answer the question, "Do I look fat in these jeans?" in the affirmative. Bad things have happened to those who have. Guys, by the time they're all grown up, understand the delicate dance males must perfect in order to answer certain questions without *answering* certain questions. "Do you look fat in those jeans? Honey, you look great in *everything*...but you look amazing in those pants with the elastic waistband."

**Related: Q&A: [Can I Ask My Boyfriend to Delete Facebook Pictures with His Ex?](#)**

Whatever we say, it's got to be said just right so as not to send our partners into an eating disorder. Ask your guy. He'll tell you how he has to either avoid or massage a certain issue with you because he knows how easily you come unglued over the most innocuous comment. And even compliments can be a scary proposition.

*Dude: "Wow, sweetie. Your hair looks great today!"*

*Dudette: "What? What's wrong with my hair every other day?!"*

Oh, and the look-at-the-darkside, dot-connecting ability of ladies is unparalleled. To a guy, a toilet seat left up is just a toilet seat left up. To a woman, it's a direct reflection of a man's parental acumen. You left the toilet seat up again. That means you don't listen to her. And if you don't listen to her, that means you don't really care about her feelings. And if you don't care about her feelings, how could you possibly [love](#) and nurture your child's feelings? You, sir, have proven beyond a shadow of a doubt, that child protective services should be on high alert should you ever

become a father!

So yeah, guys carry a boatload of insecurities. But women drag around their fair share, too. Let's not so gleefully point out one's flaws when we could all probably use a little therapy!

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## 5 Low Profile Online Dating Strategies



By Heidi Lee Munson

Dear Heidi Lee,

Help! I think I'm a Toad!

I'm on an online dating site, and I lie about who I am ... I use my sister's photo. I play down my interests – leaving out that I'm Jim Carrey's ex and a former Playboy model. I feel guilty for lying, but I can't be honest because of stalkers, psychos and creeps. I want a regular, low-key guy who can throw back a burger and a beer in a bowling alley ...

Don't these guys have the right to know up front that my world is paparazzi and tabloids? Do I have the right to lure them with false promises of an All-American romance with the girl next door?

Who am I to lie to these men? A Toad?

xoxo,  
Jenny

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

**Dear Jenny,**

Even asking such a question shows that you are a strong, lovely and thoughtful woman. Whether a Big Screen Celeb or a Midwest Farmer's Daughter, you and your future Prince Charming have the right to be honest with each other now.

Fortunately, my friend, you've found a Midwestern girl. I understand your unique need for privacy within the Toad Kingdom as well as your pull toward the rugged sexiness of the strong, meat-eating types. In small towns, we are all celebrities in our own right. Toads who recognize us may be interested in our career status, income or somewhat gullible reputations. So, Ms. All American in L.A., let me share a few small town girl strategies to help you avoid the Toad label :

**5 Small Town Strategies for a Celebrity**

**1. Communicate proactively:** Initiate conversation first to have control over the flow of it, and reveal yourself as early as appropriate.

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

**2. Go au natural:** Use a natural picture of yourself – a naked face with a warm smile – preferably with a shadow from a tree or a ball cap shielding your true identity.

**3. Minimize exposure:** Hide your profile when you are talking to a handful of promising men.

**4. Use geographic camouflage:** Register your account using a zip code outside of your location to throw the Toads off your trail.

**5. Be a rhinoceros:** Grow a thick skin, doll. Even the best laid plans have holes. Not only does a rhino have thick skin, but he or she can crush the Toad in one mighty step.

Most importantly, have fun! I'm proud to hear that you chose online dating to meet "the one". We Citizens of the Toad Kingdom share good company having you here. Thanks!

Warmest Regards,

Heidi Lee

P.S. May I offer you a copy of my eBook, *How To Toad Proof Your Online Dating Profile?*

*From struggling single mother to Happily Married Author, Marketer, Blogger and Online Dating Professional, Heidi Lee Munson kissed the toads so that you don't have to. From Couch Potato Toad to Lounge Lizard Toad and Freeloader Toad to Bad Toupee Toad, Heidi Lee kissed them all.*

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# Power Celebrity Couples: Hollywood Relationships That Command Our Attention



By [Whitney Baker](#)

Some [celebrity couples](#) have the “it” factor that just draws us in and makes us interested in everything happening in their lives. Other Hollywood relationships have to work a bit harder for our attention, but still, we can’t help but take notice. They make headlines because of their enviable romances, high-profile careers, and cute kids, and we anxiously await their next moves. Below are five power celebrity couples that, for

better or worse, never fail to command our attention:

## Power Celebrity Couples

**1. Prince William and Princess Catherine:** The royal wedding lived up to everyone's expectations, and the Duke and Duchess of Cambridge have continued to capture our attention – and our hearts – ever since. It seems that these lovebirds garner media coverage for every move they make, even when they do something as mundane as grocery shopping.

**Related Link:** [Prince William and Kate Middleton's New Year's Eve Plans](#)

**2. Mariah Carey and Nick Cannon:** Whether Carey is flaunting her post-baby body, Cannon is doing one of his many hosting gigs, or the duo is showing off their adorable twins, this famous couple seems to have a hand in everything. The attention-seeking family will certainly be captured in tabloids in May this year as Roc and Roe celebrate their first birthdays and Carey and Cannon mark their two-year wedding anniversary.

**3. Brad Pitt and Angelina Jolie:** These superstars manage to juggle two demanding careers and multiple charitable commitments all over the world, all while raising six children under the age of 10. Despite their busy lives and hectic schedules, they still manage to make time for date nights.

**Related Link:** [Angelina Jolie and Brad Pitt Celebrate Her Film with Dinner](#)

## Private Hollywood Relationship Still Grabs Attention

**4. Beyoncé and Jay-Z:** This celebrity duo is famously private, but that doesn't mean they command our attention any less.

Having been together for over a decade, [Beyoncé](#) and [Jay-Z](#) have been seen at sporting events and concerts as well as on romantic celebrity getaways. They recently received even more attention for their culinary choices: The new parents were both following a partially vegan diet in order to keep their energy up for their first child's arrival. Their daughter, celebrity baby Blue Ivy Carter, was born on Jan. 7.

**Related Link:** [Kelly Rowland Accidentally Reveals Sex of Beyoncé's Baby](#)

**5. Nicole Kidman and Keith Urban:** This marriage between Hollywood royalty and a country music superstar appears to be a match made in celebrity heaven. They continuously support one another at award shows, showing their love for each other on the red carpet. Urban credits Kidman for helping him overcome his alcoholism, calling her an "extremely pure spirit." The low-key couple has settled in Nashville to raise their daughters, Sunday Rose and Faith Margaret.

**Who are your favorite power celebrity couples? Share your comments below.**

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**Exclusive: Former 'Bachelorette' Winner Jesse Csincsak Rescues Mother and Son from Same Area as First**



# Date with His Wife



By Daniela Agurcia and Steven Zangrillo

When Former 'Bachelorette' winner Jesse Csincsak treads deep into the Colorado woods, he should bring a few lotto tickets with him. On Friday, February 17, the Breckenridge local was snowmobiling 15 miles in the middle of the backcountry in Vail when he came across a lost mother and her son. Mother, Hilary Skye, and son, Dillon, had been stranded before Jesse came to the rescue. This isn't the first (or second) serendipitous encounter to sneak up on the professional snowboarder as he's navigated the trails of the Rocky Mountains. Last year Thomas Pazerunas had also lost his way 15 miles behind the Vail Resort with no cell service until Csincsak helped him.

As if playing backwoods Superman wasn't enough, Csincsak also notably brought his wife, 'Bachelor' Season 13 contestant Ann Csincsak, out into the same backcountry chill for their first date.



Meeting a new flame's friends is hard enough in the first place... but on a weekend getaway in -10F degree weather? Very bold. Ann made it through without a hitch. That's the textbook definition of a "keeper." Ann is proud of Jesse for the lives that he has saved and when asked if he's a hero Jesse says, "I'm paying Karma forward and would want someone to do the same for my wife and son." Looks like Ann has a keeper as well.



So, while it is definitely ill-advised to foray off the trail through the woods in 9 feet of snow, isn't it nice to know that Jesse could swoop in to save the day at any minute? Maybe the chances are unlikely, but it's nice to see someone fusing star power and humility with such harmonious ease. Be it first dates, hitting the slopes, or completing acts of heroism, it looks like the snowy ranges of Colorado are a place of serendipitous success for Jesse Csincsak.

Photos: Courtesy of Jesse Csincsak

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## Top 5 Celebrity Love Mistakes We Should Avoid





By Abiola Abrams

Some of us view Hollywood stars as lifestyle role models. You want Sofia Vergara's lipstick, Beyonce's curly hair or the Balenciaga bag that everybody and their mother was rocking on the red carpet recently. While it's cool to mix celeb style with your own once in a while, it's important to remember that the people who entertain us with movies, TV and music are just that – people.

That said, the famous are more human than we realize, and some of our favorite celebrities have one thing in common that we should never seek to emulate – their tumultuous relationships. In fact, let's learn from the love, sex and dating mistakes of the stars.

Here are some celebrity relationship snafus to avoid:

### **Love Mistake: Never Being Single.**

It seemed like Jennifer Lopez was barely divorced from her crooner hubby Marc Anthony before stepping out with sexy back up dancer Casper Smart. Before that, she made a seamless

transition from her Jennifer engagement to her JenAnthony marriage. What's up with that?

Going from relationship to relationship is a mistake. Taking a break between longtime loves is the best way to heal and ensure that we come to the next marriage or engagement as whole human beings.

**Related:** [10 Love Lessons from Bruce Springsteen](#)

**Love Mistake: Marrying too soon.**

Kim Kardashian and what's-his-face Humphries had the 72-day fairytale heard 'round the world. It seemed like Kimmie was set to continue the Dash girls tradition of meeting and immediately ending up happily ever after. Look at her little sister Khloe and her b-baller Lamar Odom. Their less than one month courtship has yielded a relationship that's still going strong.

Bottom line? Khloe and Lamar are a wonderful fluke. Marrying someone before you've even had the "where will we live" conversation is a huge mistake. Sorry, Kris Humphries!

**Related:** [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

**Love Mistake: Stealing someone else's lover.**

Man and woman stealing is a time honored Hollywood tradition. See LeAnn Rimes, Tori Spelling, Angelina Jolie and even old school movie star Elizabeth Taylor. It's a big world out there. If your love cheated to be with you, then how can you ever trust that this pattern won't be repeated? The answer is, you can't.

Karma is a mean goddess, and hell hath no fury like karma scorned. Just sayin.'

**Love Mistake: Getting a mistress pregnant.**

Arnold Schwarzenegger sure did seem preachy about family values as the Republican governor of California, didn't he? Little did we know that the Governor was not only sleeping with the maid, but he'd had a love child with her as well. Oy vey.

Obviously, this is a relationship no-no to be avoided at all costs.

### **Love Mistake: Bashing your ex.**

When we watched Kelsey Grammer's previous wife Camille Grammer battle the divorce demon on "The Real Housewives of Beverly Hills," our hearts broke for her. Her A-list husband cheated and ran. Sure, she had choice words about him on her reality show, but then Mr. Grammer behaved deplorably by bashing his former Mrs. in an interview with Pierce Brosnan.

A smarter move is always to take the high road. See Jennifer Aniston for lessons on grace under fire. Okay, it didn't work out, and she moved on. Sure, it's probably messy. Life is a contact sport.

What are some other celeb love snafus? Dating different versions of the same jerk a la Halle Berry, returning to the scene of the crime like Rihanna or falling apart after a breakup like Demi Moore are all examples *not* to follow.

Ah, le love. You're much better off copying a celebrity hair cut than imitating their love styles. Here's to shiny, happy and healthy relationships!

*Abiola Abrams is a lifestyle expert and host of "Abiola's Kiss and Tell TV." Her next book is entitled The Official Bombshell Handbook. Find her fun and scandalous love advice and interviews at <http://www.AbiolaTV.com>. She tweets @abiolatv.*

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# Top 10 Academy Award Nominations if the Oscars were Based on Love



By Matthew Dougherty

What if the Oscars were solely based on love? For all of us hopeless romantics out there who drool over prince charmings like Ryan Gosling in the Notebook, this would be our kind of Oscars. We all love living vicariously through these glamorous celebrities and adore when they get swooped off their feet and fall madly in love both in real life and in romantic movies. After all, it gives us hope and

encourages a little fantasy in our own lives! If only the Academy Awards were based on love, then our top 10 Oscar nominations would be:

### **1. Best Romantic Movie:** *Midnight in Paris*

Woody Allen has an uncanny ability to reach staggeringly romantic depth within his films, which is surprising coming from someone with those glasses. His latest, *Midnight in Paris* reminds us of his mastery over film by depicting the struggle of staying true to your own desires while trying to combine your life with another's, something every married couple can relate to. Owen Wilson's journey into 1920s Paris is not only entertaining but it, proves that love can overcome any obstacle when shared with the right person.

**Related:** [Top 10 Most Romantic Movies](#)

### **2. Best Couple Overall:** George Valentin and Peppy Miller in *The Artist*

Jean Dujardin steals the show as the strong silent type in this old-school, black and white film. Jean and Berenice Bejo allow their affection to scream off of the screen in *The Artist*. With a film that depicts how important it is to have a partner that stands with you, supports you and sometimes even carries you through life, we're shown that love is more than words – it's an action.

### **3. Best Chemistry:** Margaret and Denis Thatcher in *The Iron Lady*

There was never any question that Meryl Streep would be amazing as Margaret Thatcher, but who knew this biopic would focus much more on her relationship with Thatcher's devoted husband Denis (Jim Broadbent)? With years of history backing this love story, Streep and Broadbent play off of each other with ease and create one of the most believable couples in



cinematic history, which is fitting as their romance is based off of one of the truest romances to date.

#### **4. Most Desirable Male:** Billy Beane in *Moneyball*

Brad Pitt portrays the legendary and awe inspiring Billy Beane, who took the Oakland A's from rags to riches, with determination and spark. By channeling his softer side, Pitt showcases the purest of all loves by beautifully capturing the special relationship between a father and his daughter. With conviction and a wit that will leave you hanging on Pitt's every word, more women may just start tuning into MLB games this spring

**Related:** [Hottest Movies From The Fall](#)

#### **5. Most Desirable Female:** Marilyn Monroe in *My Week With Marilyn*

We already know that Michelle Williams is absolutely adorable, but by donning the blondest of blondes and an infamous white dress, we learned that she is also a fantastic actress. Playing cultural icon Marilyn Monroe would be a daunting task for some, but Williams' charm, beauty and ability to understand all sides of the human experience leaves us simply wanting more. She perfected the icon's every mannerism, reminding us why the public fell so deeply in love with Monroe, while also giving us a window into the troubled star's much darker world.

#### **6. Best Kiss:** Ron Weasley and Hermione Granger in *Harry Potter and the Deathly Hallows Part 2*

After ten years, seven movies, and plenty of awkwardly sweet moments, Ron and Hermione finally kissed before even defeating the villain, in this year's Potter flick, *Deathly Hallows Part 2*. The Weasley/Granger kiss was so passionate (and overdue) it transcended the Potter industry, reaching the hearts of even the least enthusiastic fans. A moment that came to a head

after a long history of platonic want is one we can all relate to, and one that left a little lip-shaped imprint on our hearts.

**7. Most Heartbreaking Moment:** Matt King says goodbye to his wife in *The Descendants*

George Clooney's character, Matt King, in *The Descendants* has it rough. After his wife ends up in a coma from a boating accident, his relationship is thrown into the spotlight when he finds out that his wife was cheating on him. Armed with loyal friends and two daughters who still need their mother, Clooney's journey is both heartwarming *and* heart wrenching. The final good-bye between King and his wife has our vote on the most heartbreaking, tear jerker moment. We laughed, we cried and we remembered why we want to marry George Clooney!

**Related:** [5 Classic and Memorable Summer Fling Movies](#)

**8. Most Unexpected Couple:** Lisbeth Salander and Mikael Blomkvist in *The Girl With the Dragon Tattoo*

There are so few reasons to suspect that Lisbeth Salander will get involved with Mikael in the beginning of David Fincher's version of the Swedish bestseller. After all, he's involved with someone else and Lisbeth is several years younger. But then, in an odd twist, Mikael receives a gunshot wound to the head and Lisbeth is there by his side to take care of him. She makes the the first sexual advance, resulting in a very peculiar love story. Mixing violence with love makes sense for this very dark, confused character. But, I can't say we saw this 'coupling' coming. And unfortunately, when the film draws to an end we realize that neither did Mikael.

**9. Cutest Kid Romance:** Hugo and Isabelle in *Hugo*

It's rare that a children's film is able to capture the believability of that all too important "first love", but Scorsese got it right in his first ever kiddy flick. Asa

Butterfield and Chloe Grace Moretz are not only fun and adorable, but they show us the tender simplicity of youthful love, and who could ever tire of that?

#### **10. Hardest to Watch Romance: Simin and Nader in *A Separation***

A jarring escape from the norm, this film depicts the uglier side of love with an Iranian couple desiring a divorce, but finding themselves unable to do so without government permission. With a daughter in the middle of their broken family and a mix of legal trouble, the two are forced to work together despite their desire to split. The tension, heartbreak and uncertainty felt by Simin and Nader is sometimes torturous to watch, but the truth behind it also makes the entire relationship beautiful.

So there you have it! What do you think of our picks? Any movies that got nominated for Oscars that we missed? Sound off below!

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## **What Does Astrology Tell Us About 'Bachelor' Ben Flajnik and His Quest for Love?**





By Lori May

Benjamin Flajnik, also known as “Bachelor Ben,” is the latest contestant on The Bachelor to go looking for love. With the season drawing closer to the final episode and live special, more and more fans of the series are perplexed by who Benjamin Flajnik is—and what is he really looking for in a Lady Love?

**What does Astrology tell us about Benjamin Flajnik and his quest for love?**

Benjamin Flajnik is a Virgo (Sun Sign placement), based on the public information of his birth date being September 10<sup>th</sup>, 1982, in California. As an avid fan of The Bachelor, I have tuned in since the beginning of Ben’s season only to be repeatedly amused by just how much of a “typical Virgo” Ben seems to be. Below are a few highlights of the traits, interest, and behaviors of Bachelor Ben’s that led me to apply the “typical Virgo” stamp of approval.

**Virgo Man traits Ben exhibits:**

**Need for Flexibility:** Ben has repeatedly commented, both to the camera and to various female contestants, about how much he values and appreciates flexibility. The ability to “go with the flow” seems very important to Bachelor Ben, which is typical not only of Virgos but also the other Mutable Zodiac Signs (Gemini, Pisces and Sagittarius, specifically).

**Desire for the Outdoors:** Several of the girls have stated that they enjoy how rugged Ben is, and how outdoorsy or hands-on his dates have been. Virgo men are typically very good with their hands, have an affinity for the outdoors, and love to take a chaotic situation and make sense of it. Taking the girls fly fishing, paddling down the Panama Canal, or on a scenic picnic during a one-on-one date are all extremely appropriate endeavors for a Virgo.

**Guarded Emotions:** Many viewers have been concerned that Ben Flajnik seems too reserved, even shy, to be a successful Bachelor. Virgo men tend to keep their emotions in check, not only because of their Mutable nature but also because—like fellow Earth Signs Taurus and Capricorn—emotions are often confusing and even overwhelming to the very logical, practical Virgo man’s mindset.

**Related Link:** [The Bachelor Season 16 Episode 7: Ann and Jesse Csincsak Weigh in on Ben Flajnik’s Ladies in Belize](#)

**Emphasis on Activity:** Ben puts a lot of emphasis on physical activities during his dates, even one-on-one adventures, such as his deserted island date with Kacey B. The women’s ability to be productive with him during these physical activities seems very important to Ben, which is very true to Virgo’s hands-on nature. The ability to work as a couple and accomplish something tangible is extremely appealing and possibly even mandatory in Ben’s potential wife.

**Dislikes Being Questioned:** The women that have challenged Ben’s decisions and actions do not seem to receive a very

receptive response. For example, Emily's decision to approach Ben about fellow contestant Courtney on two occasions caused Ben to visibly "draw back" from the conversation. Virgo men do not appreciate having their decisions and opinions questioned by others—a very Earth Sign trait—and more than most men, they have a tendency to respond to such questions as though it's a slight towards their manhood.

**Avoids Emotional Outbursts:** The women who have consistently seemed overly emotional or unstable have not lasted long this season (i.e., Jenna and Blakely). Alternatively, the more reserved, laid-back ladies seem to put this Virgo Bachelor at ease. One exception to this rule is Courtney, who is consistently intense and even romantically aggressive towards Ben during their alone time.

**Related Link:** [The Bachelor Season 16 Episode 6: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

**Attracted to Physical Qualities:** On the subject of Courtney, Ben seemed to be immediately intrigued by her after first seeing her during the introductory segment of the premiere episode. This spark of chemistry and physical attraction seems to have Bachelor Ben very much under Courtney's spell, which is one weakness most Virgo men share when in love: A tendency to be blinded by physical attraction and chemistry, and to value those connections above a more practical, logical assessment of partners.

What do you think of Benjamin Flajnik's Virgo behavior? Check back with us here at CupidsPulse.com for further explorations into Bachelor Ben's Astrology, and our theories about who will go home next—and which girl should stay!

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# Jennifer Aniston and Paul Rudd Join a Commune in 'Wanderlust'



By Matthew Dougherty

This one comes from the director of the hit comedy *Role Models*, which is already a good sign. The film stars two great comedic actors, Paul Rudd and Jennifer Aniston, as a married couple who find themselves victims of the economy when Rudd's character gets fired from his job. Forced to leave their pricey sanctuary in Manhattan, the couple ends up joining a commune of sorts and begin living among them.

Naturally, comedy ensues. The trailer has some pretty hysterical moments. Also, it should be noted that the movie is rated R, which is usually a good sign for comedies like this.

**Should You See It?** Yes, this is going to be a nice, lighthearted romantic comedy right in the middle of the all too serious Oscar season. If you like either of the stars or the director's previous film *Role Models*, then this is a must-see.

**Who To Take:** The movie looks to pack enough comedy to please the guys. Its R-rating should stir you away from seeing it with your mother. However, this might be the most fun with your group of friends on a Friday night.

**Looking for a romantic getaway? Just don't join a cult.**

In *Wanderlust*, the main couple is just looking to find a new place to let their relationship blossom. Sometimes it's necessary in relationships to escape from your everyday lives and experience something new. Here are some suggestions for romantic getaways that you will both enjoy:

**1. Anyplace with a beach:** Who doesn't like the beach? Plus, it can be extremely romantic at anytime during your trip. You can hang out there during the day then after dinner return for a moonlit walk in the sand.

**2. An unfamiliar place with culture:** Go someplace where neither of you have any connections. Immerse yourselves in the culture and walk away with new, unique experiences that are just your own.

**3. Someplace that you both want to be:** Compromises are a part of every relationship. Yeah, Paris might sound great to you, but he wants to see the Coliseum in Rome. Don't force him to go someplace he doesn't want to and don't just do whatever he



wants. It should be a place that you both can enjoy and will remember forever.

Do you have any great trips you've gone on with a significant other? Share your experiences below.

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## Most Beautiful Famous Couples



By Jessica Smith

Beauty comes from the inside and out, and the radiance of love can be the most profound beauty people can exude. There are plenty of beautiful celebs in Hollywood, and when two gorgeous celebrities are matched together, they turn heads

and leave us awe-struck. Here are ten of the most beautiful famous couples that Hollywood has to offer:

## Beautiful Famous Couples

**1. Prince William and [Kate Middleton](#):** The Duke and Duchess of Cambridge have earned the number one spot on our list. They've been married less than a year, but ever since Princess Kate elegantly walked down the aisle, she has taken the world by storm with her class and beauty – and let's not forget her great fashion instinct.

**2. Tom Brady and Gisele Bundchen:** Fame, fortune, and beauty – this Hollywood couple has it all. They've been married for almost two years, and they're definitely turning heads. The New England Patriots quarterback and his supermodel wife have an 18-month old son and are making big plans for a new mansion.

**3. Brad Pitt and Angelina Jolie:** You can't mention celebrity couples without this dynamic duo making the list. Pitt and Jolie have been fighting human rights as a couple for six years, and they exude beauty inside and out with their celebrity love for one another and their love of helping people in need.

**4. David and Victoria Beckham:** There's plenty of spice in this duo's life, and we've watched these stars transform into responsible parents over the span of their twelve year romance. Victoria gave birth to their fourth child, daughter Harper, a few months ago, and their kids would certainly be included in the list for most beautiful celebrity kids.

**5. Penelope Cruz and Javier Bardem:** The Spanish actress and her beau make a lovely couple as fans watch them raise their son Leo after being married for just over a year.

**6. Nick Lachey and Vanessa Minnillo:** These newlyweds have been

married for less than a year, and they described their celebrity wedding as a dream come true. Hopefully, having their wedding televised didn't leave these two lovebirds with the reality TV show curse!

**7. Orlando Bloom and Miranda Kerr:** This famous couple can't get any sexier. The twosome has been married a little more than a year, and it's hard to believe they've already had their first child. If you saw Kerr modeling Victoria's Secret lingerie in this year's fashion show, then you probably saw her hubby watching her enviable post-baby body glide down the catwalk and giving her a standing ovation.

**8. Adam Levine and Anne Vyalitsyna:** They're sexy, and they know it. Their celebrity romance seems hot and steamy as they pose nude for magazine covers and Vyalitsyna appears in his music videos. You could see the infatuation in Adam's smile as he and his girlfriend locked eyes as the Victoria's Secret model strutted her stuff down the catwalk recently.

## **Celebrity Love is Stronger Than The Rumors**

**9. Will Smith and Jada Pinkett:** Apart from the recent rumors of a celebrity divorce after being married for fourteen years, this power couple is still together and we're cheering for their recovery. The pair – and their famous children – are a force to be reckoned with, and their talent seems unstoppable.

**10. [Ryan Reynolds](#) and Blake Lively:** This young duo is one of the newest Hollywood couples to step onto the scene, and they're leaving their mark. It looks like the *Gossip Girl* may have finally found her man. The two can't seem to get enough of their love for each other, and for fans, there's nothing like living vicariously through a young and hopeful couple.

**What other beautiful Hollywood couples would you add onto the**

list? Share your comments below.

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# From Bad Dates to Fireworks: How Different Dates Lead You to Your Knight



By Lindsley Lowell

Just because Valentine's Day is over doesn't mean single women can breathe a sigh of relief. Talk of spring romance is just around the corner, and many single women are still not feeling the love. For them, Valentine's Day was more like

*Valencrime's Day*. It's hard for women, especially those over 35, to believe that there's true love out there for them.

When friends and family tell you that you're too picky, thereby implying that you should settle, remember to close your ears. Instead, listen to what your heart is telling you. The fact is, your close ones don't have to live with the guy ... you do.

Love is an easy concept in theory, but when you have been on many a horrific date and feel like the only men you are meeting are dingalings, the thought of a knight in shining armor in your future remains looking like a fairy tale. Most of the guys out there are far from Princely and are not nearly so charming.

**Related:** [How to Avoid the Reality Show Relationship Curse](#)

But if you give up on love, that's a sad, sad day. I, personally, feel like it took me 753 years to find my knight, but in the end, it was worth it. I suffered through some heartbreak and plenty of gruesome dates, but I also had some good experiences as well. Had I stayed with one of my ex-boyfriends, I would surely be divorced or unhappy right now.

You have to put yourself out there! You have to meet true love halfway.

Even though dating can be frustrating, you can learn a lot from your dates ... even the bad ones. Here's what I learned:

### **Crappy Dates**

I have too many bad dates to mention. One prime example is the guy who looked cute in his online photos, but then showed up wearing a beret and Mr. Magoo glasses. He spent the hour having a conversation with my high heels. He hadn't mentioned his foot fetish in his profile! Or, there's the time I was set up with a French dude who seemed great when I met him at a party, until he called to make a date and informed me that he

could not take me to dinner because he had no job and no money, so if I liked, we could “go for a walk.” Needless to say, I told him to take a walk right out of my life. Better yet, there’s the guy I met on Match.com who kindly paid for our first date (a drink and some sushi), and then the following week demanded that I pay him \$21.43 for half the date because I declined a second date. He stalked me until I had to report him. Needless to say, crappy dates are hard. But, they also tell you what kind of guy you don’t want.

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

### **Nice Dates**

These are pleasant ... and that’s it. You can compare it to a brown paper bag and white toast; they’re useful, but boring as hell. The guy is nice. He has a nice job. He looks nice. Unfortunately, there’s no spark, so he may as well be a gay guy or your cousin. The bottom line is, if your knees aren’t weak, your heart’s not fluttering and you’re not all hot and bothered, this will *not* be your knight. True love requires passion and chemistry.

### **Woohoo! Dates**

These types of dates are fireworks, the brass ring or the Holy Grail. Unfortunately, they do not come around that often. When they do, it’s euphoric, and he could indeed be your knight if this happens. People often say “You just know” when you meet “the one,” and I agree. It was fireworks on my first date with my now husband. As long as the guy feels the same way, you’re all set. Congratulations. If the guy turns out to be emotionally unavailable, or just not feeling the fireworks, you need to let it go. And even if the woohoo date doesn’t end up being your knight, these dates remind you that it is possible to have someone treat you well, like you should be treated. DON’T forget this feeling. This is what will bring you to your knight!

*Lindsley Lowell is a former career dater, honorary love doctor for all of her friends, and writer. While dating in a sea of mediocrity for what seemed like 742 years, Lindsley was forced to put pen to paper for cathartic purposes and document the hilarious, tragic, and heartfelt stories. Her new book MY KNIGHT IN SHINING ARMOR IS COMING...HE'S JUST STUCK IN TRAFFIC is a beacon of hope for all the single women out there who are told by society, friends and family to throw in the towel and settle. In 2011, she founded [www.Ladiesinthepink.com](http://www.Ladiesinthepink.com) – a site for women to share, inspire, create and laugh. She lives in California with her knight in shining armor and her dog Miss Winnie.*

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## **Exclusive Interview: MTV's Battle Of The Exes Leroy and Naomi's Behind-The-Scenes Drama**





By Andrew Pryor

On MTV's *The Challenge: Battle of the Exes*, viewers began the season expecting drama and fights, and they haven't been disappointed so far. But for every crazy moment the cameras catch for those watching at home, there are at least five more that go unnoticed. And for *Challenge* competitors Naomi Defensor and Leroy Garrett, most of their drama occurred when they were off the record.

Both Defensor and Garrett knew there was going to be trouble from the very beginning. "I was worried, just because of the relationship we had previously in Las Vegas," said Garrett, "I thought she was gonna want to hook-up and her mind wouldn't be focused on the game, and I didn't know how well she would compete physically because she's really not athletic like that, so in my mind, I really didn't think we were gonna make it too far."

**Related:** [Five Hollywood Relationships that Spiraled Out of Control](#)



Their problems started way back in Las Vegas, where an agreement to keep an open relationship quickly turned ugly. “Regardless of what Leroy says,” stated Defensor, “the truth is that after The Real World we were talking for a bit, trying to figure things out on a different level...he wasn’t ready for a relationship or for any kind of commitment, but he likes to act like that never happened.”

**Related:** [Expert Dating Advice: How to Get Over “The Little Things”](#)

However, Garrett tells a different story. “Our whole beef started back in Las Vegas, Naomi hated me while we were living there, we made this deal that we could hook-up and be friends with benefits, and when I was hooking up with other girls she’d be so pissed about it. I was super cool, we made a deal, and she didn’t stick to her end of it.”

Their differences in opinion led to tensions between them. And those tensions resurfaced during Battle of The Exes, making their game an uphill battle.

**Related:** [Relationship Advice: Marriage Survival Guide for Tough Times](#)

Defensor said, “Our communication was definitely off...I was worried about hooking up at first and he was worried about winning so there was conflict there. They don’t show us arguing much but we spent the entire time arguing.”

“Every other team, they were on the same page—they were there to get the money, and never once did Naomi even speak about the money. Naomi would walk around the house with the biggest mouth, talking about how she would kill this girl or that girl, and as soon as the challenge next morning she’d be ready to cry because she was afraid of heights. She had no confidence at all whatsoever,” said Garrett.

An early exit from the game made it perfectly clear that their

communication issues were their downfall.

Now that the challenge is over, both Garrett and Defensor are no longer in contact with each other and don't plan to make amends anytime soon. Yet they can both agree on one thing: Do they hope to see their ex on any more Challenges?

Defensor: "No, I don't really care to see him ever again to be honest."

Garrett: "Most definitely not, and if she is I don't want her to be my partner."

Well, that says it all.

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## **Lori Bizzoco of CupidsPulse.com Discusses Love During Social Media Week Panel**





By Steven Zangrillo

The next time you sit at home, clicking around your computer on Facebook or Twitter, think about your online activity. Have you looked at your current or ex-lover's social media pages today? Have you ever used a dating site? To what extent do you research a new lover once you get to know them? (Admit it, you Google them!) We're in an age where we can, at will, summon information about anyone at anytime with just the click of a mouse or swipe of the tablet. You can even look this stuff up on your smart phone. No stone is left unturned, because we can flip them all over at once with digital precision. This begs the ultimate question: How has social media affected the way we handle our love lives?

On Valentine's Day, Cupid's Pulse Executive Editor and Founder, [Lori Bizzoco](#) was asked to participate in a discussion concerning this very topic. She joined a panel of distinguished colleagues in the relationship industry including Nancy Slotnick, Founder of Cablight.com, Rob Judge of DateHotterGirls.com, and Tom Miller, General Manager of YourTango.com. The event was staged at Big Fuel, one of the

hubs for Social Media Week in New York City.

The main topic of discussion was how the social web has had a profound impact on the way we connect with each other. It's affected our friendships, our relationships with our families, our professional networks, and ultimately our love lives. People are now discovering romantic partners in a whole new way, and social networking continues to play a major role after a relationship has ensued.

Lori drew on her personal success as an online dating success story to highlight the positives that this form of romance can yield. Along with Tom, Rob, and Nancy, there was a general consensus that online dating is fine but maintaining a balance between digital and in-the-flesh experience is key. Sites like HowAboutWe.com were cited as places where the initial spark can be created, and then taken into the real world.

The panel served as a sounding board for the new atmosphere that social media has provided to daters. The way we reconcile it, apparently, is with appropriate balance. Too much of a good thing is, indeed, too much.

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## **“Get Married This Year: 365 Days to ‘I Do’”**





By [Whitney Baker](#)

Sure, we all want to find “the right guy,” but how do we successfully approach such a task? In her new book *Get Married This Year: 365 Days to “I Do,”* relationship expert, professor and psychotherapist Dr. Janet Blair Page shares her easy-to-follow 12-month plan to help readers not only get married this year but to build a loving and long-lasting relationship with the man of their dreams. We had the chance to interview Dr. Page, during which she shared her personal story of true love. She also expanded on the steps of her program and discussed why her plan really works.

**Can you tell us about your book and why you wrote it?**

In 1984, I began teaching a course at Emory University called “Before a Year Is Over, I’ll Be Married.” The way people meet and [date](#) has changed over the last three decades, but the problems haven’t changed: they feel like they’re not meeting enough eligible people, or if they are, they keep facing the same relationship love blocks over and over again. As a psychotherapist – divorced and remarried myself – I was not

only able to empathize with many of the women, but I have personally been on the same path and have my own backlog of bloopers. I've also experienced the joys of a good marriage, and it's the most wonderful way I can think to spend your life. This book offers the experience I have gathered.

**Your first bit of advice is to get to know yourself. What does a woman need to do to truly know herself?**

To truly know herself a woman has to be scrupulously honest about whom she is and has been. A positive realism toward herself and all others in her life is the definition of mental health. She also needs to be aware of her effect on others – life is a team sport – be open to caring and competent critique from people with low to no agendas. If she has personal pain, she needs to have the courage to heal; and if change in her behavior or attitude would be advisable, she needs to be willing to make it happen.

**Related:** [Valentine's Day Advice: How Successful Women Can Ditch Dating Duds](#)

**Before a woman can “find the right guy” (month 6), she must figure out what that means to her. What advice do you have for someone at this stage in her journey to love?**

“The right guy” is not only the best possible man for you but also one with whom you are absolutely willing to put in whatever it takes to make your relationship succeed. You trust and respect each other, have shared your goals and desires, enjoy the comfort of being honest with each other, and love each other unconditionally. You crave being together but are able to be apart without having to worry about the other person's behavior. You both understand mutuality and are capable of truth telling. (The truth – as inconvenient as it can sometimes be – usually comes out one way or another. Wouldn't you rather it be on your terms?). You feel even better about yourself being with him and loving him with your

brain as well as your whole heart.

**Do you believe that this timeline works for all women? If not, whom wouldn't it work for?**

It depends on your starting point. For women who have already accomplished some of the tasks – they knew what they wanted in a man and how to spot a keeper but not how to date or create a close relationship, for example – a year works. But realistically, many women won't be able to become self-aware or good at self-marketing and dating, de-cluttering their lives, communicating, and connecting beautifully with a man in 365 days. Succeeding at every stage in the 12-month program is much more important than meeting the timeline.

I'm not worried about the women who aren't married in 365 days as long as they have fixed their old, ineffective behaviors and are in a place to go out and find their soul mate. The ones I worry about (and who I'd especially like to help) are the ones who continue to drag an ineligible man behind them for years. Keeping my game plan in mind can help them transition to a more effective dating strategies.

**Wouldn't some relationships benefit from dating for longer than 365 days?**

There's a difference between a couple who both know that they want to be married to each other and just haven't set a date yet and a relationship where one party is simply a placeholder while the other party figures out what s/he wants. After 365 days, he should know if he is interested in marrying you and will have let you know by thought, words, and actions. That said, keep in mind that men like to control the when and how, and unless you think he will never get around to it, bide your time and let him be the conquering hero.

**Do you think your program can benefit a man in the same way it benefits a woman? Why or why not?**

Yes! I know it can. Many men took my class, and all seem to like the “pull no punches but have a sense of humor” approach.

Also, most of my clients are men, and while they are less likely to buy a book or take a class, they experience the same pain, if not more, in love. They are very welcoming of any rules that can alleviate hurt and promote success. Marriage and being in love is of tremendous benefit to men, and they know it. I’ve spent a great deal of time in my practice learning how men feel and interact in relationships. My program is not only effective for men, but I’ve developed it to help women be effective in dating them by using my experience with men in therapy.

**Related:** [Reduce Stress and Maximize Romance This Winter](#)

**Can you share your favorite success story with Cupid’s Pulse? Having helped over 1,000 couples, I’m sure it’s hard to narrow it down to just one.**

My favorite success story is my older daughter’s. When Tasha got serious about getting married, she flew down from New York and took my course. She listened to the lecture audio and kept the workbook with her at all times. When she went back home, we scheduled regular consults about where she was going and whom she was dating. Tasha religiously stuck to the big three: going out three times a week somewhere, anywhere it was possible to meet someone to date or someone who could be a conduit to someone to date; keeping an open mind about her type of man; and only dating qualified males. She told me about a guy she met in a bar while shooting pool. Eric was younger, a writer and an intellectual. He seemed shy, and he wasn’t her type, she said. I encouraged her to pursue it anyway.

She accepted the date – nothing to lose and a possible gain.

Then she told me he suggested they do show-and-tell and wasn’t that “cool.” I thought, “A match!” It was the request of someone who wanted guaranteed talking points and was



accepted as a smooth move. Eric brought old coins that she found intriguing, and she was also impressed by the history lesson that went with them because she had wanted someone smart. And that was it. They were and are perfect together. Although it's always a great joy to me to know that that couples I've helped get together are still happily married, it's particularly great when I get a treasure for a son-in-law.

*To find your Mr. Right – and get married this year – visit Amazon to purchase Get Married This Year: 365 to “I Do.” For more information on Dr. Page’s book, therapy and classes, visit her website, <http://drjanetpage.com/>.*