

# Celebrity Couples Who Like to Shop



By Nisha Ramirez

We know celebrities love to shop, but celebrity couples who do it together are super cute! There's something about a guy holding a women's department store bag that makes us melt. In the real world, hitting the mall with your sweetheart can mean total boredom for him and a headache for you. Maybe these celeb duos aren't captured on camera arguing because they don't have to look at price tags. Whatever the reason, below are five of Hollywood's most well-known fashion-seeking duos we can't help but admire:

**1. Gwen Stefani and Gavin Rossdale:** This married couple are always photographed and filmed with two things: their children and their shopping bags. Paparazzi regularly capture the rocker family cruising store aisles in style. They love fashion so much that Gwen even launched her own line. This

family makes spending a paycheck look fun.

**Related Link:** [Zimbio's Top 10 Sizzling Celebrity Couples](#)

**2. Jessica Simpson and Eric Johnson:** This engaged duo and parents-to-be are always spotted together, in and out of retail stores. Since Jessica Simpson's pregnancy announcement, something tells us that the two will be shopping less for orange Birkin bags and more for onesies and designer baby clothes.

**3. Emma Watson and Johnny Simmons:** Thank goodness shopping is universal. Emma Watson and her new man, Johnny Simmons, went on a Paris shopping outing last summer. In fact, *People* reports that Watson tried on clothes and modeled them for Simmons in boutiques around the City of Lights. There's nothing like relying on your partner to give you an honest opinion.

**4. Reese Witherspoon and Jim Toth:** This actress and her agent know how to create romance out of a day perusing the shops. *Zimbio* caught the pair with their hands full of more than just shopping bags. The two lovingly shared hugs and kisses in between Witherspoon's visit to fitting rooms.

**5. Will Smith and Jada Pinkett Smith:** After dodging rumors of a divorce last August, the Smiths used a day of shopping to prove to the world that their relationship was still going strong. The couple must believe in therapy—retail therapy, that is—because they are always spotted window shopping. Their last big purchase? Part ownership of the Philadelphia 76ers.

**Related Link:** [Celebrity Couples Who've Made the World a Better Place](#)

If you and your partner are dying to get out of the house and spend some quality time together, shopping may be the answer. You're sure to have a smile on your face when you're walking

around in brand new high heels or a gorgeous multi-colored scarf around your neck.

How does your significant other feel about shopping with you?  
Share your experiences below.

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## Women Have Fun Talking About Sports on 'WhileTheMenWatch'



By Andrew Pryor

To every woman who's ever gone to bed early on a Sunday night during playoff season, thinks a "pick-and-roll" is something people do when there's no Kleenex around and that a "buttonhook" is a nifty solution for a torn shirt—know this: You are not alone.

Lena Sutherland and Jules Mancuso, two long-distance best

friends and self-proclaimed “sports widows,” found that they had a lot in common when it came to sports. They realized this one day while talking on the phone while their husbands were engrossed in a big January football game. They chatted about their opinions on different sports, how hot the players were and how they’d always been interested in knowing just what a “sacrifice fly” could possibly mean. While talking this over, they came up with the concept of a show that would cater to other women whose husbands are married to the game. Thus, *While The Men Watch* was born.

Lena and Jules are co-hosts of their own radio program that they’ve described as “a cross between ESPN and Sex & The City.” Their number-one goal is to get women involved in the discussion of sports in a way that appeals to them, not to men. “We try to have women engaged in a fun way, instead of spending their Saturday night alone,” states Mancuso.

**Related Link:** [She’s Got Game: The Women’s Guide to Loving Sports](#)

So how does someone introduce women into what’s always been a man’s world?

Sex appeal, for starters. On *While The Men Watch*, Lena and Jules engage in a different form of fantasy sports, one that focuses on what Jules calls the “fantasy boyfriend.” It’s a twist on the game with women in mind. “We print out the team roster, look at each player’s picture and stats, and choose the member that would make the best fantasy boyfriend,” says Jules. “It’s a fun time-waster and it makes a slow game go more quickly.” And of course, the radio program gives out prizes on occasion to lucky listeners, like jewelry and designer clothing.

But the husbands don’t always need to feel left out—Lena and Jules also encourage single women to learn about sports. “What we found was if you ask a guy one question about sports, it

turns into a long conversation. Guys get excited when they find a woman that's interested in knowing more about the sports they like—and that goes for single women as well as married women. A sports bar can be a great place to find someone new."

*While The Men Watch* has covered sporting events like Games 6 and 7 of the World Series, as well as regular season hockey and football games. Jules admits that she and Lena can be a bit biased when it comes to picking a favorite team, though. "It depends on a lot of things," says the radio co-host. "We usually favor whichever team looks like they can finish the game quicker, or the one that's better-looking."

**Related Link:** [Celebrity Couples You Just Might See at a Sporting Game](#)

*While The Men Watch* has over two thousand listeners per show—and not all of them are female. "We've had several men call into the program," says Jules. "A lot of them just want to know what their partner's laughing at while the game's going on."

So, for all of those ladies with men who leave them for their television sets or "live games," you now have a venue to turn to—WhileTheMenWatch.com.

You can look at the program schedule online at WhileTheMenWatch.com or check out their Facebook page or follow them on Twitter.

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# Date Idea: Thanksgiving for Two



Thanksgiving is a time to celebrate with family, watch football and indulge in turkey, stuffing and pumpkin pie. As fun as the day may be, it can cause strain on your personal relationship if things aren't planned out properly. The day will be extra special if you set aside time to work together as a team.

For example, if you're preparing to host Thanksgiving with your partner, begin the process by sharing responsibilities and scheduling time together in advance. Pick a day where you will choose the turkey and get all of the accompaniments together. This will make things much easier and it will show your partner how committed you are to having a nice experience with them.

As for decorations, unleash your inner child and make them yourself. After all, who didn't enjoy creating outlined hand-



print turkeys from construction paper as a child?

An early start and an organized plan are essential for Thanksgiving Day success. For the romantics at heart, leave time for a break with your sweetheart in between all the preparing. Or, spend a few moments making a list of all the reasons you're thankful for each other and then read it aloud. This will also remind you why your relationship is so special and once family and friends arrive, you'll be ready to serve up the meal and mingle.

For those looking to spend some time alone, one idea is to cook and eat dinner together and join your families for dessert. Just don't forget to clean up as a couple – it'll go twice as fast and will end the holiday on a positive note.

No matter what you decide to do together this holiday, remember to give thanks to your partner and tell them how much you appreciate them.

**On Thanksgiving, what are some activities you and your honey work on together? Let us know in a comment below.**

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## **Kim Kardashian: Starring in Her Own Life Story**





By Amy Beth O'Brien

Regardless of what you may think of the Kim Kardashian/Kris Humphries whirlwind marriage, you have to admire a woman who knows how to play to her strengths. Ever since Kim's life became the subject of an E! reality TV show, her life became a business. Like any good businesswoman, she knew when to cut her losses.

Whereas most women in the non-reality world may have ignored the inner voice that told us we were [making a mistake](#) with our marriage and then spent years trying to make it work, Kim called it quits before anyone invested any more time or money.

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

How many of us would have stuck it out because our parents spent a ton of money on the wedding and 400 guests bought us presents? How many would have been embarrassed to admit they made a mistake? Maybe we would have let it go on for years, had an affair, or brought a child or two into the equation in an effort to do what we thought was the right thing.

After it ended, we'd tell our friends how we knew it wasn't right from the beginning. We just got so caught up in the wedding preparations and the desire for a fairy tale ending



that we ignored the nagging inner voice of wisdom that told us we were on a road to nowhere with Mr. Wrong.

**Related Link:** [Kim Kardashian Files for Divorce From Kris Humphries](#)

It's a given that allowing your life to be put on display is probably not the best idea if you want your marriage to succeed, but for Kim Kardashian and Kris Humphries, I suspect they're no different from the thousands of other people who get married every year without enough forethought, only to wind up divorced. It's just that most of us would tie ourselves in knots trying to make it work and spend years in therapy avoiding the inevitable. We'd continue putting on a show for the sake of everyone around us, instead of acknowledging the reality of our lives. After a respectable amount of time passed, we'd finally give in and end it—an undefined amount of time that told society we at least gave it a shot.

Instead of judging Kim's 72-day marriage, perhaps we should admire her for being a little more real than the rest of us, having the savvy and the courage to play a starring role in her own life, and writing a script where the happy ending isn't the marriage, but in this case, a divorce.

*Amy Beth O'Brien is the author of four-time-award winning book Stuck with Mr. Wrong? Ten Steps to Starring in your own Life Story. Visit her web site at [www.amybethobrien.com](http://www.amybethobrien.com).*

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# Fame, Fortune and Love: The World's Wealthiest Celebrity Couples



By Whitney Baker

Hollywood's It Couples outshine us regular folks in more ways than one: they're happily in love; they live extravagant and fame-filled lives; and they have more money than they can possibly spend. With a total of over \$535 million divided among them, the celebrity couples on our list better have some shopping to do – or they're going to be carrying around quite a few hefty wallets. Here they are:

**1. Beyoncé and Jay-Z:** This celebrity couple is not only the wealthiest couple on our list – raking in nearly double the next-richest duo – but perhaps the busiest as well. Pocketing nearly \$124 million, they earned their paychecks from music sales and singing gigs, as well as endorsement deals and clothing lines.

**Related:** [Celebrity Couples You Just Might See at a Sporting Game](#)

**2. Harrison Ford and Calista Flockhart:** Ford owes Indiana Jones a big thank you: the most recent installment, *Indiana Jones and the Kingdom of the Crystal Skull*, earned the action star over \$66 million. Flockhart starred in the ABC drama *Brothers & Sisters* (cancelled earlier this year after five seasons), bringing their collective income to over \$70 million.

**3. Gisele Bundchen and Tom Brady:** These pretty faces earned a combined \$63 million last year. *Forbes* ranked Bundchen the world's highest-paid model for the third-consecutive year, stating that her runway work and cover photos earned her \$45 million. During football season, Brady receives his \$18-million-a-year paycheck.

**4. Brad Pitt and Angelina Jolie:** Reports from *The Sun* reveal that this famous couple spends \$10 million a year on their six children alone, accounting for only a fraction of their combined yearly salary of \$55 million. Another big chunk of their paycheck? They are currently renovating the \$56 million French Chateau that they call home.

**5. Will and Jada Pinkett Smith:** With wife Pinkett Smith focusing her efforts on behind-the-scenes work (both writing and producing), there's no doubt that Smith makes his mark on the big screen. Grossing over \$5.8 billion at worldwide box offices and commanding \$20 million per film, Smith is the primary contributor to the couple's joint \$50 million a year income. With a paycheck like that, it's no wonder the couple is raising their family in a 25,000 square foot mega-mansion in Calabasas, Calif.

And now for the runner-ups:

**6. David and Victoria Beckham:** It looks like their 2007 move from London to Los Angeles is paying off, with the couple

earning \$46.5 million in 2010. David's soccer career is supplemented with a few highly lucrative product endorsements, such as Armani and the after-shave and fragrance line called David Beckham Instinct, and Victoria has found chic success through her self-titled fashion line.

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**7. Ellen DeGeneres and Portia de Rossi:** With Oprah running her own television network instead of hosting her show, DeGeneres is sitting pretty as the queen of daytime talk shows. De Rossi has been busy with her recent acting on *Better Off Ted* and sales from her memoir, *Unbearable Lightness: A Story of Loss and Gain*, making the couple's combined income \$36 million.

**8. Gwyneth Paltrow and Chris Martin:** Currently raising their two children in London, this overseas couple brings in a joint paycheck of \$33.5 million per year. While Martin depends on the worldwide success of Coldplay, the Oscar-winning actress's recent accomplishments include her performance in *Country Strong* and her guest appearances on *Glee*, as well as her family-focused cookbook, *My Father's Daughter: Delicious, Easy Recipes Celebrating Family & Togetherness*.

**9. Sarah Jessica Parker and Matthew Broderick:** The New York City-based couple brings in over \$29 million a year, with Parker as the unequivocal breadwinner. She recently left her position as chief creative officer of Halston Heritage, but has plenty of other lucrative projects to fall back on, including that of movie star, perfumer and spokeswoman, not to mention her starring and producing roles in the *Sex & the City* television series and movies. Broderick has switched gears since his teen heartthrob days (circa *Ferris Bueller's Day Off*) and now focuses his acting efforts on Broadway.

**10. Tim McGraw and Faith Hill:** Thanks to the talents of these

two country superstars, they brought in a combined income of nearly \$28.5 million. McGraw has enjoyed 21 number one singles on the Billboard Hot Country 100 charts and recently ventured into acting, appearing in hit movies such as *The Blind Side* and *Country Strong*. Meanwhile, Hill's musical prowess has earned her a Grammy Award, American Music Award and the People's Choice Award.

**Who is your favorite wealthy celebrity couple? Share your thoughts with us below.**

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## **Kim Kardashian's Divorce: A Reminder About Relationship Mistakes to Avoid**



By Rosalind Sedacca,

CCT

Sadly, celebrity divorces make all the headlines for all the wrong reasons. They showcase the most unconscious behavior, especially when it comes to relationships. Kim Kardashian's marriage going off track after such a short time is just one more example.

**Related Link:** [Signs that Kim and Kris were Doomed](#)

It appears Kim spent more time working out her wedding details than on determining whether this was a good match from the start. Unfortunately, celebrities are not alone in making this common mistake. Too many couples think no further than the honeymoon plans when contemplating marriage. They have no idea about the complexity behind real relationship issues and the maturity it takes to create a successful long-term outcome.

Divorced couples do, however. They learn through hindsight about the challenges two people face when living together week after week and month after month in today's stress-filled world. It takes awareness, flexibility, great communication skills and the ability to understand your partner's perspective to make a relationship work – and that's just for routine life experiences. Throw in accidents, sickness, job loss and other major stressors, not to mention the complexities that come with having children, and it's easy to understand why so many marriages fail and too often end in divorce.

If you're divorced and looking to find a healthier, happier relationship ahead, or if you're marrying for the first time and want to avoid relationship disasters, here are some tips worth serious consideration:

**Related Link:** [How to Size Someone Up For The Long Run](#)



– **Know your partner well – during the good times and the bad.** It's after you face disagreements or nurse your partner through an illness that you find out with whom you are really contemplating spending the rest of your life. If what you discover makes you uncomfortable, have some serious conversations – or move on before making any further commitments.

– **Don't expect to be "completed," "saved" or "fixed."** No one can fill the void in your inner self. You're setting your partner up for failure if you expect them to fix your problems and love you through your unresolved issues. Do the inner work on yourself first, perhaps with the support of a therapist. Then seek out another soul who has done the same to partner with you.

– **Be hooked on more than just romance.** Happily married couples will tell you that you have to be more than great bed-mates to make a real relationship work. Look for common values, goals, beliefs and interests. Opposites may attract in the short-term, but you want a marriage based on respect and sharing a future together. If your core values and interests are not aligned, you're facing a tough road ahead.

– **Be your authentic self – and don't change for a partner's approval.** You can't fake your way through a marriage. If you hate sports, the internet or pets, state it up front and find a mate who loves you knowing this reality. It's unfair to hide your true self from your partner, and it's a disservice to yourself pretending to be who you are not. Honor who you are and look for a partner with high self-esteem who loves themselves as well. That's a formula for lasting relationship success!

As Kim Kardashian discovered, money won't buy you a happy marriage. You can't use sensuality as a substitute for good sense. Relationships don't have storybook endings. They require constant attention, the ability to sacrifice and

compromise at times, and a heavy dose of respect for the person you brought into your life.

Before setting out in the relationship world, work on your inner demons, let go of the baggage from previous relationships, and take your time in getting to know the special partner you are choosing. There's no magic wand that will make your relationship succeed, but these guidelines will set you on a course that will circumvent a lot of pot holes along the road to happily ever after.

*Rosalind Sedacca, CCT is a divorce and relationship coach. She is founder of the Child-Centered Divorce Network for parents and author of the internationally acclaimed ebook: How Do I Tell the Kids About the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! She is also co-author of the new book: 99 Things Women Wish They Knew Before Dating After 40, 50 & Yes, 60! Her free divorce and parenting tip sheet and coaching programs are available at [www.childcentereddivorce.com](http://www.childcentereddivorce.com). Rosalind's free dating tip sheet and relationships courses can be found at [www.womendatingafter40.com](http://www.womendatingafter40.com).*

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## **Bella and Edward Are Back in Twilight Saga: 'Breaking Dawn Part 1'**



The Twilight Saga is slowly, but surely, coming to an end.

But don't start feeling sad too quickly, because the last book of the series, *Breaking Dawn*, is being broken into two movies. On November 18th, *Twilight Saga: Breaking Dawn Part 1* will bring Jacob (Taylor Lautner) and Edward (Robert Pattinson) fans together for a drama packed finale. After watching Bella (Kristen Stewart) decline Edward's proposal in *New Moon* just to accept it again in *Eclipse*, the long awaited wedding is here. On top of that, Bella becomes pregnant with a half human half vampire baby that poses threats to both the wolf pack and Cullen vampire family. Get excited!

**How do you know when it's time to say "yes" to a marriage proposal?**

**Cupid's Advice:**

It can be tough to really *know* when you're ready to marry someone you've been dating. The step between partners and spouses is a big one. Cupid has some things to consider:

**1. Are you in love?:** If you're truly in love with your partner, it may be time to make it official. If you have doubts, it's probably best to wait it out a while.

**2. Why not?:** If you're not getting married because of a reason like financial issues, chances are you're not ready. Go with both your gut and your heart.

**3. It's just a ring:** Saying "yes" to a proposal doesn't mean you'll be signing a wedding certificate the next day. If the love is there, say "yes" and continue working on your relationship. If you change your mind, call the wedding off. It's not preferable, but at least the option is there.

**Have you ever said "no" to a marriage proposal? Share your experiences below.**

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## Five Ways Social Media Can Help Your Relationship





By Diamon Hall

Perhaps you reconnected with the girl who used to pinch you on the playground, the professor who inspired you to land your dream job or a long lost distant relative who lives in Germany. Whatever it may be, websites like Facebook, Twitter, LinkedIn, Google+, or MySpace are used in many different creative ways. In fact, it seems that people can hardly function without social media nowadays. It helps you keep in touch with family, friends and even people you wouldn't normally communicate with if it weren't for those sites. If social media can help you in the platonic aspects of your life, then it can certainly help your love life, whether that means meeting a new flame or enhancing a relationship you already have. Here are five ways social media can aid you in matters of the heart:

**1. More ways to keep in touch:** Just like social media can help you keep in touch with family and friends, it can also help you keep in touch with your mate. You may not always be able to pick up your phone to call or even shoot a text. If you're at work and there's a computer available, it's probably easier to log on to a social site like Facebook and chat for a quick minute or send a personal message just to say "I love you."

**Related Link:** [5 Reasons Why Men Text Instead of Call](#)

**2. Dig deeper before the first date:** If you're just meeting someone for the first time, social media can greatly assist you in figuring out who this person is and what you can expect. Although you shouldn't judge solely on what you read online, the image someone gives off via social media sites can be telling. Browse through their identifying information, photos, and friend's comments. Often times it's insightful to see how a potential partner interacts with others.

**3. Stay close even when distant:** You or your honey may have to go out of town without the other sometimes. You can upload pictures of yourself to let them know what's occupying your time while they're not there. Facebook has even incorporated video chat on their site, which is a great way to seemingly shrink the distance between the two of you.

**4. Communicate more with his or her family:** Finally, social media is a way around being the shy one at the extended family dinner table. Your partner's family is going to want to see you in person sometimes, but for the other times, talk to them via a social site. They'll be thrilled to know you think enough of them to include them in your virtual social life.

**5. Everyday use:** Sometimes you may not have the money to send flowers and candy, or even to go out to dinner. Your lives may be very hectic and you may hardly get enough time to talk. Utilizing social media will help you feel connected.

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

**How has social media helped your relationship? Share your experiences below.**

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# Date Idea: Inspire Your Date with Art



If you're tired of heading to the same date place each week, getting in touch with your creative side may be just the thing you need to rekindle (or jump start) your romance. An art exhibition or museum combines culture with artistic flair and can be very romantic.

If you're interested in getting hands-on experience, an art class may be the thing you need instead. Additionally, many pottery studios are open to the public and have ready-made pieces that you can purchase and paint. Enjoying this with a significant other can make for a fun, hands-on date that will expose the creative side in both of you.

If you're struggling to find something similar in your area, look at the community section of your paper for local artists showcasing their work. It's important to remember that art is subjective and what your partner may like, you may not.

Sharing your perspective is what can deepen your relationship further.

**Did you ever get artsy with your honey? Let us know about it by commenting below!**

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# What to Wear to Meet His Family



By Sarah Ellis

If you're in a new relationship, the looming holidays may mean you're a tad anxious about meeting "the family." Naturally, you want to make a good impression, and while it's what's on the inside that counts, your appearance will speak for you before you even open your mouth. What you wear should certainly reflect your personal style, but try to move away

from anything that's terribly polarizing and stick with something simple and classic. That means no glitter or sequins, nothing too body-hugging, and nothing low cut or short. Those rules are pretty much a no-brainer, but not everyone keeps that in mind! You don't have to go as far as a turtleneck and pearls, especially if that's not "you" – but try to channel more Olivia Palermo ... and less Kim Kardashian.

**Related Link:** [Etiquette Expert Says Kim Kardashian Should Return Wedding Gifts](#)

Stick with structured and ladylike, instead of sexy and fitted. Olivia knows how to work the classic pieces while putting her outfit together in a modern way. She doesn't look outdated or prudish; she looks fresh and modern – like she was personally outfitted by Ralph Lauren or J Crew. Here are some tips to help you achieve that look:

**Tip 1:** Choose great fitting basics. Find a color that flatters you. That might be a simple wrap dress, a great pair of boot cut jeans, or a tailored blouse. You'll want the basics to be the foundation for the rest of your outfit.

**Tip 2:** Build with great accessories. This helps you look more polished and professional – and keeps you from looking too plain. Don't overdo it. You want to look like you cared enough to carefully choose your outfit, but avoid looking like you're trying too hard. You can wear multiple accessories, but choose one to be the focus. Maybe it's a statement necklace, or a scarf (perfect for the holidays), or a great structured handbag.

**Tip 3:** Poke around and see if you can find out how his family normally dresses. You don't want to show up in jeans to his

family dinner if they typically wear skirts and dresses, and equally embarrassing would be to wear a fancy dress when his family is super casual.

**Related Link:** [Hair Battle Spectacular's Blondie Talks Hair Tips for Dating](#)

So, it's not your appearance that will make them decide whether or not you're a keeper, but it'll ease your nerves as you meet his family and help with that first impression. Just like going to a job interview, you want to look qualified and pulled together. Look great, and you'll feel great!

*Author Bio: As a newlywed, I am fully versed in making impressions on new family members. While I may not be a professional stylist, I pride myself on choosing fashion that looks polished and classic, and I'm always helping friends choose their first date and meet the parents outfits. Although I'm a writer for Handbag Heaven by day, outside of work I take joy in being a matchmaker, a newlywed, and a momma to my precious puppy, Luna.*

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## Happiness Expert Sophie Keller Gives Us Some Tips about Having a Happy Love Life





By Linda Guma

Are you looking for a happier love life? Happiness expert, author, life coach and TV personality Sophie Keller gives us 50 key ideas for improving your relationship in her upcoming book, *How Happy Is Your Love Life?: 50 Great Tips to Help You Attract and Keep Your Perfect Partner*.

The book is part of a four-book series coming out November 27. Keller notes her goal for the 'How Happy Is' brand is that [her] practical, easy to use advice will help you discard outdated attitudes, habits and beliefs in order to make more positive choices in your life.

We had the pleasure of interviewing Keller to find out just how she does it.

**What motivated you to become a happiness expert?**

When I was young I didn't feel particularly understood. But I knew I was meant to be happy, so when I searched for how, I found it inside. I realized that when you drop the masks, armors and pretenses, you will find who you are. The person you should be with will magnetize to you. Otherwise, you will magnetize people who have the same armor. That's why relationships don't work. Someone's armor must come off.

## **What is happiness?**

Happiness is about feeling complete within yourself, feeling like you're making a difference in your life and the lives of others. It's about expressing yourself fully and completely.

It's interesting that on a worldwide scale, happiness and wealth don't correlate with each other. Happiness is about focusing on the moment. For example, those in third world countries focus on feeding themselves and their children. They value their relationships above material things. I always say we're human *beings*, not human *having* or human *doings*. The more "human being" we are, the happier we'll be.

## **What sets this book apart from other love advice books on the market?**

Everything is actionable. Also, it teaches you how to focus and work on yourself. Most of all, this book teaches you to break down defense mechanisms that have been holding you back.

## **What would you say is the most important tip you have for those who strive to be happy in their love lives?**

Be yourself to the fullest and be really positive. Relax, have fun and have faith. There is someone out there for you. You also have to work on your self development. Clear out your insecurities. You need to shift how you think about yourself and any past issues that keep resurfacing.

## **How do you know when it's right to tie the knot?**

Every cell in your body says "yes," with no doubt. You never know what it's going to feel like but when it happens you'll know. The person you end up marrying could surprise you.

Sophie Keller is the creator of [Howhappyis.com](http://Howhappyis.com). She has been a featured life coach for Martha Stewart's *Whole Living* magazine, a contributing expert for Sirius radio and she appears frequently on *KTLA 5 Morning News*. She also appears



on *FOX*, *NBC*, *ABC*, and *CBS* where she gives happiness tips and lifestyle advice. She was recently appointed the 'Good News' Ambassador for LG Electronics. She lives in Santa Monica, California.

To order a copy of her book, visit <http://www.howhappyis.com/books/love-life/>.

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## Top 5 Most Traveled Celebrity Couples



By Nisha Ramirez

Once you get past the daunting task of packing and airport security, traveling can be a great way to bond with your partner. Whether you decide to take a road trip through the 50 states or hop on a plane headed around the world, visiting

a new place and learning a new culture can bring the two of you closer ... and celebrities are no exception. So, take notes and get out your passport, because these star duos take traveling to the extreme:

**1. Ethan Zohn and Jenna Morasca:** Ethan Zohn won the hit reality TV show *Survivor Africa* and his girlfriend, Jenna Morasca, won *Survivor Amazon*. After being together for eight years, the adventure loving couple took traveling to new heights and joined the cast of *The Amazing Race* in September. Zohn and Morasca hoped the competition across the world would help them relieve stress following Zohn's battle against Hodgkin's disease.

**2. Miranda Kerr and Orlando Bloom:** Avid actor Bloom and his son, Flynn, always travel with hardworking mother, Kerr, for her modeling gigs. The Victoria's Secret beauty has a job that sends her around the world, and she hates being away from her two leading men. Recently, the family traveled to London, after two days of travel, to be with each other while Kerr walked in Paris Fashion Week. When the couple isn't traveling for work, they still find time to fly and visit Kerr's family in Australia. In September, the two went shopping for a house in New Zealand.

**Related Link:** [Miranda Kerr and Orlando Bloom Welcome a Son](#)

**3. Jay-Z and Beyonce:** These two hip-hop and R&B superstars are always hopping on planes. From laid-back summer vacations to mixing work and pleasure, Jay and Bey have racked up a large number of frequent flyer miles. While Beyonce was working on her album, *4*, the married couple took to France for some R&R and long studio hours. The travel time worked like magic, because Beyonce's album was a success and she's now pregnant with their first child. In September, a month after the pregnancy announcement, the new parents vacationed in Hvar, Croatia.

**4. Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge:** Traveling is a part of William and Kate's new life together, and they take it in stride. After their lavish wedding, the royal couple took a trip around Canada and the west coast of the United States this year. The North America tour took place from June 30, 2011 to July 10, 2011. Getting to see the world is just one of those royal perks!

**Related Link:** [Prince William and Kate Middleton Are On Their Honeymoon](#)

**5. Eva Longoria and Eduardo Cruz:** How do get over a divorce? Find a hot guy with whom to travel around the world. To kick-start their relationship, Longoria and Cruz vacationed in Mexico and Cabo in April and spent the summer tanning aboard a private yacht in Marbella, Spain. Talk about getting to know each other! Spain is Cruz's home country where he hails as a pop sensation. To top it all off, the duo were spotted in London in July as well. Experiencing new places and things often makes a couple grow closer. Longoria says, however, that she's not ready to tie the knot again quite yet after her divorce from Tony Parker.

**Where are the most exciting placed you've traveled? Share your experiences below.**

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## Should You Channel Your Inner Sadie Hawkins?





By Tanni Deb

In the 1934 classic comic strip “Li’l Abner,” Al Capp wrote about a lady named Sadie Hawkins who was frantic about the length of time she was waiting for suitors to approach her. When Sadie turned 35 years old, her father also became quite concerned and took it upon himself to find his daughter a mate.

So, he announced a “Sadie Hawkins Day” and summoned every eligible bachelor in town to a foot race. The foot race began with the men running as soon as they heard the first gunshot. A second gunshot was the signal for Sadie to run and the first man she caught would become her husband. By 1952, Sadie Hawkins Day was celebrated at 40,000 venues in the form of a dance where women asked men out.

More than 50 years have passed, and many women still wonder if it’s acceptable to ask out a man. If you’re a gal who is thinking of making the first move, know the pros and cons of the Sadie Hawkins scenario:

### **Why it Turns Him On:**

**1. Exudes Confidence:** Many men have difficulty figuring out if a woman is interested because they don’t have the courage to approach her. Asking a guy out shows how confident and

comfortable you are in your own skin and many men love a secure woman. He'll feel a lot less pressure being around you and it sets you apart from the others.

**2. Flatters His Ego:** When a woman strikes up a conversation with a man she likes, it can be flattering to him. After all, men are expected to be the gender to take charge. When you make the first move, it's a compliment to his psyche and often boosts his ego. This is a great way to get his attention. If your approaching him first seems to make him happy, he will credit that good feeling to you.

**3. Demonstrates Sincerity:** Having the courage to approach a man and directly ask him out shows a guy that you're serious about getting to know him. Men realize that it's not the norm for a woman to approach them and they know the difficulty of rejection. So, when the role is reversed, it makes him feel warm inside.

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

**Why it Turns Him Off:**

**1. Feels Desperate:** Some men think that a woman who makes the first move is desperate. They may even begin to wonder if there's something wrong with her or if she's after something more. It's assumed that if a man is interested in a woman and thinks that she's worth it, he'll ask her out himself.

**2. Sends a Bad Message:** Some guys label a woman easy. He assumes that she's looking for a fling or one-night stand if she asks him out. The guys who are not interested in getting serious may take the offer to go on a date in hopes of something more, while the men looking for a serious relationship may feel awkward about the woman's forthright approach and never take things any further.

**Related Link:** [Find Out Why You're Single](#)

**3. Takes Away the Challenge:** Most guys love a challenge. They enjoy trying to win a woman over, especially if she's not easy to get. Men are attracted to chasing after what they want. So when a woman asks a man out, the challenge is over. The worst case scenario: if a man really loves the thrill of the hunt, he might reject the woman's offer...even if he's initially interested in her.

It can be downright frightening for a woman to make that first move but sometimes you just can't let destiny dictate a relationship. There are many men out there who would love for a woman to approach them. So, if you have the urge to get to know someone better, push the gender stereotypes aside and go for it. If the guy rejects your offer, he probably wasn't right for you anyway.

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## Frugal Foodies: How to Save on Dining Out







By Andrea Woroch

Enough with the home-cooked meals. It's time to get out of the house and let someone else prepare your food for a change.

In response to tight budgets, frugal advisers have recommended for some time now that we stay at home to save money. But such deprivation grows old fast, so maybe it's time to consider these six tips to help you spread your dining wings without crash landing your budget:

**1. FourSquare Deals:** Members check-in to various locations on their mobile phones using this service, but did you know you can also receive offers for freebies and discounts simply by letting FourSquare know where you are? Check out a recent segment on FOX & Friends for a "how to" on using the app for restaurant savings.

**Related Link:** [Dieting Like a Celebrity Is Easier than You Think](#)

**2. Track Daily Deals:** Restaurants are one of the most common frequenters of daily deal offerings, so it pays to keep an eye out for vouchers that can greatly reduce the cost of dining at a new or favored eatery. Just make sure you read the small print and are aware of expiration dates and exclusions. For example, most restaurant vouchers don't include drinks.

**3. Get Happy:** Eating early isn't just for our elders. Happy hour and early bird deals have become more common as restaurants try to fill in slow-traffic times. For example, Applebee's Neighborhood Grill offers full-size appetizers for under \$5 before 6 p.m., plus \$3 drink specials.

**4. Split It Up:** American restaurants usually overload our plates – unless they're into nuvo cuisine – so there's often enough food for two in a single order. You can cut your costs down to around \$20 by simply sharing an appetizer, entree and dessert with a friend or date.

**5. Gift Yourself:** We tend to think of gift cards in terms of what we can offer others, but they're actually very useful for individual purchases. Sites like GiftCardGranny.com let you purchase gift cards for several restaurants at a discounted rate, yielding immediate savings of up to 50 percent.

**Related Link:** [Sponsored Post: Comfort Food for Singles](#)

**6. MatchPin:** If you live in one of nine major cities, you might download the free MatchPin app. Membership brings you offers, rewards, contests and announcements from a variety of local restaurants.

*Andrea Woroch is a consumer and money-saving expert for Kinoli Inc.*

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# How to Campaign for a Better

# Relationship



By Tanni Deb

With Election Day around the corner, this is the best time to campaign for a better relationship. Whether that means leaning to the left with a liberal approach or moving toward the right with a more conservative one, you deserve the best you can get. Use the following guidelines and you just may win a vote from that special someone:

## **To find the perfect partner:**

**1. Figure out what you want in a partner:** Knowing exactly what you want in a partner will help you narrow down your choices just as you would with a candidate in an election. Otherwise, you'll settle for anyone.

**2. Figure out what issues/things you can compromise:** Figure out what things you're willing to let go, such as finding a mate who doesn't have certain features or doesn't meet your height requirement. Although compromising is important for a

healthy relationship, never do it for major issues. For instance, if you want a family in the future, don't make a life with someone who doesn't like children.

**Related Link:** [Three Tips to Enjoy Marriage Despite the Battles](#)

**3. Search:** You'll probably need to search in a variety of places before you find your perfect partner. Dating sites, clubs or even attending a party at your friend's house can lead you to your ideal mate.

**4. Get to know him/her:** After you've found the person you think is "The One," date seriously for at least a year. If you find that the person has way too many red flags or your feelings for him or her aren't strong enough, it's best to end the relationship so you don't drag it out for four more years.

**5. Marriage:** Talk about settling down and moving onto the next step in your relationship if you can see yourself married for the rest of your life. Unfortunately with relationships, it's not quite as easy as electing a new candidate whenever you hit a rough patch.

### **To improve your relationship:**

**1. Communicate:** Communication is the key to every successful relationship. It helps avoid misunderstandings, fixes problems, and aids in understanding each other in order to improve your relationship. Ask your partner how their day was, if they have any new interests and any other common questions. You should also show that you appreciate your partner by complimenting him or her once in a while.

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

**2. Listen:** Just like communication, listening is another major factor in a successful relationship. Your interest and focus is important to your mate and when you show that they have your full attention, it means the world to them. It will also

build a sense of respect and trust between both of you.

**3. Think positively:** When you concentrate on the negative aspects, it'll cause tension in your relationship. The next time you have a negative thought about your significant other's actions, come up with a more reasonable explanation for his or her act and then discuss it. If an argument arises, control your tone and figure out what the major issue is or the message your partner is trying to communicate. Lastly, remind yourself frequently of the good times you've spent together.

**4. Common goals:** Having similar ambitions in life makes your relationship stronger. Figure out what both of you want and where you both want to be in the future. Find common goals and talk about how to achieve them together.

**5. Find time for each other:** Work is important, but for relationships to flourish, it's essential to have time for your significant other. Instead of taking things too seriously, spend time with your sweetheart, have fun and just relax.

If you know other methods of finding the perfect partner or changing the relationship you're in, let us know in a comment below. Best of luck this election season!

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## Relationship Advice: Wine Taste Your Way to An Intimate

# Date



By Sarah Batcheller

If you and your partner enjoy the luxury of indulging in expertly crafted wines, then attending a wine tasting event can be the perfect date idea. Watching a movie or dining at a crowded restaurant doesn't always give you the opportunity to be intimate. Who could ask for more than learning about – and sipping on! – smooth wines in a cozy tasting room?

## Date Idea for Wine Enthusiasts

Have you ever wanted to feel like former *Bachelorette* [Kaitlyn Bristowe](#), and enjoy your favorite crisp, white wine while conversing with your beau? Well, it's not as far-fetched as it sounds! Just find a winery in your area to give a classy and elegant edge to a typical weekend date idea. You can even find one that calls for more formal attire if that's the style you and your lover prefer. You'll be feeling like a reality TV star in no time!



**Related Link:** [Celebrity Couple Kaitlyn Bristowe & Shawn Booth Talk Wedding Plans & Mile High Club](#)

Don't forget to take your budget into account. This experience can be a full day event, and you may buy several bottles to take home. It's also good to confirm the cost of the tastings. Some places charge a fee to participate, while other venues are free. Finally, if you're hoping to purchase food to pair with your favorite new wine, you'll have that additional cost to factor in. Check out [www.winerybound.com](http://www.winerybound.com) to find the winery closest to you.

Follow this additional [relationship advice](#) if you don't live near a winery: You can create your own wine-tasting experience by packing some bottles and enjoying a romantic picnic. Or you can look in your local paper for restaurants or wine shops in your area that are hosting tasting parties. For an even cozier option, consider planning your own event. Invite your partner over to your place for a private sampling of reds and whites from a particular region. You'll be regular connoisseurs before you know it!

**Related Link:** [Date Idea: Tease Your Taste Buds](#)

Whether you're a wine expert or simply looking to try something new, wine tasting is a fun, educational, and intimate date idea.

**Have you ever been on a wine tasting date? Tell us about it in the comments below!**

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# How to Master Being in a Relationship



By Nan O'Brien

As a professional Spiritual Teacher and Intuitive Counselor, I am always asked, "When will I meet the right person?" You may think of yourself as a failure unless you are in a happy, committed relationship. You may feel you aren't attractive, funny, sexy, or smart enough. Ultimately, it all boils down to one question in your head: "What's wrong with me?"

The good news is, the answer is "nothing"! The most common reason people do not find happiness in relationships is because they have trouble learning the intuitive life lesson of *balance*. It can be tough to tell if this problem is at the root of your relationship issue. Ask yourself these questions:

Do you always feel you must take care of others? Do you feel guilty if you put yourself first? Are you attracted to partners who have had problems in prior relationships? Do you

work at making your partner feel loved, while at the same time doubting if he or she feels as strongly as you do? Do your significant others go on to be in healthy relationships with others after leaving you?

**Related Link:** [Cougar Dating Love Lessons Even Demi Moore Can Use](#)

If you answered “yes” to any or all of these questions, you gravitate toward the emotionally unavailable person, and your relationships are based on *need* instead of *want*. The reason for this confusion is that feeling needed is often disguised as feeling loved. You give your all, hoping that it will somehow come back to you. You believe you must convince the other person you won’t abandon them like everyone else has. You look for reasons that prove your partner cares (the smallest gesture seems huge), and you make excuses for what they don’t do. You defend your lover to your friends and family, while deluding yourself. You know something isn’t right, but you’re so busy saving the other person that you lose yourself.

The key to the intuitive balance lesson is to learn how to give *and* receive. Before you can be in a relationship with others, you must first be in a relationship with yourself. This is *not* the same thing as being alone – because anyone can be alone! Being in a relationship with yourself means treating yourself as wonderfully as you treat others. Think about how much time, energy, and financial resources you spend on your partner in a relationship. Have you ever spent that much on yourself? You deserve the best of you; and you cannot give your best to others, or receive from them, until you have learned how to give your best to *yourself*.

**Related Link:** [Single Celebrities Who Rock \(and Rule\)!](#)

Once you have mastered being in a relationship with yourself, your energy shifts. You’ll not attract, nor be attracted to,

relationships that are unhealthy and need-based; you will resonate with partners who are able to give and receive, paving the way for a healthy and fulfilling want-based relationship.

The intuitive balance lesson is the key to successful and sustainable relationships. The timing is determined by you and how quickly you embrace being in a relationship with yourself. You'll find the perfect partner if you start by nurturing the one you already have – YOU!

*Nan O'Brien is a nationally-known Spiritual Teacher and Intuitive Counselor. She has hosted her own nationally-syndicated radio show and appears regularly on radio stations throughout the U.S.; is a frequent contributing columnist for websites and news outlets; has authored numerous non-fiction books; and is a sought-after public speaker. In addition, she conducts personal phone appointments. For more information, please visit [www.nanobrien.com](http://www.nanobrien.com).*

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## **Communicate This: Signs That Kim and Kris were Doomed**





By Roshini Rajkumar

Most people were taking bets on the marriage before Kim Kardashian walked down the aisle to Kris Humphries. But even Kim's most critical pundits raised eyebrows when word got out divorce papers were filed so quickly after the extravagant wedding.

## **THE SIGNS**

You can find meaning in every visual, verbal, nonverbal, and physical cue. So I was not shocked to hear Kim and Kris would not live happily ever after. Let's start with Kris's last name, Humphries. For those who watch Kim's reality show, you know she waffled about whether she'd take Kris's name or not.

We witnessed fights she had with her mother who urged, if not demanded, her to keep her name as Kim defended her soon-to-be marriage and man. We even saw Kris acknowledging the name was Kim's tie to her late father. In the eleventh hour, Kim kept her own—much to what looked like the surprise of Kris—as the couple signed their marriage license.

## **BODY LANGUAGE**

Body language can say a lot about what's going on inside someone. Let's investigate their on-camera communication. Even as you look at Kim and Kris together, they are a mis-

match—in size, in age, and in geographic demographic. All of these elements come across subtly and obviously when you watch their body language. These body language fractures were abundant in the days leading up to the wedding. From a cold wedding rehearsal and Kim pretending to be a runaway bride; and Kris needing to check his phone and text during these important preparations, their body language did not communicate, “Til death do us part.”

## **VOCAL BEHAVIOR**

When you listened to Kim in the days leading up to her wedding ceremony, you heard a lot of complaints about Kris and how he wasn't helping with even small tasks for the wedding.

If you focus on how Kim delivered these rubs against Kris with her vocal behavior, you get a foreboding picture of their future ahead. Subtextual messages are the messages we send beyond the words we speak. How Kim complained about Kris was just as significant as the actual content of the complaint. Recall the whininess in her voice. Then flash to Kris sharing his discontent when the couple reviewed their wedding reception seating chart. Exasperation is what you hear coming from Kris. The subtextual message there is: “Oh boy, will I ever be heard or respected in this relationship?”

He didn't have to say those words, but his vocal behavior, backed by his facial expressions, delivered that message.

## **PUBLIC EYE**

Though most people feel sympathy for anyone going through a divorce, it is challenging to feel sorry for this pair. Being hounded by paparazzi or having a reality show gets blamed for their eventual plight. But remember, they chose this life. Kim has built a mini empire around the visual that gets covered, photographed, Tweeted. No man or non-Kim-focused agenda is going to get in the way. Remember the cover of People magazine with Kim in a wedding dress? Where was Kris then? Now apparently, he's out of the picture for good.



*Roshini Rajkumar is a communication coach and author of book Communicate That, where she shares insider tips for dynamic communication and authentic presentations. Learn more at [www.communicatethatbook.com](http://www.communicatethatbook.com).*

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# Celebrity Couples Who Could Use An Extra Hour of Sleep



By Melissa Tierney

Whether we like to believe it or not, celebrities are just like us. They have hectic work schedules, grueling chores, and, of course, families to take care of. These five celebrity couples have been keeping busy with their growing families, their newest endeavors, and their constant presence in the spotlight. Yes, maybe they have nannies, assistants and personal trainers, but these celebs could definitely use

an extra hour of sleep like the rest of us!

**1. Mariah Carey and Nick Cannon:** Between building their corporate empires by launching a clothing and accessories line, going on comedy tours, and recording hit songs with major celebs like Nicki Minah, the pop diva and radio talk show host have been keeping busy. It's now even tougher for the two to have a romantic night to themselves: they have newborn twins, son Moroccan Scott Cannon and daughter Monroe Cannon, which they welcomed into the world on their anniversary!

**2. Kim Kardashian and Kris Humphries:** This couple have been grabbing media attention everywhere. With their recently announced divorce filing we wonder if it was all for the cameras? After all, Kim and her NBA beau Kris Humphries had almost as much buzz about their wedding as did the royal wedding between newlyweds Kate Middleton and Prince William. Although Kim filed for divorce only 72 days after the marriage, Kris says he hopes to reconcile.

**Related Link:** [Kim Kardashian and Kris Humphries Won't Be Looking For a New Home](#)

**3. Britney Spears and Jason Trawick:** The pop princess and her former manager may have ended things career-wise, but their love life is still feeling the spark. Spears is busy with her *Femme Fatale* tour with rap singer Nicki Minaj, but she still has time to show her love for her beau. He was lucky enough to be in the center of the action on August 2nd when he was pulled on stage in Uniondale, NY by his talented honey. In addition to resurrecting her career, she is also caring for sons Jayden James and Sean Preston. This mommy definitely needs some downtime.

**4. Sarah Jessica Parker and Matthew Broderick:** Over the years, these love birds have remained rock solid and are keeping busy raising their twins, Marion Loretta Elwell and Tabitha Hodge,

and son James Wilkie. The fashion icon and actress has been maintaining a hectic work schedule, gracing covers of magazines and promoting her new movie *I Don't Know How She Does It*, in which she plays busy mom, Kate Reddy, who is trying to stay afloat with her finance career and busy family life. Looks like the movies are imitating real life when it comes to Sarah Jessica Parker!

**Related Link:** [Sarah Jessica Parker and Matthew Broderick's an Introduction for a Lifetime](#)

**5. Brad Pitt and Angelina Jolie:** Between their six kids, acting gigs and philanthropic engagements, this duo does it all. Pitt recently starred in the blockbuster baseball movie, *Moneyball*, with Jonah Hill, and Jolie has been busy with her film directorial debut, *In the Land of Blood and Honey*. She is also the United Nations High Commissioner for Refugees (UNHCR) Goodwill Ambassador when she's not directing/acting/mothering. This power couple definitely needs to catch up on some z's.

**Which celebrity couples do you feel need an extra hour of sleep? Share your thoughts below!**

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## Take a Walk on the Wild Side of the Caribbean





By Max Milano

It's that time of year again when the winter blues start to kick in and people begin to daydream of a tropical holiday vacation. Many of us push aside the idea of a Caribbean getaway because we feel that it's either too expensive or not a place for folks who are single. Well, if you think the Caribbean is for couples only or people with money, it's time to think again.

Following are some undiscovered destinations where singles and groups of friends can take a walk on the wild side full of rum, salsa, reggae and the real *Pirates of the Caribbean*. The best news is that these locations are all a fraction of the price.

### **Old San Juan, Puerto Rico**

Puerto Ricans take partying seriously, and Old San Juan is stunningly beautiful. Surrounded by a fortified wall, it is one of the best preserved Spanish Colonial towns in the Caribbean. Narrow cobblestoned streets open into airy plazas where colonial mansions have been transformed into Nuevo Latino restaurants and trendy lounges. Stay at **Da House (\$80 to \$150 per night)**. It's a boutique hotel in the middle of all the action. Make sure that you sign up for the daytime

salsa lessons at the Nuyorican Cafe downstairs, because once the sun sets, Old San Juan is the place to meet and mingle with beautiful people.

**Related Link:** [Madonna and BF Brahim Zaibat Vacation In ... Guéthary?](#)

## **Cartagena, Colombia**

Cartagena is the best kept secret of the Caribbean. This brightly colored Spanish colonial city knows how to party, while offering the best in regional Colombian food. Try the Aguardiente, Colombia's firewater moonshine, mixed in with fresh tropical fruits. The best clubs don't get going until 4 am and don't close until the sun comes out. Recover with a hearty fish soup and a cold beer under a palm tree. **The Hotel Casa la Fe (\$150-\$200 per night)** is a beautifully refurbished colonial mansion with shady interior courtyards and a refreshing pool.

## **Isla Mujeres, Mexico**

If Cancun is Spring Break central, Isla Mujeres is the thinking person's tropical party island. Reachable by water Taxi from Cancun, Isla Mujeres is a tiny island that is all about beach shack restaurants, turquoise water, powdery sand and wild nightlife. Go for an early swim, have some lobster or the catch of the day for lunch, and then a snorkel in the afternoon before the evening festivities. The lively beach bars on Isla Mujeres run the gamut, from reggae beach bum joints to trendy Mexican cantinas. **Casa Sirena (from \$100 per night)** is a remodeled colonial home with ocean views. It's the perfect place to enjoy it all.

**Related Link:** [Real Housewives Stars Gretchen Rossi and Slade Smiley Go to Mexico](#)

## **Havana, Cuba**

With the gradual easing of travel restrictions, Havana is back on the American travel map (Canadians never stopped visiting).

Start your stay with a walk from the historical **Hotel Inglaterra (from \$65 per night)** to one of Ernest Hemingway's favorite Havana bars, La Floridita, for a cool daiquiri. Havana's restored colonial core is home to numerous bars and restaurants, including the world famous "La Bodeguita del Medio," perfect for that afternoon Mojito. Cuban music is best live, so reserve your spot at the Tropicana Cabaret for that Mambo Kings experience. Americans should check the state department website to learn how to book trips to Cuba.

## **Kingston, Jamaica**

Kingston Jamaica is not your typical Jamaican beach resort, but that is what makes it interesting. Visit Port Royal for the refurbished ruins of the original fort and docks of the real *Pirates of the Caribbean*. Hit Kingston's many bars, restaurants, jerk shacks and dance halls for Red Stripes, jerk chicken and wild times. Save some energy for a visit to the Bob Marley Museum or rent a car to drive up the Blue Mountains for the views and the coffee. James Bond fans may want to drive north to Ocho Rios to visit Ian Flemming's Goldeneye estate and stop by James Bond beach. **The Courtleigh Hotel and Suites in Kingston (from \$200 per night)** is the perfect base, with all the amenities you would expect from a business hotel.

## **Airfare Booking**

Are you sold on these affordable tropical destinations, but not on the cost of airfare? The secret of scoring the lowest airfares during the holiday is to book early (no last minute deals here). While flying out on Dec 22-23 and returning on January 2nd or 3rd will probably be expensive (these dates sell out first), you may consider flying out on Dec 24 or 25th and back on Jan 1st to save some money. The best recommendation is to leave the week before December 20th. Fares usually remain low until Dec 18th – 20th and then go



back down after January 7th.

The Caribbean is affordable and anyone can have a good time. It's not just for romance. The place is swimming with activities and parties for anyone who wants to soak up some sun and have an overall good time.

*Max Milano is an international travel expert with Vayama.com, the only online travel booking site focused entirely on international travel – airfare, hotels and activities. He's also the author of The Mechanicals Recoleta, which is available on Amazon.*

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## Movie Review: 'Jack and Jill' is Full of Family Fun



Adam Sandler is at it again! The comedic genius and actor has come out with a Thanksgiving family fun movie, *Jack and Jill*. Sandler follows in the footsteps of Eddie Murphy by playing both the parts of Jack Sadelstein and his identical twin sister, Jill. Jack dreads when his needy sister, Jill, visits his family every Thanksgiving, because she always seems to ruin everything. Jack's wife (Katie Holmes) and kids, must deal with the sibling bickering. If Sandler can pull off Eddie Murphy's *The Nutty Professor* routine, *Jack and Jill* will have you laughing from start to finish.

## **How do you handle your partner's family feuds?**

### **Cupid's Advice:**

Dating someone means dating their family-espically during the holidays. It can be hard to know your place when your partner and his family feud over the dinner party. Here's how to be supportive of your partner without disrespecting his family:

- 1. Don't jump in:** Your partner will tell you if they need to tag you in on a family fight. Keep your thoughts to yourself, unless you're asked to share them.
- 2. If asked, keep it neutral:** When put in the middle of a feud, state facts that will make both sides happy. Never pick a side.
- 3. Don't play dumb:** If you get in the middle, don't walk away without attempting to help diffuse the situation. It may seem like minding your own business is a good idea, but your partner may lose faith in you, and his family may abandon their respect for you.

Release Date: Nov. 11

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# Would You Date a Single Parent?



By SMF Marcus

Osborne for GalTime.com

There are so many roadblocks to lasting, loving, relationships in our lives that I can't help but to cringe when I hear some of the dealbreakers that people throw up on those cockamamie love lists they construct.

Can't be black, can't be divorced, can't be under 6'1", can't make less than one-hundred grand a year, can't drive a hooptie (if you're unfamiliar with the term "hooptie" consult your urban dictionary) blah, blah, blah.

Why do we do it? What's worse, we often fail to acknowledge our own shortcomings as we judge the next person. Boy, we can

be self-centered. But that's another story to be told another time. Some of these "*can't be's*" appear on these lists with rather alarming regularity. Can't be divorced?? Are you kidding? Good luck with that one after age 30.

And there's such an overt bias against single parents or adults with kids from a previous relationship – wow! When you think about the debris of judgment these folks have to swim through in the dating pool on a regular basis, it boggles the mind. Why are they so persecuted? Why are they filtered out so quickly?

Yes, there's plenty of baby-mama/baby-daddy drama to spare in many a single mom/dad's world. But I'd submit that it's not always a nightmare. As a matter of fact, I'd say it's not nearly as awful a situation as we trick ourselves into believing it'll be. But since we only hear about the disastrous outcomes of single-parent dating, we assume it's the rule and not the exception. No one's more averse to drama than yours truly, but I'd at least take a chance before taking the blanket approach to all single moms.

Ok, so if the guy has 9 kids by 8 women or if she's got 5 kids by 4 guys, there may be some issues. I cede the point. But if you're really into a guy who has children from a previous relationship, why would you cut yourself off from him for that reason alone?

"Marcus, he was soooo great, but he's got a kid." I've heard this a million times, yet I still don't completely get it. And I'm uncertain which gender draws a harder line on kids. From my own, unscientific poll, it seems that guys are a little more willing to date a woman who has kids from a prior marriage or relationship – but I could be wrong.

*Mark this day on your calendar. Marcus Osborne said, "I could be wrong."*

I do notice a dramatic difference in the dating attitude of

the men I know who have kids, whether their kids live with them or their exes. The single moms are quite often paralyzed by the fear of rejection: “What guy is going to want to date a woman with kids?”

Should I even get into the whole “mother’s guilt” thing? You know, the idea that as a single mom the only thing you should be worried about is *being a mom*. The notion that the only way you can be a good mom is to forego a love life or social life until the kids are all grown up and out of the home.

Personally, I think that idea is great – in theory. In practice I think it often results in lives that feel incomplete. And how can your kids be happy if they see that *you’re* unhappy? Worse yet, they quite possibly could blame themselves for your unhappiness or loneliness. But hey, you’re a single mom, you don’t deserve to a partner, right?

On the other hand, the guys, though they may experience some trepidation about stepping into the dating world, seem far more willing to take their swings at love again.

I’m certainly not an advocate of having a bedroom with a rotating door. I think we’ve all seen and heard and learned enough to know that a single parent with a carousel of bed buddies probably isn’t good for the children’s emotional health and well-being. But tell me please, what’s wrong with a responsible single parent going out on responsible dates with respectable people?

How on earth is this a bad thing?

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# Cougar Dating Love Lessons Even Demi Moore Can Use



By Lucia

It looks like there's trouble in Cougar Paradise for Demi Moore these days. Her husband of six years, Ashton Kutcher, has recently been accused of infidelity. Though many people assume a split is inevitable, Demi was recently spotted on the red carpet still wearing her wedding ring.

A "cub" that strays can be devastating for Cougars (or for any woman for that matter). While dating a younger man can lead to an extremely fulfilling relationship, there are sticky areas that partners of the same age may not face. This relationship comes with its own set of guidelines, and the good news is that the challenges are usually due to the older women's own self-sabotage and not the younger man's motives. Yes, that's a positive thing since most of this can be avoided with a little insight and guidance.



Below are a few love lessons that any Cougar (including Demi) can learn from in order to have a healthy relationship, no matter what the age difference:

**Don't Be a "Know-it-all":** Just because you're older, that doesn't mean you know everything. If you're controlling and don't give your partner room to express himself or allow him to feel like a man, you'll immediately become less attractive in his eyes. He's with you because you're smart, confident and he feels amazing being around you. If you make him feel emasculated, you will become his mother instead of his lover.

**"Sugar Mama" Trap:** You may make more money than your lover, but that doesn't mean you always have to pay. He's still a man, and men instinctually want to provide. It makes them feel good. Don't make the finances your sole responsibility. If you do, you're setting yourself up to be used.

**Underestimating Your Cub:** Being younger doesn't mean that your partner isn't knowledgeable about things that happened years ago or that he can't appreciate your past experiences. Nowadays, people of all ages are savvy – sexually and otherwise. So stay away from any reminders that make your partner feel like he has a lot to learn or isn't up to your level of sophistication, such as "When I was your age" or "You're too young to remember." He knows there's an age difference; there's no need to keep reminding him.

**Younger Women are NOT Your Competition:** He's with you *because* of your age, not *despite* it. You have many things to offer that women his age don't, such as knowledge, wisdom, life experience and most all, no drama. Acting like you're in your twenties to attract or keep a younger man is a turn off. He expects you to be more mature and sophisticated. If he wanted to be with someone who was born in the same year he was, he would be.

**Ignore the Scornful Stares:** Even though others may have issues with you dating someone much younger, it doesn't mean you aren't in love. It means your man finds you attractive and interesting – and that's certainly nothing of which to be ashamed. After all, a big majority of men date younger women. It's time we got rid of the double standard!

*Lucia is an internationally known dating/relationship expert and TV personality specializing in Cougar relationships. She hosts "The Art of Love" on L.A. Talk Radio, is the author of "Lucia's Lessons of Love", a keynote speaker and a syndicated columnist. She hosted "The Art of Love" TV show for 3 years in Los Angeles. Lucia has also been featured on over 100 radio and TV shows including "Dr. Phil", "The CBS Early Show", "60 Minutes Australia", "The Tyra Banks Show", "E! Entertainment", "Good Day L.A.", "Playboy Radio", "Cosmo Radio" and "Fox Sports Radio".*

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## **Tough Love Miami: Michelle Betts Talks About Life Before and After Romance Bootcamp**





By Andrew Pryor

Michelle Betts is no stranger to tough love. As a personal trainer, she's the one who is usually dishing it out to her clients. So how would someone like her handle being a contestant on VH1's *Tough Love Miami*, taking part in a relationship bootcamp run by dating drill sergeant and master matchmaker Steve Ward?

Very well, as a matter of fact. "I could take it because I knew how that type of criticism worked," says Michelle. "I'm a personal trainer, and I know that sometimes you can be soft and encouraging, but other times you really have to break people down."

Before her appearance on the show, Michelle lived a very disciplined life, keeping a strict and structured schedule for every activity—including finding love. "I wasn't the type of person who obsessed over a date calling me back," says the *Season 4* contestant. "I wouldn't call someone out of desperation."

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The few lasting relationships Michelle did have in the five or

six years before *Tough Love* she says she'd like to forget. Michelle devoted herself to living a life of positivity, emphasizing exercise, meditation, and her now-infamous "vision board," where she would build a collage of all the qualities she wanted in a man.

"*Tough Love* was rehab for my broken heart," she says. "Honestly, if I hadn't gone on the show, I would have spent 5-10 more years being held back by my own personal issues. People would always ask me, 'Why are you single?' and eventually I started saying, 'Yeah, why *am* I single?'"

Initially, it was difficult for Michelle to adjust to the new environment because she had not lived with other women before. Over time, she did form bonds with the others and even left the show with "two lifelong friends."

**Related Link:** [Get Fit With Your Significant Other This Weekend](#)

But Michelle never forgot the true reason she was there. "I went in for myself," says the fitness expert. "I went in not to meet a guy, but to have the tools I needed to build a relationship when I went back to California."

So did Michelle find love through the *Tough Love* process?

"I can't tell you that much yet," she laughs. "What I can tell you is that it was a difficult process, and the challenges definitely got harder as the season went on. Oh, and there's a whole lot of drama this season."

Always a good reason to keep watching!

*Tough Love: Miami* is on VH1 on Sundays at 8 ET/7 CT.