

# How to Communicate to Get What You Need



By Dating With Dignity's Marnia Battista for GalTime.com

While some men just aren't Mr. Boyfriend Material, others just need clear communication from you about what you want, need and expect from them. To make things trickier, many women have difficulty articulating exactly what they're looking for. That said, imagine if you knew the following:

- Exactly what you want in a partner, including his values and goals in life.
- How to effectively communicate your needs and expectations without having to be bitchy, brash or judgmental.
- Simple ways to set boundaries to allow the possibility

of a relationship to unfold before you knee-jerk kick him to the curb.

In order to get your needs met, you have to be able to articulate exactly what you need and then be able to communicate those needs in a way that is appropriate, kind, compassionate, and reveals your true, authentic self.

Here are three steps you can take right now to begin to clearly express your desires to the man in your life so you can begin getting what you want:

### **1. Decide exactly you want.**

If you're going to communicate your needs and desires to your man clearly, you need to be clear in your own mind about exactly what those needs and desires are. Whether you want him to be on time, call instead of text, move the relationship to the next level, call you his girlfriend, or propose marriage, the first step is to own those needs and desires in your own mind.

### **2. Tell him directly.**

No matter how great a guy is, he's most likely not a mind reader. If you want him to call you instead of his usual texting, you're going to have to tell him so. He may or may not be willing to comply. If he isn't, it's up to you to decide if the issue at hand is a deal-breaker. The bottom line is this: Once you communicate, he knows what you need and expect, and you are both agreeing to whatever resolution is reached together.

### **3. Set boundaries—and enforce them.**

This is the most difficult part of self-care for many women. One of my clients recently shared a story with me about a date that went horribly awry. She had met the man online, and then they had met in person for coffee. Upon leaving the coffee

shop together, her date discovered his car had been towed. Instead of politely excusing herself from the impending drama (setting a boundary), she felt obligated to be part of his crisis-management team. He called his mom, complained loudly about the \$200 fee he had to pay to get his car back, and whined for hours while she drove him around searching for his car, an ATM machine, and so forth.

My client, who had known this man for only an hour (give or take a few exchanged emails and texts), spent the entire time she was with him fantasizing about how she might exit the drama without hurting his feelings. The result was that not only did she see a part of him he most likely didn't want to share on a first date, but she also became annoyed with herself for not speaking up. She felt bad that she could not set the boundary immediately. Had she followed the two steps outlined above, it would have been simple from the get-go. Knowing she did not want to do crisis management for a man she had just met, she should have stated simply, "Thanks for the coffee. It's such a drag your car was towed. I'm going to get on with my day now, but I look forward to hearing how it turns out when we talk next." Instead, she wondered why he didn't give her an out, excusing her from dealing with his mistake so she could get back to her life.

Men deserve to know what you want so that they have an opportunity to deliver. It's that simple. Men are not mind readers. It's up to you to tell them what you want, need and expect.

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# Tough Love Miami: Steve Ward Talks About A “FunSexyCool” Way To Find Love In The Digital Age



By Andrew Pryor

Simply put, Steve Ward knows his way around the human heart so well it's a wonder he's not a cardiologist in his spare time.

Having joined the family matchmaking business straight out of Drexel University, he's currently the CEO of Master Matchmakers, working alongside his mother, JoAnn Ward. They also co-host the breakout VH1 series Tough Love, now in its fourth season.



Being a co-host of *Tough Love* helped Steve share his relationship expertise with a much wider audience, and the show itself provided VH1 with a reprieve from the stigma of past shows like *Flavor of Love* and *Rock of Love*. “The executives over at VH1 were looking for more transformative programming,” says Steve, “so that was kind of our hook.” And that “hook” turned into a successful program that brought him and his mother into the limelight.

**Related Link:** [VH1's Flavor Flav Says Keep it Real to Make Your Relationship Work](#)

So what's a big part of their success, both on-and-off-camera?

Well, in Steve's opinion, a lot of it has to do with the way their business melds hands-on relationship advice with new technological developments. “I really enjoy being on the cutting edge of technology, especially when it comes to the dating world,” he says. “We just have to keep up with the times. Dating and mating are evolving faster than we are.”

This particular subject made its way onto a recent episode of *Tough Love*, where the women were taught how to text responsibly and were ambushed during dates with photos from their Facebook pages.

And Steve's newest innovation: a smartphone app named FunSexyCool. It combines technology and matchmaking in a way that's accessible and fun to use. It's an app that lets you upload a photo of yourself, look at the photos of other users, and rate them as Fun, Sexy, or Cool, hence the name. It's also one of the few social romance networks that actually rewards you for being active—the more pictures you rate, the more conversations you can have with other members of the site. It also includes a feature where you can contact a user in your general vicinity and chat with them.

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

“Me and a couple of tech developers I know were talking about

how people seemed frustrated with the options that were out there for finding love, so we worked together to come up with something new," he says.

Interested daters can sign up for the app at [funsexycool.com](http://funsexycool.com).

And for those who want more of Steve Ward, visit [MasterMatchmakers.com](http://MasterMatchmakers.com) or watch *Tough Love* at 8 ET/7 CT.

Steve may be a practitioner of tough love, but it's definitely not difficult for people to fall in love with all that he's done to better people's lives.

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## Best Celebrity-Couple Costumes for Halloween





By Whitney Baker

There are so many fun factors about Halloween. First, there are the pumpkins: pumpkin carving, pumpkin patches, pumpkin pie – and an annual viewing of the TV show, *It's the Great Pumpkin, Charlie Brown*. Next, you can't forget candy, like Brach's candy corn, which are only available seasonally in the autumn, making them a particularly delicious and coveted treat. Then, there's all that scary stuff: haunted houses, witches, goblins and ghouls – boo! And finally, perhaps the best part is the costumes – for one day out of the year, you get to be anyone you want to be, celebrities included.

For anyone looking for a little romance on a holiday that's typically filled with fright, you're in luck! Here's a list of celebrity couples whose looks can be transformed into costumes. One of them may be the perfect fit for you and your partner.

**1. Justin Bieber and Selena Gomez:** For the teeny-boppers out there – or anyone hoping to feel a bit younger for an evening – the prince and princess of pop make a very suitable duo.

For Bieber, any guy with longer locks can sweep his bangs to the side, and any boy with a shorter 'do can simply throw on a sideways Yankees hat. Add a pair of Ray-Ban Wayfarers (dark lenses not necessary), jeans, and a hoodie, and you're set! For Gomez, you can rock a casual but glam look: skinny jeans, a flowing tank top, flats, hoop earrings, and wavy hair. If you really want to channel these two lovebirds, PDA is highly encouraged.

**Related Link:** [Justin Bieber Plans 'Titantic' Date For Girlfriend Selena Gomez](#)

**2. Katy Perry and Russell Brand:** This eccentric and oh-so-in-love couple is an ideal choice for anyone looking to get a little crazy this Halloween. Perry has donned a number of hair colors and styles over the years, so take your pick: bubble-gum pink or bright blue, jet black, or her most recent, honey-hued blonde. As for outfits, anything is fair game, even that sassy and sparkly Smurfette dress that's hiding in your closet. For Brand, the look is quite low-key: a pair of skinny jeans and a tight (and low-cut) t-shirt, along with unbrushed and knotted hair, some stubble, and a bit of guyliner. Oh, and don't forget the British accent.

**3. Prince William and Princess Catherine:** Their wedding may have been months ago, but people are still talking about these newlyweds, the Duke and Duchess of Cambridge. Princess Catherine has taken the fashion world by storm with her chic and totally relatable style, making her the ultimate princess to emulate on this costume-filled holiday. To truly standout, opt for their wedding look: your man can wear an outfit that resembles Prince William's Irish Guards' red military uniform, while you can get glamorous in a lacy and flowing white gown, a beautiful sapphire (faux) engagement ring, and a bouquet of flowers. Complete the look with a tiara, of course.

**Related Link:** [Prince William Discusses Queen Elizabeth's Wedding Advice](#)



**4. Blair Waldorf and Chuck Bass:** Okay, okay – so they may not be a *real*celebrity couple, but they’ve certainly made their mark as the “it couple” in the *Gossip Girl*–*World* of the Upper East Side. To imitate this high-society pair, girls should pull together their most designer-drenched look. Choose from high school Waldorf, who wouldn’t have been caught dead without her preppy headband, or the now college-aged fashionista, who has adopted a more grown-up dress code – just be sure to accessorize accordingly. As for Bass, a guy only needs a three-piece suit, bow tie, pocket square, and all the charm that he can muster.

**Cupid wants to know: Who do you want to be for Halloween?**

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## How to Pursue Your Man Like Naomi Watts





By Brea Gunn

Everyone knows the formula: boy meets girl, boy flirts with girl, boy asks girl out and boy and girl become an item. But what happens when *girl* meets boy and *girl* pursues said boy?

While it's not unheard of for a woman to have a crush, it's becoming more fashionable for her to be the pursuer, rather than the pursued. Take Naomi Watts and Liev Schreiber, for example. The pair met at the Metropolitan Museum of Art's Costume Ball, and the rest is history, as they say. Or, actually, it's HERstory.

The thing is, unlike other couples, Naomi actually pursued Liev. That's right. The actress made up an excuse, flew to New York and now the couple have two beautiful children. A woman pursuing a man isn't necessarily a new phenomenon in Hollywood, though. In fact, it's starting to feel like the norm.

For example, Rachel Weisz married Daniel Craig after meeting the super-hunk on the set of their new movie. LeAnn Rimes and

Eddie Cibrian couldn't keep their hands off each other (their very married hands!) when they met. Jessica Alba thought Cash Warren was a stud, and now they've got a beautiful family.

And sometimes life even imitates art...or art imitates life. Even Anna Paquin couldn't keep her eyes off of costar Stephen Moyer. And ironically, Sookie, her character on their show, *True Blood*, pursued his character, Bill.

So what's a woman to do? Here are some tips:

**1. Make the first move:** Go talk to him. Compliment his awesome dancing ability. Hey, it worked for Naomi Watts!

**2. Set up the next date:** Take a lesson from Anna Paquin, and tell him when you want to see him again. Don't wait the obligatory 48 hours to text and/or call.

**3. Don't be shy:** Even if you tend to be on the quieter sell, go outside of your comfort zone and show your outgoing side. There's no place for hesitation when you're going after a man.

So, next time you're out with your girlfriends and you see a cute guy across the room, channel Naomi, Rachel, Leann and Anna ... and send him a drink.

*Brea Gunn is a monthly contributor for Cupid's Pulse and also writes about the best Westchester wedding venues. Check out what these wedding business marketing insiders have to share.*

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## Demi Moore Proves There's

# Hope After Divorce



By Amy Osmond Cook, Ph.D.

It's unclear as to whether Demi Moore is going to file for divorce from Ashton Kutcher after he allegedly cheated on their sixth wedding anniversary. At least, that's what the *Vancouver Sun* and other media outlets are reporting. Though both parties have declined to confirm the split, it's certainly apparent that this is a difficult time for both of them.

It's no surprise that many marriages crumble when there is a serious betrayal. For most Americans, marriage remains the highest expression of commitment that they can imagine. Most also believe it's unacceptable to cheat, lie, or keep secrets in a marriage—and that number has continued to fall over the past 40 years, according to Stephanie Coontz, the author of



the article *The Origins of Modern Divorce*.

While the difficulty of this situation cannot be overstated, Demi has navigated this terrain before with grace and poise.

If she handles a divorce from Ashton like she did her divorce from Bruce Willis, we can expect the couple to stay friends and find happiness amidst the devastation. So, what can we learn from this actress?

**1. Keep it classy.** Demi has yet to talk about her situation with Ashton in a public way. Until a final decision is made, she's probably going to keep quiet about it. She and Bruce were models of restraint during their divorce and continued to build each other up even as they separated.

**2. Remember that love conquers all.** Somehow, Demi and Bruce continued to love each other while no longer remaining "in love" with each other. Bruce told *Vanity Fair Magazine* in 2007: "It's hard to understand, but we go on holidays together. We still raise our kids together—we still have that bond. . . . I love Demi, and I know she loves me." We can expect Demi to go through a grieving process, but then come out on top—choosing love and forgiveness over bitterness and acrimony.

**3. Put the kids first.** In 2007, Demi stated: "I'm the product of divorced parents, and my brother and I were the pawns in my parents' game. I never wanted that for my kids." She explained, saying: "You know, I didn't get married and have children so I could get a divorce, get remarried, and get along with my ex-husband. But since that is what happened, I am grateful it turned out this way." Ashton has been a father figure to Demi's children for years, so Demi will most likely continue to support that relationship.

Divorce is certainly difficult. Many of us know that from personal experience. But if anyone can handle a public divorce in a classy way and continue to find the good in her

relationships, it's Demi Moore.

*Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit [amyosmondcook.com](http://amyosmondcook.com).*

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## **Footloose featuring Julianne Hough, Kenny Wormald and Dennis Quaid**





Get prepared for a guilty pleasure flick! In the 2011 remake of the 1984 film, [Footloose](#) brings back city kid Ren McCormack (Kenny Wormald) who moves from Boston to a small town where dancing has been banned after a tragic accident. McCormack isn't as readily willing to give up dancing as the rest of the town, and he sets out on a mission to bring it back. When he unexpectedly becomes attracted to the preacher's daughter, Ariel (Julianne Hough), it causes drama as the preacher is the main culprit in the ban against dancing and rock 'n roll. Although remakes are rarely better than originals, there's no doubt that the quality dance moves in this flick will leave you with a great feeling.

**What do you do if your partner's parents don't like you?**

**Cupid's Advice:**

It can be difficult to make a relationship work if your significant other's parents don't like you. Cupid has some tips:

**1. Make amends:** Although you may not be able to fully solve

the problem, it's important to encourage your partner's parents to come around to you. Send them flowers or have a heart-to-heart conversation if need be.

**2. Analyze the situation:** Find out the facts about why your mate's parents aren't a big fan of you. If there are legit concerns, address them directly. If the concerns seem unwarranted, talk to your boyfriend or girlfriend about it.

**3. Change:** If your partner's parents are right in their view of you, then it might mean you need to change the way you go about doing things. Sometimes change can be a good thing.

**How did you deal with your partner's parents didn't like you? Share your experience below.**

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## Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know







By Melissa Caballero

The status of our relationships in this modern day dating world have become much more complex than they used to be. Many couples go through multiple stages until they're officially declared an item. From 'single' to 'it's complicated' to 'in a relationship,' the situation can get blurry. Although the beginning of a relationship can be exciting, it doesn't always end that way. Some people date for several months without a label, and then the painstaking question "Are we exclusive?" is asked and the relationship abruptly ends with no warning. It may not make sense, or seem even fair that one question can stir so much confusion or controversy. So, many women have learned to keep mum and stay in the 'it's complicated' stage instead of turning their status back to single. But, instead of going backwards how do we proceed forwards to the comfort zone of monogamy? We spoke to psychologist, professor, relationship expert and author, Dr. Karin Anderson and she offered five ways woman can navigate through:

1. **Play it cool.** Of course you're going nuts with the nebulous nature of your relationship and of course you're

looking for a more definitive understanding as to what sort of connection you and your “friend with benefits/booty call/boyfriend(?)” actually have. But the #1 way to keep things complicated is to push the issue by having one of those, “I really need to know where this relationship is headed” conversations. Play it cool. Psychologists who study couples speak of *The Law of Least Interest*—whoever is least interested in maintaining the relationship holds the *most* power. Every time you bring up an issue, you lose power. And until your relationship has more concrete structure, you don’t want to lose any power.

2. **Was it ever *not* complicated?** A good question to ask yourself is, “Was this *relationship* ever not complicated?”

Meaning—did you ever know where you stood with your man? If not, you probably have more information than you realize. This may be hard to hear, but if this guy has known you for some time, has enjoyed having sex with you regularly, has never wanted to legitimately establish himself as your partner, then it’s likely he’s *never* going to go in that direction.

3. **Make him want to commit.** Naturally, we can’t *make* anyone want to do anything, but we can certainly sweeten the pot.

For example, when you’re together, demonstrate your affection in ways men respond to (e.g, a fridge stocked with his favorite beer, a TV tuned to his NFL and college teams’ games). When you’re away from each other, resist the temptation to be too available (i.e, absolutely **no booty calls**). You want him to recognize how great you and he are together, but those benefits can’t be his 24/7 until you guys are an official couple. It’ll keep him wanting you.

4. **You may need to pull all the way back.** If the above suggestions aren’t working, you may need to create some space. Skip the drama of an ultimatum (remember, most guys think women are a little crazy because our emotions tend to run more intensely than theirs); let your behavior get your point across. If he reaches out with, “What’s up with you? Where

have you been?" you can reply, "I've been super busy with work and friends and I have to get my priorities straight. As much as I love hanging out with you, I need to focus my energy on aspects of my life that are more clearly defined." Leave it at that. Again, **no drama!** Just state the facts and see what he does with them.

**5. Be honest with yourself. Is this *really* what you want?** Ultimately, there's no magic formula for moving from 'it's complicated' to monogamy. But more importantly you need to ask yourself why you want this person. Hasn't it been a drag walking on egg shells, trying not to scare him off with your desire for a *real* relationship? Don't you hate the insecurity that comes with not knowing your place in his life? The reality is, most guys go for what they want—chalk it up to their DNA or the thrill of the chase or whatever, but most men will claim you if they want you. What does it say when we want a man who doesn't want us?

If none of the above works, maybe the best answer for moving forward is to let the whole thing go and find someone who's interested in the same sort of relationship that you are.

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## NBC 'Chuck' Star Vik Sahay Shares 10 Love Lessons for Men (Lester Patel Style)







By Whitney Baker

With the fifth and final season of NBC's television series, '*Chuck*', set to premiere this month, fans of the show are anxiously awaiting its return. When we last left the gang, Chuck (Zachary Levi) had to lead a team to fight against a deadly plot by Vivian Volkoff (Lauren Cohan) to save his [bride](#), Sarah (Yvonne Strahovski) – all the while planning the beginning stages of his freelance spy agency.

**Related Link:** [‘Chuck’ Star Sarah Lancaster is Married and Pregnant](#)

Canadian actor, Vik Sahay, who has been a series regular since the second season, plays Lester Patel, a “Nerd Herd” member and vocalist of Buy More's resident rock band, Jeffster. When asked about his relationships for the upcoming season, he reveals that he wants his character to find the right girl, and “to be made a better man by a big, bad love.” Of course, it'll take more than your average woman to capture Lester's heart. “She must be beautiful, smart, daring, and powerful,” explains Sahay. “I don't think he'd settle for anyone who didn't scare him a little.”



Before diving into his personal perspective on romance, Sahay gives us a peek into the inner thoughts of his character. Here are a few lessons in love according to Lester:

1. Don't ask her to pick you up. If you can't get your hands on a car, spring for a cab.
2. No arm wrestling.
3. Don't take calls from your mother at the table.
4. Beer is not a good kissing drink. Vodka is.
5. Smile. No frowning, grimacing, or raging.
6. Laugh at her jokes.
7. Know her name. Remember it throughout the night. Sprinkle it in conversation liberally, but not aggressively.
8. Don't expect a woman to pay for your dinner.
9. If you intend to bring her back to your place, pack up any cosmetics, including hair products, moisturizers, and fake eyelashes. A woman does not want to know you have more beauty products than her.
10. Music is great for setting the mood...on a stereo. Save the serenades for anniversaries down the road, if you can get there.

**Related Link:** [What Your Favorite Summer Song Says About Your Relationship](#)

For Sahay, there is one piece of romantic advice that rises above the rest: be funny. "There are well-sculpted hunks of male beef in gyms all over the planet. You look good, so then what?" he says. "Laughter is sexy and emotional. It gets you in your body and opens your heart. I can't think of anything more conducive to falling in love."

Fortunately, Sahay's relationship history has yet to mirror Lester's romantic troubles – although he adds, "I have been told that my energy can be exhausting, as I'm sure his would be."

Even so, dating in Hollywood comes with its own unique challenges. According to Sahay, the most challenging part is "the fact that everyone is constantly 'on' in this town – constantly working, constantly career-building, etc." He expands, "Plus, with distances across the city (and insane working hours), it's a major commitment to hook up for a drink, making it tough to be casual about it."

That's not to say that it doesn't have its benefits too. The biggest perk? Sahay says, "Many romantic restaurants have patios year-round. Coming from Toronto, that's a major plus."

And if humor and romantic restaurants fail to impress a date, Sahay has one more trick up his sleeve: dancing. When asked if he's ever used his dancing skills to win over a woman, he responds, "Oh yes. Many a move has been busted on dates."

*Tune into the season premiere of Chuck on NBC on Friday, October 28 at 8/7 c.*

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## Three Tips to Enjoy Marriage Despite the Battles





By Patty Newbold, author of the award-winning marriage blog, [AssumeLove.com](http://AssumeLove.com)

It can't be easy marrying into a reality TV show, as Kris Humphries recently did. Kim Kardashian and her family speak their minds, and it's all caught on camera. Kris already gets his share of it from her siblings, and it can't be long before he catches angry words or insults from his new wife Kim, too.

### **It's the Ratio, Not the Number**

Let's hope Kim's already figured this out, but fighting words do not kill a relationship. Marriages fail when the nastygrams are not matched with at least five times as many respectful, loving and encouraging words and gestures. Remember: Five times. Or more.

That's what psychologist John Gottman's research found. He uses it to predict, in just a few minutes, which marriages will last and which will not. It doesn't matter how many or how few unloving words, eye rolls, or shrugs are used in a relationship; only whether the good stuff happens at least five times as often as the bad.

## **It Won't Be What You Expected**

Here's a tip for Kris. There is only one thing you should expect when you marry: love. We all show up to our weddings with a boatload of expectations, and many of them will be dashed. Your marriage will not go the way you thought it would, and you'll make yourself miserable if you tell yourself this means you are not loved or respected. Kim, like any wife or husband, will love you her own way.

Therefore, due to the unique ways we all choose to show our love, it's important to stop yourself when you hear yourself thinking, "If she loved me..." Unless she is actually doing you harm, she loves you, and you are missing it. You will make a mess of your marriage by getting angry when it's not what you expected, not what someone else you know might do. That's exactly what I did the first time around, and I could not see how much love I had overlooked until after my husband's sudden death at the age of 35.

## **Never Compromise**

Just about now, Mr. and Mrs. Humphries are probably discovering that they disagree about things like where shoe polish should be stored and which family events cannot be missed. Well, there are never just two options for a resolution. Instead of disagreeing and eventually compromising, look for a third alternative to the problem that both makes you happy and also delights your mate.

Disagreeing is inevitable in any relationship, and if you're not doing it, there's probably something wrong. That said, it's important to outweigh those fighting words with words full of love, kindness and respect. If you do, your relationship will thrive.



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# 5 of the Sweetest Movie Moments



By Tanni Deb

Whether we admit it or not, we all enjoy a good love story – the ones that make our hearts beat, our pulses race, and the tears flow. We love getting caught up in the magical moments and gushing over romantic scenes. You probably have your own top Sweetest Movie Moments, but join us as we count down some of ours:

**5. A Walk to Remember:** If you're a hopeless romantic, this movie and its leading characters, Landon Carter (Shane West)

and Jamie Sullivan (Mandy Moore), will leave you sobbing at the end. After a dangerous dare goes badly wrong, rebellious Landon is made to do community service, where he seeks help from bookish and religious Jamie – the girl he eventually learns to love. When he discovers the secret she's been carrying for two years, he plans a date at night to star gaze. He asks her to search for a specific star, and when she questions him about it, he says he had it named after her. The scene is sealed with a kiss.

**4. 50 First Dates:** When Henry Roth (Adam Sandler) meets Lucy Whitmore (Drew Barrymore) in a café, they decide to meet again the following day. However, when Henry returns, Lucy doesn't have a memory of him, or their previous meeting. When he's told that since the day she got into a car accident she's been unable to retain new information, he devises new ways to meet her every day, hoping that one day she'll remember him and will return his feelings. The sweetest – and most powerful – scene in the film comes when Henry discovers that Lucy has been singing, and she might remember who he is. He runs to the hospital and asks her if she recognizes him. She says "no," but explains that she has been dreaming of him every day. When she leads him into her studio, it is filled with paintings she drew of him! Believing that this is proof of their love, they reunite.

**3. You've Got Mail:** If you think you can't find love online, then this is the movie to watch. Joe Fox (Tom Hanks) and Kathleen Kelly (Meg Ryan) are business rivals who began writing emails back and forth, without knowing each other's identities. Over time, romantic feelings develop, and Joe later realizes that the person he's been writing to the entire time has been Kathleen. At the end, they decide to meet, and Kathleen is not only shocked, but also excited to know that

her cyber friend was him all along. She admits that she was hoping it was him, and the two passionately kiss.

**2. The Notebook:** This love story is one you'll watch repeatedly with a box of Kleenex next to you. It's the tale of small-town boy, Noah Calhoun (Ryan Gosling), who falls in love with rich and beautiful Allie Hamilton (Rachel McAdams). Even after Allie is diagnosed with Alzheimer's disease and fails to recognize her family, or him, he never leaves her side. Instead, he decides to grow old with her in a nursing home and attempts to bring her memories back. Sure, this romantic film has many sweet moments, but perhaps the scene that makes you realize how much he truly loves her is when, many years later, his children ask him to leave the rest home and return home with them. He says, "Look guys, that's my sweetheart in there. I'm not leaving her. This is my home now. Your mother is my home." Quick, pass me one of those Kleenexes.

**1. The Wedding Singer:** This is another romantic comedy film, once again teaming Adam Sandler and Drew Barrymore together, who always manage to create some of the most romantic movie scenes. In this film, Sandler is a wedding singer who falls in love with Barrymore – a waitress. When he discovers that her fiancé is cheating on her and doesn't plan on stopping after marriage, he attempts to pursue her. There are plenty of sweet moments in this movie, but the one that will make your heart melt is at the end, when Sandler sings a song for Barrymore on an airplane. Who wouldn't fall for a man like that?

If one of your favorite sweetest movie moments didn't make it onto our list, let us know in a comment below! In the meantime, make sure to check out the movies mentioned above and let us know what you thought about them.

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# 'Bachelor Pad 2' Winner: Michael Stagliano says "I've Never Been Happier"



By [Lori Bizzoco](#) and Melissa Caballero

It was exactly one month ago today that Michael Stagliano and his ex-fiance, Holly Durst had their victory win on the season finale of ABC's 'Bachelor Pad 2.' Despite the uncomfortable (and surprising) public announcement on the show that Holly was engaged to contestant Blake Julian, Michael took the high road and chose to share the winnings with her. But now,



that's all behind him and it's his turn to smile. "Right now my job, my music and my life outside the *Bachelor Pad* are good. I've never been happier," he says.

**Related Link:** [Bachelor Pad's Michael Stagliano Reacts to Ex's Engagement](#)

Grabbing life by the reigns, this *Bachelor Pad* 2 winner is keeping his chin up and learning from his past experiences.

When it comes to finding love, Michael is definitely an optimist. "I am so ridiculously in love with love. I'm such a lover. Don't get me wrong, I was down and out for a bit. But, I'm back!" he says.

Yes, single ladies you heard that correctly: Michael Stagliano is on the prowl. "I like the hunt. I love the idea of finding love naturally; in the grocery store or just walking down the street." And, it's safe to say that if you do see this talented musician strolling around town or parading in the produce aisle, his mind is grooving to the beat of a song, preferably one of his own.

This former break-dance instructor is taking his energy and passion and putting it straight into singing and song writing.

"I can talk about my music for days and days. I think there's nothing in the world like music," he says.

**Related Link:** [What Your Favorite Summer Song Says About Your Relationship Style](#)

Michael has always been in love with music and emphasizes the importance of his lyrics. When asked where he finds his inspiration, he says, "I think what I appreciate the most about my songwriting is that it comes from everywhere. I literally try to use everything. It sounds broad, but I mean it specifically. It's events, it's things in life, it's things I see and things I hear. I feel that songs write me rather than me writing songs."

For example, he tells us the story of how he recently bumped into his ex-girlfriend from college and there was a rush of nostalgia so big that he wrote his newest single, 'College Love,' on the car ride home. Michael's other two songs, 'Everything You Do' and 'Take Me To Her' were inspired by his relationship with Holly and a quote that his grandmother once said to him: "I lived my life. Now go live yours." As if there wasn't reason enough to fall in love with this former *Bachelorette* contestant, add "soulfully romantic musician" to the list.

Speaking of falling in love, when we asked Michael to name his celebrity crush, he didn't hesitate. **"Rachel McAdams. So hot. Call me!"** he chuckled.

If you're not Rachel McAdams, there's still hope. We asked Michael what he looks for in a woman, and he kindly shared his top three (more like 15) list of qualities and features:

**1. Physical characteristics:** He says this one is the most fun to talk about, but not the most important. "I'm a sucker for blondes. Always have been, always will be. Not *Playboy* bunny blonde; naturally blonde. I like shorter girls, 5'2 to 5'7. And, blue or green eyes, that would be great," he adds.

**2. Showing love:** "I really have that down. I know how to treat a woman, but still be the man. I know how to make them feel special and let them know that I'm not looking at anybody else. I just want someone who reciprocates that. I haven't had that yet."

**3. Fruits of the Spirit:** Michael says there's nine qualities he looks for that come from the biblical term called, 'Fruits of the Spirit.' "I'm totally going to misquote this, but basically I mean patience, kind, caring, forgiving, someone who is slow to anger and quick to forgive," he says. For those of you who are unfamiliar we thought we'd help out. The nine fruits are love, joy, peace, longsuffering, kindness,

goodness, faithfulness, gentleness, self-control.

Open and honest, you have to admire this reality star's take on life and love. After such a painful public experience, it's nice to see a renewed man coming out on top. We have a feeling that this hopeless romantic will meet someone very special and that his music will be around for a long time.

To purchase Michael's singles, head to iTunes. Or, for more information on his show dates and appearances you can follow him on Facebook or Twitter.

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## How Disney Messed Up Your Romance





By Tiffani Azani

**“There are over 100 million single adults over the age of 25 in our country, and for most of them, the thought of being single and dating is analogous to having a red hot poker jammed into their eye.” – Dating coach, Jo Amoia**

Let's face it: 100 million is a lot of singles out there, and it makes us wonder why those people can't find mates. A new theory called the Disney Myth has recently been brought to light by Dr. Joe Amoia, D.O. and professional relationship coach. It turns out that Disney movies aren't quite as perfect as you had once imagined, because, according to the theory, when a woman goes out with a man and he doesn't treat her like Prince Charming treated Cinderella, she becomes disillusioned. She becomes bitter about the whole dating process, because it's not at all like she'd expected.

The thing is, most people tend to place all of the blame on women for having false expectations and vain imaginations about romance. But women aren't the only ones who are being affected by the Disney Myth. Men, too, are putting on a Prince Charming act in order to capture the attention of a girl. Dr.



J.R. Burns, M.D., psychiatrist and author of *The Tiger Woods Syndrome* says, "It is unfair to blame women for "foolish choices" when even the kindest, most religious and moral young men are using the same deceptive technique to woo and win women as the worst misogynist."

When it comes down to it, the best policy is to always be yourself. Don't expect fireworks on your first kiss or butterflies in your stomach each time your love interest walks into a room. If you do, you'll be disappointed and disillusioned every time. Sure, these things can happen on occasion under the right circumstances, but they're exceptions and not the norm. Surely every evening in Prince Charming and Cinderella's home wasn't as joyfully starlit and romantic as their first meeting at the ball. In fact, the sequel to Cinderella dealt with some of those very things. You'll have to watch it for yourself to find out how Cinderella had to learn to adjust to the day-to-day activities of a high-class lifestyle.

So maybe Disney can't be blamed for bad romances, after all.

*Tiffani Azani is a freelance writer for My Colleges and Careers. Mycollegesandcareers.com helps prospective students determine if an online education is right for them and helps them understand how they can find the best online colleges to fulfill their goals.*

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# Hair Battle Spectacular's Blondie Talks Hair Tips for Dating



By Melissa Tierney

Picture yourself getting ready for that big first date. You've picked a cute outfit, shoes and bag to match. You searched high and low for that great bracelet to go with it. You're finally getting ready to do your hair and make up when crisis strikes. Hair catastrophes are unique for everyone, which makes Oxygen's Hair Battle Spectacular such a compelling show.

Hair Battle Spectacular, hosted by Eva Marcille, pits up-and-coming fantasy hair stylists against each other for the top \$100,000 prize.

**Ashley Stone**, better known as **Blondie**, left an indelible mark on audiences, judges, and fellow contestants alike. Not only did she win the big challenge of the first episode with her Nicki Minaj-inspired hairpiece, but she also made it to the final four. Despite running her own salon and business for the better part of a decade, Blondie was new to avant-garde and fantasy looks. However, she hit the ground running and has catapulted herself to the forefront of the competition.

Blondie recently talked to us about her experience on the show, giving us some behind-the-scenes insight. She also shared a bit of hairstyle advice when it comes to date night or a break-up as well as what hair trends to expect this fall.

**What influenced you to leave your salon to compete on the show?**

The girls I worked with. They are all younger than me and kept pushing me to do it. They thought it would be a great experience, which it was. As a business owner, you must be able to take risks and know when to take them, and I felt this was the right time.

**Was the show what you expected it would be?**

I didn't know what to expect before I went on. It taped in six weeks, and I was only allowed to make one phone call home per week for just five minutes, so that was hard since I was away from my husband and son.

**Why did you decide to do "show" hair when so many stylists shy away from doing up-dos, let alone extravagant hairdos like you do on the show?**

I never really decided to do "fantasy" hair. I'm a colorist now, but I started my business by doing bridal parties and going on-site for big events. I love up-dos, but I never had experience with fantasy hair, so it was completely new to me. Other contestants knew how to use materials and techniques that I didn't, but I learned things along the way and got the hang of it.

### **How did it feel being in the final four?**

I had mixed emotions. At that point, I was very homesick. If I had to go home, I wouldn't have minded, and I would have been happy knowing I tried my best. But I wasn't surprised I made it (not to sound over-confident). I just feel that I'm a great hairdresser, and I was confident in my abilities even though I didn't have as much experience as the other contestants.

### **Do you have any regrets about doing the show or anything that may have happened on or off the screen?**

No, I don't. I didn't like a few people on the show, but I also ended up making some friends from the show, so it went both ways. I don't like the drama, and certain contestants were all about that. A few of them liked to play mind games, and I'm so not about getting into people's heads.

### **Since we are a love and relationship advice site, what tips would you give the single ladies out there for a perfect first date hairdo?**

It's very simple. If you're going from work to a date, just leave your hair straight during the day, and when you get home, curl some pieces of your hair with a curling iron and pin them back into a little up-do. It's the perfect date look and only takes ten minutes to do.

### **Any advice for women who just ended a relationship? Should they do a completely drastic change – color, cut, etc.?**

I would say a change is definitely in order but I wouldn't recommend something too drastic. If there's something women should change when they are going through different stages in life, it would be their hair color. Color can always be fixed, while a cut cannot. If you chop it all off, it will cost a pretty penny to get extensions to try and mend the situation.

A different color will give you that instant boost after a break-up. You can change the base color, do a glaze or add some highlights, and it's a great pick-me-up.



**Are there any tricks of the trade you can share with us to help women out there look fabulous even if they can't hit the salon as often as they wish?**

I'd suggest women allow their hair to air dry the night before and then go over it with a round brush and blow dryer in the morning. It will be easier to blow out and isn't as bad as when your hair is soaking wet.

**What major trends are you seeing this fall?**

I'm seeing a lot of women dye their hair red – either a copper red, a violet red or a bright red, anything on that spectrum. When it comes to how women are wearing their hair, it's either beach waves or silky smooth and straight thanks to Keratin treatments.

**And finally, how would you describe your own hairstyle? How did you get your nickname "Blondie"?**

I've always been a blonde, and I've tried every shade of blonde out there. I typically keep my hair straight, but occasionally, I curl it.

I got my nickname from my sister-in-law; she always calls me "Blondie." Also, I feel I've always been a blonde in a sea of brunettes.

For more information, visit Blondie's personal twitter @TeamBlondie and her Salon's twitter @SalonAlexander. For information on her services, visit [SalonAlexander.com](http://SalonAlexander.com).

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# **Date Idea: Don't Let Fall**

# Cool Your Dates Down



Fall is here, and what better way to get ready for the cool weather than by heading indoors for dinner and a movie? Try something new by heading to a recently opened restaurant in your town or trying a dish that you and your date can share.

Not only are you creating memories, but you're getting ready for the holiday, which is all about giving thanks to one another.

To get current information on new restaurants coming to your area and for some great deals (who doesn't want to save money before the holidays?), check out websites like Bloomspot, Groupon and Living Social.

If you'd rather stay in, become a chef in your own kitchen and start whipping up some fall-flavored creations. Bake a

pumpkin pie for your sweetheart, or embrace the season by making it together. Whether you decide to cook a three course meal or just dessert, finish the evening with a movie by the fire, which will put you in the mood to cuddle well into winter.

Do you and your special someone have a specific restaurant you love? Let us know by commenting below.

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## The Best Relationship Advice Came From Steve Jobs



“Your work is going to fill a large part of your life, and the



only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle."

**—Steve Jobs (1955 – 2011)**

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## 3 Ways to Become the Strong Man Women Love



By Elliott Katz



It's official! Jennifer Aniston has finally found a man to make her happy, as she recently moved in with new beau, Justin Theroux. This begs the question, what makes him different from all of the others she's dated? I think it has something to do with the fact that he's a solid man who shows leadership and makes decisions in their relationship. These days, it's hard to find men who are powerful, which may be why it took so long for Jen to find her man.

Women universally love and respect men who are strong. While researching my book, *Being the Strong Man a Woman Wants*, one of the biggest complaints I heard from women is that today's men don't show initiative and lack grit. They say that men seem oblivious to problems and wait for women to tell them what to do. Even when they're asked for input about something, men will say, "you decide."

Single women told me that when they go out for coffee with a man, instead of taking the lead and selecting the place to go, he wants her to choose. And when they finally get somewhere, he wants her to pick the table.

To avoid accusations of being controlling, many men have now gone to the opposite extreme by completely avoiding being assertive. They think they're showing that they're non-controlling nice guys and can't understand why women are frustrated and lose respect for them.

Here are three key ways to become a self-assured man any woman would love:

## **Show Leadership**

When a man sees a situation that needs to be dealt with, he should step forward and handle it. Women admire men who are willing to step up, instead of waiting for others to solve the problem.

## **Make Decisions**

A man needs to make his share of decisions (like picking a restaurant and/or a table) and take ownership for the outcome, instead of blaming it on someone else. To many women, a man who avoids being decisive is shirking his responsibilities.

## **Take Responsibility**

Refrain from attacking someone about a situation, and instead make an effort to improve it. There is little sympathy for a man who blames a woman for making a bad choice— even when he thinks she pushed him into it. As the man, it's your lot to skillfully manage and salvage unfortunate circumstances, as well as seek to attain ideal ones.

Despite these tips, it's important to get to know your mate in order to get a feel for what she wants. Ask specific questions based on the above suggestions. You may be surprised by her response. Remember that by being confident, Justin Theroux ended up dating one of America's sweethearts, Jennifer Aniston.

*Elliott Katz is the author of Being the Strong Man a Woman Wants: Timeless Wisdom on Being a Man, which is being translated into 21 languages in Europe, Asia and Latin America. Women give the book to husbands, boyfriends and sons. Divorced women say if their husbands had understood these insights, their marriages would not have disintegrated. It's available online from Amazon.com and bookstores.*

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# The Secret to Staying Married



By Marianne Beach, [GalTime.com](http://GalTime.com)

Ever wonder the secret to staying happily married? Why some people make it look so easy, while you're feeling like you're in a struggle for your life? A new book, *The Secret Lives of Wives: Women Share What it Really Takes to Stay Married*, rounds up a diverse cast of happily married characters who have the tenacity and audacity to make their marriages work.

We interviewed the author, Iris Krasnow, who calls her book "an antidote for divorce", and asked her to spill her own secrets of wedded bliss.

**What made you decide to write on this particular topic?**

Marriage can be hell, we need to know that truth, and not be fooled by the gauzy myth portrayed throughout much of modern

history – that a wedding is a ticket to perpetual bliss. After reading this book, every young woman will know that there's no happily-ever-after, there's happy, there's sad, there's heaven, there's hell.

You do throw a dish once in a while and hope it misses your husband's head. You do storm out the door in your bathrobe some mornings and perhaps call a divorce lawyer on your cell phone while driving around the block. You may loathe your in-laws. It can be disgusting to share a bathroom. Alas, then there's the peace and the contentment that comes with knowing you don't have to date anymore, that you can count on someone, that you have found a partner to be by your side while you navigate child-rearing, your parents' illnesses and the woes of the world.

I love my 23-year imperfect marriage that has produced four perfect sons – that's when I don't detest it!

**You call the book an antidote for divorce – tell us what that means.**

The Secret Lives of Wives is THE book to pick up if you feel like you're on the brink of divorce. You'll read stories in here of cheating and lying and frustration and even emotional abuse. Still, many of these wives in those situations have weathered the storms with guts and tenacity and come away with better marriages than ever.

One of the big problems with the myth of happily-ever-after in marriage that has prevailed for decades is that brides and grooms go into the institution believing that getting hitched is going to fix their lives. They believe there's a gold standard marriage in which the man and the woman become soul mates, that they become twined as one. My book delivers the raw and real truth: There's no gold standard marriage toward which we all should aspire. Couples who seem blissful and hold hands all the time and call each other "sweetie" may be



flinging pots at each other at home. No one knows what goes on in a marriage except the two people in it.

And that's good news! That means you get to write your own rules, create a marriage that's based on individual needs and desires and not feel like you have to surrender to pack mentality. I interviewed a wife of 30 years who swings with other couples! Do I want her marriage? No. Does it work for her and her husband? Yes. Who are we to judge? You'll hear plenty of other juicy strategies and secrets that are hardly status quo, but they have helped wives stay in long marriages and have it both ways: A committed marriage and adventures in uncharted territory. People get divorced often because they're bored or frustrated with a perfectly good spouse. Lower your expectations: Don't expect someone else to make you happy, you must do that for yourself, and this book shows you the way!

**Talk a little bit about the women you interviewed for this book.**

They're an awesome and assorted cast. They were rich, poor, black, white, Muslim, Jewish, evangelical and old hippies. They were diverse in backgrounds and experiences, yet they share this common and significant trait. All the women in *The Secret Lives of Wives* are determined to make their marriages last, and some of them are sustaining their relationships in conventional ways and some of them need to be naughty once in a while.

I'll tell you about one of favorite stories in this book that really speak to the resilience displayed on these pages. Beth's husband routinely told her she was fat and ugly and when they argued in the car, he would pull over to the side of the road, open the door and push her out. This went on for years. She was beholden to him with three small children and no job of her own so she stuck it out. That's until one day, when her kids were older, she got really smart, really angry

and decided she had enough. She started losing weight, got a job, started to stash her money away and began to hatch a getaway plan. Then one night when he was belligerent, she fired back. Beth told her husband that she and the children were leaving and if he kept acting like an ass, he'd be a sad and lonely old man without any family ties. She spewed all the pain and anger she'd stored up during the entire course of their marriage. And, well, he crumbled. He cried. They talked. Over time he realized he didn't know how to give or receive love because of the cold family he was raised in.

Beth and her husband on that day were re-born. They spent evenings together, talking and drinking wine. They started to have great sex again; hot, hot lovemaking. They even texted during the day about sex. "My kids would die if they knew what their parents are doing at night!," she said. She's one of the heroes of this book.

**If you could only give one vital piece of advice to a wife – what would it be?**

At every stage of your marriage, make sure you have your own work and projects that are yours alone. Stay engaged in YOUR life. The happiest wives I've interviewed over a 30-plus year journalism career have their own sense of purpose and passion and adventure outside of the home. It's a cliché, but true: Get a life! The first question I ask every woman who writes me about her dissatisfaction with her spouse, is this: "What are YOU doing to make your life better, richer, more exciting?" No one can make you happy in the long run, that must spring from within.

**There are a lot of women struggling with their marriages right now. Is there hope for them?**

If Beth can turn an ass into a prince and turn a lousy marriage into a steamy love affair at midlife, most women can make their marriages succeed. We all hit periods of malaise

in long-term love relationships. Often there's an eggshell-thin line that separates love from hate; there's even a very fine line that separates staying married from initiating divorce.

After reading this book, I believe that most wives will find strength and wisdom from the stories about older women who have pushed through waves of sadness and rage and are now deeply grateful that they have loyal mates at their sides. Life is tough. Our parents die. Our children grow up and leave home. I love knowing that my husband, Chuck, who watches too much hockey and doesn't talk enough, is loyal, predictable and wants nothing else than to keep our family intact. For better or for worse, and yes I've thrown a dish or two, we've been able to stay married and create a safe harbor for ourselves, for our children, for their children.

The book is available Monday 10/3! Connect with Iris on: [www.iriskrasnow.com](http://www.iriskrasnow.com)

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## Onion News Network Saves the World with Ice-T, Coco and Other Reality Stars





By Royal Young

When the world is ending, who will you love? Tonight, IFC presents the Onion News Network's spin on the apocalypse.

With an asteroid supposedly speeding towards earth, I jumped on the red carpet to ask Ice-T, his wife Coco and two Mob Wives how and with whom they would spend their last days. "A pool boy and some Pina Coladas," said Renee Graziano, Mob Wives star. Ice-T, whose memoir was just released, had some more positive things to say about romance. "You have to spend time together without the cameras. You can't let producers run your life or separate you." Other guests included Karen Gravano, Tanisha Thomas and Onion News Network hosts.

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

Ice and Coco just renewed their vows, after eloping ten years ago. "He told me five, but I had to wait ten years," Coco laughed. On whether they will still be together when the asteroid hits, Ice explained "Ass-gravity" to the Onion News Network's Brooke Alvarez in a private taping. According to Ice, Coco's luscious behind has its own gravitational pull and



can re-direct any incoming asteroids, saving us all and keeping their marriage strong. The loving and hilarious couple will also be burning the midnight oil when we all go up in flames. When asked how they'd spend their final hours, Coco smiled sweetly, "Jungle sex." The planet goes KA-BOOM! tonight at 10pm, with exclusive coverage from ONN on IFC.

**Related Link:** [Spend the Night Indoors with Your Honey](#)

*Royal Young writes for Interview Magazine and just completed his debut memoir, FAME SHARK. Follow him at [Twitter.com/RoyalYoung](#).*

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## 8 Tips Smart Women Know about Living "Happily Ever After"





By Amanda Martin

While most of us want to believe in the happily ever after ending, it sometimes takes a lot of work and effort to get there. With the news media feeding us frequent stories of celebrities who can't seem to make their relationships work, it's no wonder everyday couples who don't have an abundance of money or fame are struggling to keep their marriage alive.

With the national statistic for divorce in the United States still holding at 50 percent, we don't have reason to believe that fairytale endings exist anymore. So, what do the couples who stay married know, and why are they hiding it from the rest of the world? Best-selling author Iris Krasnow shares the secret to staying married forever in her new book "The Secret Lives of Wives." Check out eight of her tips below for achieving your happily ever after:

**1. It's okay, even healthy, to have secrets:** It's your relationship, not anyone else's, and there is no gold standard marriage. Everyone has issues, problems, and most importantly, their own secrets, so don't worry that your marriage isn't measuring up. No one knows what's really going on in a

marriage except the two people in it. That gives each of us the freedom to write our own rules and keep our own secrets.

**2. You don't get it all in one place.** Staying married takes bold creativity, a variety of sideline adventures. If you depend on one person in a house to sustain you until death do you part, that's a ticket to divorce. A marriage that runs on multiple tracks makes for a happier wife who gets to have it both ways – a committed marriage and adventures in uncharted territory.

**3. Resurrect childhood passions.** Those hobbies and sports you loved to do, and excelled at, as a child bring raw primal energy and invigorated self-esteem. Take up surfing again, become a potter, get back on a horse, go back to school. Too often those hobbies of childhood get left behind as we sit on benches and watch our children race around playing fields and accrue academic kudos. Getting back out there yourself and re-engaging with the best of the old brings on a re-birth of youthful optimism and vigor.

**4. Hang out with outrageous girlfriends:** The wives with the highest marital satisfaction have a tight circle of wild and warm women friends with whom to drink, travel and vent. With women in their early 90s comprising the fastest growing segment of the aging population, and many marriages lasting more than 50 years, we're going to need all the laughs and support we can get! Our girlfriends, ever-forgiving and always empathetic, provide the escape hatch from the inevitable storms and challenges that come with long marriages.

**5. Take Separate Vacations – or Separate Summers:** You like to camp and your husband likes to golf? Spend a month in the Adirondacks while he goes with his buddies to Scottsdale or better yet, Scotland. After some weeks apart from each other, removed from the grind of ordinary life, marriage seems way hotter than the tepid state in which you left each other in. Couples who allow each other to grow separately are the ones

with the best chance of growing together and staying together.

**6. Indulge in boy-best-friendships:** Platonic friendships are a sexy pick-me-up without the complications of adultery. Women who love the company of men shouldn't have to eliminate male friends from their lives; these extra-marital males who always think we're smart and beautiful (because they don't live with us) are actually a relief for any smart husband. Benign boyfriends that offer manly insights and advice means less work for the man you are married to.

**7. Lower your expectations:** It's a dangerous fantasy to think marriage really means happily ever after. Expecting perfection in a marriage or a mate is a fast ticket to divorce. This realization forces women in aging marriages to be urgent about creating their own purpose and passions outside of their relationships. Marital bliss is possible if each partner is blissful without the other.

**8. Be grateful:** In between wifely gallivants and self-exploration, remember to love the guy you're with – kiss him hello and goodbye, and make time for conversation and intimacy, no matter how crammed your schedules are. Remember to thank the confident and flexible husband that allows you to have an independent and fulfilling life beyond your marriage. Don't try to win every fight; give in, surrender and say "I'm sorry" (even if you're not sorry one bit) instead of holding onto snarly anger that forms toxic wedges over time. Demonstrating ongoing vulnerability and compassion definitely makes spouses behave better. And the ability to bounce back from strife and arguments is the real secret that makes marriages last forever.

For more tips on staying happily married, check out Iris Krasnow's new book "The Secret Lives of Wives" at Amazon.



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# What's Your Number? featuring Anna Faris and Chris Evans



Ally Darling (Anna Faris) can't seem to find "the one" in new movie [\*What's Your Number?\*](#) After reading a magazine article that reveals her dwindling marriage aspirations, she begins hunting down her ex-boyfriends – all 20 of them – to find out if she missed her future spouse. She brings along her mischievous neighbor (Chris Evans), who Ally is helping to *avoid* his exes. Based on the book "20 Times a Lady," *What's Your Number?* should be a romantic comedy that keeps you smiling with a typical-goofy Faris who keeps you laughing.

How do you distinguish “the one” from “the last one”?

**Cupid's Advice:**

It's always difficult to sort out your feelings after a breakup. Cupid has some suggestions:

- 1. Give it time:** Whether it takes a week or a year, you need to get some space in order to reset your mind and feelings.
- 2. A stand-out:** Once the dust settles, find out what makes your ex someone you at one point wanted to date. Also, ask yourself why things ended.
- 3. Think happy thoughts:** If whenever you think of your former lover and you smile while reminiscing, then it's a good sign. You may want to jump back in to explore more of the relationship.

**Release date: Sept. 30**

**Rating: 3 out of 5 kisses**

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## Why Amazing Confident Women Remain Single





By Amber Soletti

As a dating expert and resident NYC single gal who runs speed dating and singles events, I've always found it interesting that the majority of my super attractive, sexually confident and financially independent single girlfriends are those who seem to remain forever single.

I've always wondered why guys wouldn't want to be with these women, and after years of thinking about it, I think I've finally figured it out:

### **The "Good Girl" Phenomenon**

Some common complaints from my guy friends are that they've "never dated a girl with money," or that "they never have sex because their girlfriend never wants to." When I ask why they're with their girlfriends, they almost always say she's "nice" or "a good girl."

Upon meeting these lovely females, they always strike me as your average, "girl next door" type chicks that are usually not working, or have a modest career at best. Personally

speaking, they're pretty darn boring. I've never understood why my friends would choose to be with these women, especially when they confide in me about what their relationships are really like.

## **The Revelation**

It took a while to figure it out, but I have finally come to the conclusion that men by nature are often insecure, whether it's sparked by penis size, athletic/sexual prowess, finances or height. Many men are full of self-doubt, which I believe can drive them to cheat in relationships.

They constantly have to re-assure themselves that they've "still got it" and are desired by other women. They make the decision to be with "good girls," because they don't have to worry about being cheated on, but at the same time the women they're with won't satisfy their needs in the bedroom. It's messed up.

Due to their insecure nature, these men could NEVER be with what I call, the "crazy, sexy, cool" girls. Why? Because she doesn't "need them" for *anything*.

## **The Dilemma**

Are we in high school or are we adults? If two adults get together and really enjoy each other's company, what does it matter if they hook-up on the first date or the fifth? It shouldn't, but for all of these insecure men out there, they rationalize, "If she slept with me on the first date, she's sleeping with everyone on the first date and I know this girl goes out with a lot of dudes."

These girls are instantly being deemed the CSC girls and NOT girlfriend material.

## **The Answer**



Should you tone it down, dress more conservatively, play the nice girl role and avoid making out with a guy on the first date? Should you wait a few dates before you have sex?

Yes, ladies, that's exactly what you should do...if you're cool with being in a relationship with one of these "insecure" guys who will most likely end up cheating on you.

I don't have all of the answers, but at least I've realized the problem. And for the record, I do know of CSC girls that have eventually found love.

To wrap it up, here's my dating advice: with all of the 'smoke and mirrors' that men put out, it's hard to say if we're ever seeing things clearly, but at the end of the day I truly believe that knowing is half the battle. The quicker you can see things for what they are, the less likely you are to be disappointed, hurt or wasting valuable time. Be aware of your male surroundings at all times, always try to know where you stand and NEVER settle. The good news is that timing really is everything, and all it takes is one good guy!

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**Dr. John Townsend Helps Deal with Painful Unions in his New Book, 'Beyond Boundaries: Learning to Trust Again in Relationships'**



By Tanni Deb

After a relationship ends, it's sometimes difficult to have hope again when it comes to finding love. Insecurity can get the best of you, and you may not know how to heal from your previous experience. In his new book, *Beyond Boundaries: Learning to Trust Again in Relationships*, clinical psychologist, Dr. John Townsend, helps people to open up. *Beyond Boundaries* provides steps and skills to assist those who are battling honesty issues and are trying to regain confidence, either in a new union, or an old one.

Cupid had a chance to interview Dr. Townsend about his book, and this is what he had to say:

**What inspired you to write this book?**

As a psychologist and an executive coach, I've worked with many people who have struggled with their partners. Over and

over, I see people who have had to set limits or leave a bad pairing, and then they don't know how to open up and accept someone else into their lives. They're sort of stuck knowing they need to be connected in some way romantically, or at least with a family member or friendship, but at the same time, they're afraid to try. So, I wanted to give them a book to help them to have the skills to re-enter a trusting relationship.

### **What challenges did you face while writing about how to trust again in a relationship?**

There were several challenges. One is that people often give up and settle for less. They get busy with their work or their activities, and they tend to abandon any type of closeness. So the challenge was to help them see again that they can really have a great friendship, family, marriage, or dating situation, and they don't have to settle for less. I had to sort of set a fire inside them to try again, to get them to experience a vision for a better future.

### **At what point in a relationship should you move on if honesty is an issue?**

I believe it's generally when you see three factors from the person who has been dishonest.

First, they show no awareness of the problem, even if they've lied, or if they've been unfaithful. That's a bad sign.

Second, they aren't concerned about how deeply that impacts their partner. If they minimize that or make it no big deal – or say that you are overreacting – that's not a good sign.

Third, if they do say they know how deeply what they did impacts you, and they're going to work on changing, but instead of working on it, they go back to their old patterns. Now, it doesn't always mean you need to break up, but it does mean you have to put strict limits on your partner

until they become a safe person.

**How do you regain faith in a partnership after it's been broken?**

There are three parts to this as well.

First, you have to know when you're ready; that your mind and heart have been healed, so you've learned that not everyone is untrustworthy, and that some people can change. There are lots of skills in the book about becoming ready to trust.

The second part is how do you know the other person is ready? Have they changed, have they seen what they've done, or have you seen patterns change? There are skills in the book for that too.

The third part is how do we act towards each other in a safe way? How do we both take risks towards each other to establish closeness so that nobody gets hurt? What I want people to see in the book, is that this isn't just about whether or not the other person has changed. We can have trust issues from an old relationship that get in the way of trusting again in a new one. Whether it's issues with someone you're trying to be with again, or a fresh start in which you don't want to make the same mistakes, that's what the skills in the book are about.

**Have you had personal experience with the issues you touch on in your book? If so, how did you overcome these obstacles?**

I've learned and grown from my experiences in business and with friends and family. Also, it's helped me to be more of a trustworthy person myself, because the sword cuts both directions. My expertise came from my training as a psychologist, and thousands of hours of working with clients and in executive coaching, where people unburden their lives, and I help them find solutions.



**What piece of advice would you give to someone who can't help transferring their old issues into their current circumstance?**

The first piece of advice is that you can't do this in a vacuum. You've got to be around two or three other people who are safe, and that you can talk about your fears with. When we have trust issues, we're not sure if we can ever trust. So be around people who are going to be a good feedback system for you, and who will support and help you make good decisions.

**What is the most important lesson you hope readers will learn from your book?**

That learning to trust again is one of the greatest things you can do in your life. You don't have to give up and settle.

Learn the steps in building a healthy relationship by registering for Dr. John Townsend's free Facebook webcast on **Tuesday, October 4, at 8 p.m. EDT**. Or visit Amazon to purchase *Beyond Boundaries: Learning to Trust Again in Relationships*.

For more information on Dr. Townsend, check out his Facebook and website at [www.DrTownsend.com](http://www.DrTownsend.com).

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## **Celebrity      Couples      Who Reconciled For the Summer**





By Tanni Deb

Celebrity couples are breaking up, getting back together, moving on, finding new love and embracing the single life on any given day. In fact, many of them are experts at being indecisive and unstable when it comes to relationships. It's not exactly a lifestyle to strive toward, but that doesn't mean it doesn't make us smile when a sweet pair of our favorite stars decides to get back together after previously calling it quits. Here are some notable duos that elected to give it another shot this summer:

**1. Lady Gaga and Luc Carl:** Gaga told *Rolling Stone* last year that she had never loved anyone like [Luc Carl] before. She was even quoted as saying, "That relationship really shaped me." Despite these words, it was reported in May that the *Bad Romance* singer ended their "few year relationship." It was short-lived because by June the couple appeared to be together again. A source told [UsMagazine.com](http://UsMagazine.com), "They had a little fight. I think the break-up lasted a week or two. They are totally back together now." Sounds like this one may have been the shortest breakup in celebrity history.

**2. Rachel Bilson and Hayden Christensen:** The on-again off-again duo met on the set of *Jumper* in 2007 and was engaged a year later. They struggled through many ups and down and finally called things off, splitting for good, in March 2011. Following the breakup, a source close to Bilson said, "They're done this time. [The] engagement is over, relationship's over. She's really had it." I guess the source was wrong given that the *Hart of Dixie* star reunited with her ex about a month later. Most recently, the couple has been seen traveling and spending time together. Hopefully by the time we print this they'll still be together.

**3. Sammi (Sweetheart) Giancola and Ronnie Ortiz-Magro:** Remember back in January when the *Jersey Shore* couple split after dating at irregular intervals for three seasons? The ex-couple must have had time to reunite (again) this summer during their shooting in Florence, Italy. With Sammi and Ronnie, one can never tell if their on or off. Right now it seems like they are lovey-dovey, kissing, hugging and holding hands, but sometimes their fighting looks like that way, too.

**4. Jamie Lynn Spears and Casey Aldridge:** Spears was engaged to her boyfriend, Aldridge, when she announced at the age of sixteen that she was pregnant with his child. The couple ended things before deciding to tie the knot; a baby wasn't enough to keep this relationship together. Then, in August of last year, [People](#) reported that the former Nickelodeon star and her beau were working things out and most recently, Spears tweeted that she and her daughter's father are back together.

**5. Miley Cyrus and Liam Hemsworth:** Looks like the *Hannah Montana* star and her ex-boyfriend didn't sing their last song. In June, Cyrus's brother Trace told *UsMagazine.com* that his sister and Hemsworth had rekindled their romance. The couple fell for each other in 2009 while filming *The Last Song*, but split the following August. When Miley's father, Billy Ray Cyrus was asked during an interview what he thought of the Australian hunk getting back together with his

daughter, he said that he approved of their relationship. "He's a great guy. He's solid. He's got great character." Well, if it doesn't work out this time, Hemsworth can always hang out with Miley's dad.

What do you think about all this on-again off-again dating? Tell us below.

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## **RHOBH EXCLUSIVE: Taylor Armstrong's Life Coach, Melanie Mar Answers Our Questions**







By Ashley DelBello

Last Monday night, the world was introduced to Melanie Mar on *The Real Housewives of Beverly Hills* (RHOBH). As we all saw, she was giving life coaching advice to Taylor Armstrong and helping her through her marriage woes to her now late husband, Russell. We published an interview with Melanie the day after the episode aired, where she offered advice for both couples looking to strengthen their relationship and singles searching for Mr. Right. This week, Melanie shares insight with us that answers our burning questions about the Armstrong's, what it was like to work with Taylor, and what type of counsel she gave to her over the past six months.

**We loved watching you on the show. Can you tell us a little about your history with the Armstrong's and how you came to be Taylor's life coach?**

I've known the Armstrong's for about a year now. We met through mutual friends. Initially I was brought into the RHOBH to help resolve the marital problems of both Russell and Taylor. However prior to filming, Taylor privately disclosed personal details (since made public) within the marriage which

made it unprofessional for me to counsel them as a couple on the show. It was my opinion and suggestion that I would be most beneficial as Taylor's life coach.

### **How long have you been a coach to Taylor?**

Our first session began in March. I found her to be very forthcoming and open. This is an incredibly important characteristic as it enables me to assist the person with understanding what they want and don't want in their lives and relationships. Once I have established that, we can begin the process of putting in place the actions needed for change. Pain indicates change is needed or change is in progress.

### **What were you doing to help Taylor and her marriage? What were your sessions like?**

As with all my clients, I begin with educating a different way to communicate within relationships. I teach the biological differences of men's and women's brains and why they think and feel things differently. Ultimately, if a relationship is beyond repair I then have to progress onto alternative options available for that individual or couple and help them to make the best rational, logical decision depending on their circumstances.

**Related Link:** [A Reminder About Relationship Mistakes to Avoid](#)

### **On the episode it appeared that you were trying to help Taylor with her marriage, not sway her to leave like the rest of the women were convincing her to do. Can you tell us more about that?**

I work with what I have. If someone tells me they will do anything to make their marriage work, then I will do my utmost to give them all the tools, information and support necessary to make it possible. If someone tells me they want to leave their marriage, I will give them all the tools, information and support to make it possible. I cannot tell anyone what to

do – they have to tell me what they want to do and my job then is to assist them in getting there.

**According to reports, Taylor and Russell were also being counseled by psychiatrist Dr. Charles Sophy. Did you work with him?**

I have not worked with Dr Charles Sophy. Unlike psychiatrists, I am not licensed to prescribe medication. What I teach is a form of cognitive behavior therapy. I am working with the left lobe of the brain responsible for making logical decisions. Most people regret something they have said or done when it has come from a state of being irrational, emotional or illogical. I help people deal with conflict in their life, whether it's with loved ones, friends, co-workers or family, in a rational way.

**What counsel do you provide someone who is not only having relationship and communication problems, but domestic violence issues as well?**

My advice to anyone suffering from domestic violence is to contact the experts who specialize in domestic abuse cases.

**Related Link:** [Hollywood Portrayals of Domestic Violence](#)

**How is Taylor now? Are you still her life coach?**

I have not seen Taylor since the funeral, but she knows I am here for her when she is ready to talk privately.

**What are some reasons a person would hire a life coach?**

Everybody needs to talk to someone during trials – it is unhealthy to suffer in silence. However, most people, particularly women, who share their intimate problems do so with several people. This causes more confusion because everyone is giving different and uneducated advice. I am unbiased and am certified in what I do. My coaching is based on scientific studies. I teach specific tools to enable my

clients to take control of their life, to get what they want by knowing what they don't want.

**If someone wanted to hire you to coach them in the same way you did Taylor, what would that look like? What's the process?**

My first session with a client starts with me explaining my qualifications, who I am and what I do. I give a brief background into the brain and why men and women do, say and behave in certain ways. I ask what their particular problem is and then begin teaching the behavior modification techniques. In each session after that, we continue working together on their issues, implementing the tools and following up on their progress. I end every session with a "contract" for that individual or [couple](#), something that they are verbally agreeing to do or stick with.

**What other services do you offer?**

Other than coaching, I offer complete makeovers. As a former runway and photographic model, fashion and style are paramount to me. I am a big believer in the thought that when you look good, you feel good. I think first impressions do count and, whether you are on the market for a new relationship or a new job, making the best of yourself never is a bad thing. I garner great joy from helping others transform themselves and seeing their confidence soar.

Visit Melanie's Mar's Facebook page or contact her at [info@melaniemar.com](mailto:info@melaniemar.com) if you're interested in learning more about she helps others in their lives and relationships. A complete overview of her services can be found at [www.melaniemar.com](http://www.melaniemar.com).