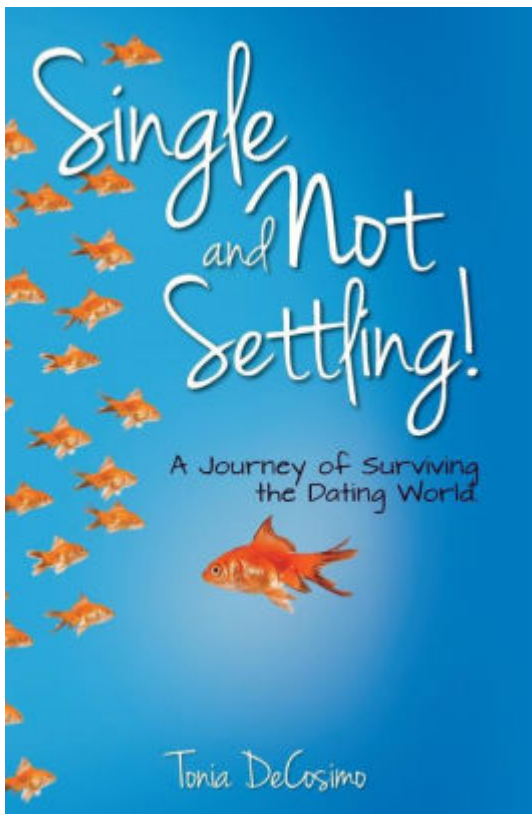


# Author Interview: Tonia DeCosimo Discusses Book 'Single & Not Settling!: A Journey of Surviving the Dating World'



By [Jessica Gomez](#)

Entrepreneur, author, and columnist Tonia DeCosimo pours out her heart in her new book [Single & Not Settling!: A Journey of Surviving the Dating World](#). This memoir and self-help book gives readers a look into the life of being a single forty-something searching for love in the 21st century. DeCosimo has experienced both serious heartache and blissful love, which

motivated her to write her book for other women. Her memoir will speak to those who have been searching for love and to those who thought they found it but had to let it go. DeCosimo draws from experiences she has gone through and incorporates her professional background as a bi-weekly [love advice](#) columnist for *The Date Mix*, the web magazine hosted by *Zoosk.com*, one of the largest dating sites in the United States. *Single & Not Settling!: A Journey of Surviving the Dating World* is a wonderful summer read this year.

## Check out our exclusive [author interview](#) with Tonia DeCosimo:

**What makes the personal stories you chose to highlight in your book relatable to other women?**

After talking with friends and interviewing multiple women, and even some men, who are single in the 21st century, common threads developed. They all felt that finding the right person has become very difficult and the ways to date have become very complicated (especially for those of us who are over the age of 40). Even though everyone's story is unique, I found many similarities to what I experienced in my dating journey. The particular details of my stories, however, are different which allows the reader to discover new hilarious and bad dating stories while still being able to relate to them. It also allows them to keep the faith and realize that there is a light at the end of the tunnel.

**Which relationship do you discuss in your book that you feel taught you your biggest lesson? What was that lesson?**

My high school first love, that I was with for 9 years, taught me the biggest lesson. Even though you think you really know someone, trust them and are planning on marrying them, you may not know them at all! When he asked me to marry him and wanted

me to pick out the ring, that very same day I found out that he was cheating on me. I was 23 years old, devastated, and realized from that point on, trust became something I could not take lightly and had to be earned. When we say we trust someone, do we really? And how do you know who you could ever trust? From then on, I learned to listen to my gut intuition, keep my eyes wide open, and be realistic when it comes to relationships.

**What do you say to women who just cannot find “the one” to settle down with like you did?**

No one ever knows who, when, or where they are going to meet “the one.” Some people’s lives follow their plan, while others take many turns and follow other paths. Keep an open mind, be realistic, and go about your life – while still making an effort to meet new people. Keep the faith and whatever is meant to be will be.

**Related Link:** [Expert Dating Advice: Why You and Your Partner are Constantly Arguing](#)

**No partner is perfect, so how should a woman decide whether she is settling or just compromising?**

Settling is basically giving up and giving in, even though your needs are not being met. Compromising is meeting in the middle and understanding that not everything is going to go your way. When two people are in love, compromise is an everyday occurrence which for the most part, occurs naturally. Settling would be compromising your true self.

**What are the top 3 deal breakers in a relationship? Is there ever a time a woman should adjust her deal-breakers when in a long-term committed relationship?**

For the most part, deal breakers are different for everyone. There are certain ones, however, that are universal. The top three, in my opinion, are verbal and physical abuse,

addiction, and chronic cheating. These three deal breakers should never be adjusted. While people have worked through a one-time affair, numerous affairs should never be tolerated. Only you can decide if one of your personal deal breakers is negotiable, given the circumstances of your current long-term relationship.

### **What do you hope women will do after they read your book?**

I want women to take a realistic look at themselves and their relationship history. Look for patterns that have not been working and try and learn from your past experiences. Understand that no one is perfect, and you can't always judge a book by its cover. However, listen to your gut feelings and don't try to fight it. You should never have to settle, but sometimes you have to compromise. We are all on a journey and what makes your journey unique is by you staying true to yourself.

**Related Link:** [Expert Dating Advice: How to Handle Heartbreak](#)

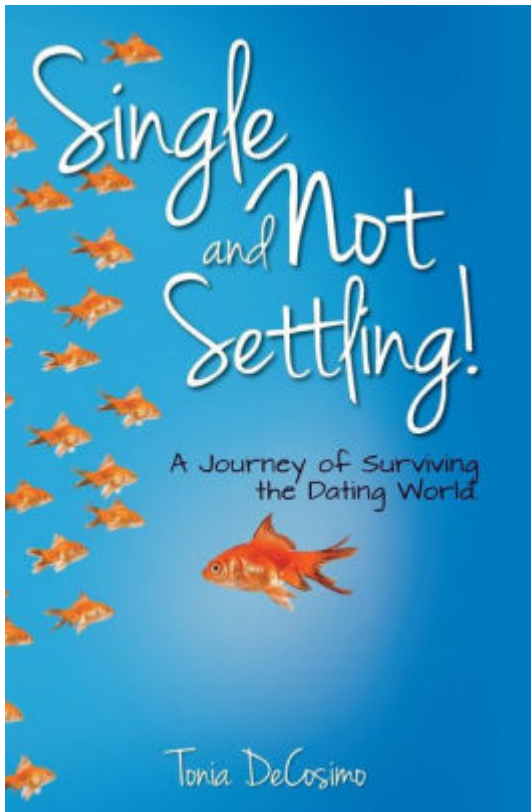
### **If there was only one piece of advice you could give about relationships and dating, what would it be?**

There is so much advice that I can give, as outlined in my book, "Single and Not Settling," but for me, the key is to not fight your own intuition. That gut feeling is God-given, and fighting it will always lead to disaster.

*You can purchase [Single & Not Settling!](#): A Journey of Surviving the Dating World on [Amazon.com](#) and at [Barnes and Nobles](#). For more information on Tonia DeCosimo, check out her [website](#).*

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# Relationship Advice: 5 Signs You Want Your Ex Back



Does absence really make the heart grow fonder or is it just loneliness talking? After breaking up with someone, especially someone you've had a long, meaningful relationship with, you may start questioning if it was the right thing to do. While breaking up because they cheated on you or abused you is never wrong, if there wasn't that type of strife, then you may question why you parted.

**Here are five signs that you regret the breakup and want your ex back.**

## 1. Keep Tabs on Social Media

One sign that someone wants their ex back is that they're keeping up with their life via social media. If you find yourself stalking his Facebook or Instagram to see who he is dating or where he is going on vacation, then it is obvious that you miss him. Instead of stalking him online, build up the courage to leave a nice direct message or text him. If he is interested in hearing from you, he will text or message you back. If you don't receive any return messages, that should be a loud and clear sign that your feelings are one-sided.

## **2. You Regret Your Decision to Break Up**

After breaking up with someone you've been in a long-term relationship with, you may immediately begin to regret it. Just because a relationship has become stale, doesn't mean you should give up on it. Successful relationships require hard work from both partners. Consider going to couples therapy to learn how to better communicate with each other, especially when things do seem stale or when you're in a rut. Good communication is a key component of a lasting relationship.

## **3. You Talk About Your Ex A Lot**

Your friends will probably be the first to mention that you're always talking about your ex. They may be tired of hearing about your exploits with him or how much you miss him. You may not even notice that he seems to come up every time you hang out with your best friends, but they will.

## **4. You Keep In Touch With His Family**

If you and your ex had a serious relationship, then you may have gotten to know his family very well. If you keep in touch with them, it may be a sign you miss and want him back. You don't necessarily need to part with the family after a break-up, but it is unusual to frequently reach out to them. If you regret the break-up, stop talking to his family and talk to him. Find out if he is interested in seeing you again by using these tips to [get your ex back permanently](#).

## 5. You've Forgiven Him for His Wrongdoings

If he wronged you in some way, then you will need to forgive him before you can consider getting back together with your ex. Resentment will eat away at you and the relationship if you haven't been able to forgive him for what happened. If you have forgiven him, don't use what happened to hurt him, but move on and rebuild the trust between you to create a better relationship.

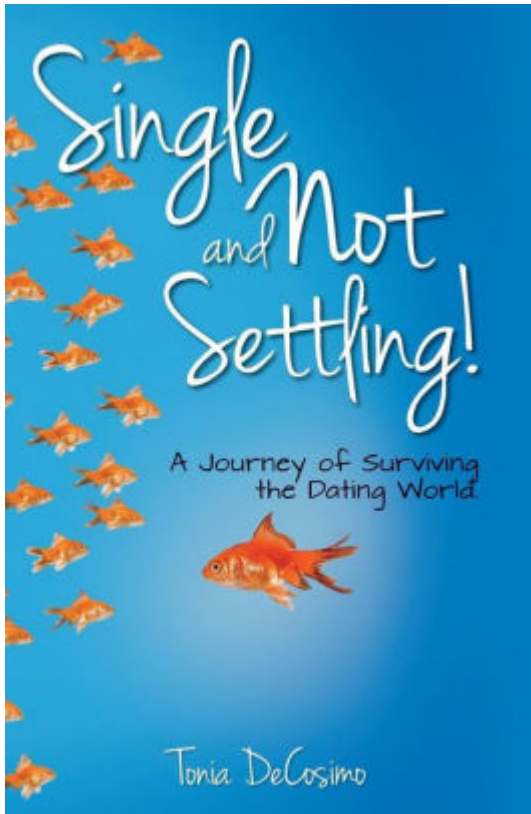
If you recognize some of these signs within yourself, then start exploring opportunities to reconnect with your ex and build a stronger relationship with him or her.

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# Relationship Advice: Working Through Your Heartbreak







By Dr. Jane Greer

Getting over a heartbreak is never easy, and there is no simple answer to how to recover from it. What does it mean when relationships don't work out? Is it you choosing a bad partner, or is it something out of your control? Dealing with the loss of love is often a challenge. Some people throw themselves back into the mix immediately, jumping in to a new relationship, while others take themselves out of the dating game for a while. The question is, how do you hold on to hope, and is there a way to try to ensure success on take two so that you don't continue to repeat the same wrong moves in the love game? It's rumored that The Weeknd's new EP is about his exes [Selena Gomez](#) and Bella Hadid. Perhaps his approach to dealing with his breakups is through his music.

**Here is some expert [relationship advice](#) on navigating heartbreak post break-up and when entering a**



## **new, rushed relationship:**

Many who dive right back into the fire may find that their new love connection isn't going as well as they had hoped and wonder why. There are several reasons this can occur, and it is helpful to understand them. For some, the pain of the split is too immense to handle because of how personally rejected they feel. As a result, their self-esteem may take a big hit, and they may go along in a relationship that they know isn't a good fit simply because having a new person in their life helps buffer the intense pain they are feeling. In that case, their thought might be that at least somebody wants to be with them. Another reason is that sometimes the loss of a significant other in their life and everything that goes along with that – doing things together, planning for two, looking toward the future, and having some security as to how they spend their weekends and evenings – is so hard to take that being with anyone might seem better than being alone. Therefore, they will quickly seek out a new partner regardless of how bad a fit that person might be. When that happens, simply having that person in their life trumps how compatible they are. If either of these reasons are in play, it can be the equivalent of taking an aspirin for a headache. It is a quick antidote to buffer the pain, but it may not deal with the contributing issues that brought about the heartbreak in the first place. Consequently, if you are looking to “lose” yourself in a new relationship, be it a rebound or an escape from the past, while it might ease the heartache in the moment it can sometimes lead to more loss in the future.

**Related Link:** [Relationship Advice: Say 'Yes' to Terms of Endearment](#)

In this whole mix one of the questions is, have you gotten over your ex at all? If not, you might find yourself comparing your new person to your old significant other, and if you are

still in love with the former, your current companion may pale in comparison. While the relationship itself might make you feel better about yourself temporarily, your new partner may not ever replace your old one. In addition, there may be unresolved problems still lingering from your old relationship that you now find squarely present in your new romance. You may even realize, surprisingly, that you have taken on the role of your old partner with your new one, and are now doing what your ex did to you, anything from calling too often to acting jealous. If you find this happening it can be a red flag that all is not well.

**Related Link:** [Relationship Advice: Tips to Inject More Romance to Your Relationship](#)

If you have gone through a heartbreak and are looking to start a new relationship that is successful, it is important to take an honest look at what didn't work in your romantic past. Shine a light on what went wrong. Were you unhappy or did you do something to make your partner unhappy? Were they turned off by some of your behaviors and quirks, or you by theirs? Was it you or them who was not willing to step up to the plate in terms of making necessary compromises? This will help you develop self-awareness and give you some understanding of what might be at play with your new partner. This will also enable you to view the past as a stepping stone to the future, not wasted or lost time, but important information that you can learn from and take with you. It can also give you more realistic expectations going into the next relationship so you can hopefully make a better choice that will lead to a more positive connection. Along the same lines, if you find yourself going from one relationship to the next so you are not alone, but you keep choosing people who are not right for you or you lose interest in them quickly, then now is a good time to learn how to be on your own so you can develop inner security and grow stronger before doing a cannon ball back in to that pool of love. Once you have given yourself a chance to

do that, you might be better able to choose a new partner based not only on how they make you feel about yourself, but also on how you feel about them and what you are able to share together.

**Related Link:** [Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship](#)

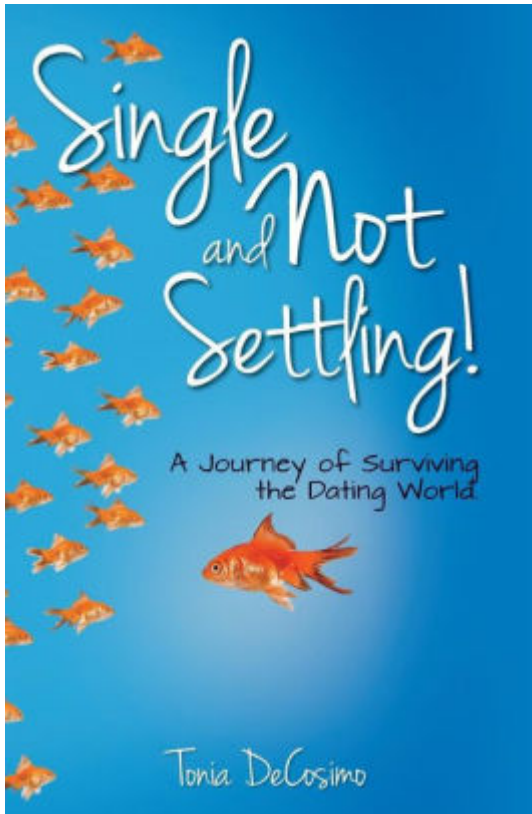
It seems that The Weeknd is working through his heartache with music. [Taylor Swift](#) has been known to do the same. You don't have to write music to be able to do this. Instead, write a letter of the things you wish to say or wish you said, that you don't have to send. You can also listen to sad songs, but remember to balance that with a few love songs so that you are able to have faith that there will be a new beginning around the corner for you.

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

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**Relationship Advice: Say**

# 'Yes' to Terms of Endearment



By Dr. Jane Greer

So much goes into making a relationship work, and the secret ingredients that lead to success certainly vary from couple to couple. With that in mind, there are certain gestures many have in common that help them accent and cement their romance, and sharing pet or special names as well as baby talk are often among them. In fact, Kelly Ripa and Mark Consuelos recently revealed they share some naughty pet names for each other.

**By choosing a nickname you use only**

**for each other, it can allow you to express the unique affection you share. It can give you the confidence that you are truly seen and known by your partner, and it can make you feel special. Check out more relationship advice around terms of endearment:**

Seductive names like this can add a lot of excitement and enhance intimacy as well as rev up your sex life. In some cases, hearing the special name can take you right back to those amorous sessions and make you feel sexy and desirable. In other words, the word itself can cause a reflex that gets your sexual energy going. Some take it a step beyond and give nicknames to their genitalia, which allows them to playfully refer to one another. There are many different types of names that can have a positive effect, and they don't have to be risqué, but can also be simple and innocent. These, too, can be emotional glue that help to keep you together, and that can also add to a shared moment of love. All of this is great, and can bring you closer to your partner, but sometimes there can be too much of a good thing. Can it ever become a problem?

**Related Link:** [Relationship Advice: Can You Cheat Jealousy?](#)

The resounding answer is yes, it can. There are those occasions when something that starts as a cute and adoring act can begin to feel like a criticism, especially if the name of choice is rooted in a trait or behavior that may potentially annoy your partner. On occasion a name is picked for that very reason, to mitigate personality quirks that can get on each other's nerves. For example, if your partner chose to call you

Slowpoke because you are always on the other side of late, or you call him Bull because he is always rushed and breaks a lot of things, these can eventually come to highlight the less lovable sides of each of you. At first they might seem charming, but over time they can take on the negative twist of reality and you may feel like you are being scolded. Also, they can become overused and grating, and can become a source of tension. The same can happen with baby talk. You might like it, and it can serve to enhance the camaraderie you share while letting your inner child out, but it can become too much and seep into too many different places in your life. If this happens it can have the opposite of the desired result and instead of turning you on it can turn you off. So what do you do when the terms of endearment become terms of negativity?

**Related Link:** [Relationship Advice: The Baby Predicament](#)

The best thing to do is to have a direct conversation with your partner about it. Explain what you are feeling, and suggest either coming up with another pet name or taking a break from it altogether and simply calling you by your real name. If you go the route of searching for a new nickname, you might even recommend that you hunt for one together. When it comes to baby talk, it is important to express your wishes there, too. Sometimes putting boundaries in place can help – for example, maybe you want to keep it out of the bedroom, or maybe the bedroom is the only place it works for you. Perhaps you are comfortable when you are the only ones present, but once you leave the house and are in the company of others, you might want to suggest turning it off and saving it for later. With that, too, if you want to stop it completely then ask to take a break. By doing this and being honest with each other, you are keeping your verbal interaction fresh and true, and continuing the spoken intimacy you share.

It seems that Kelly and Mark are able to enjoy and balance their naughty names, and hopefully so can you whatever your pet names and baby talk might be.

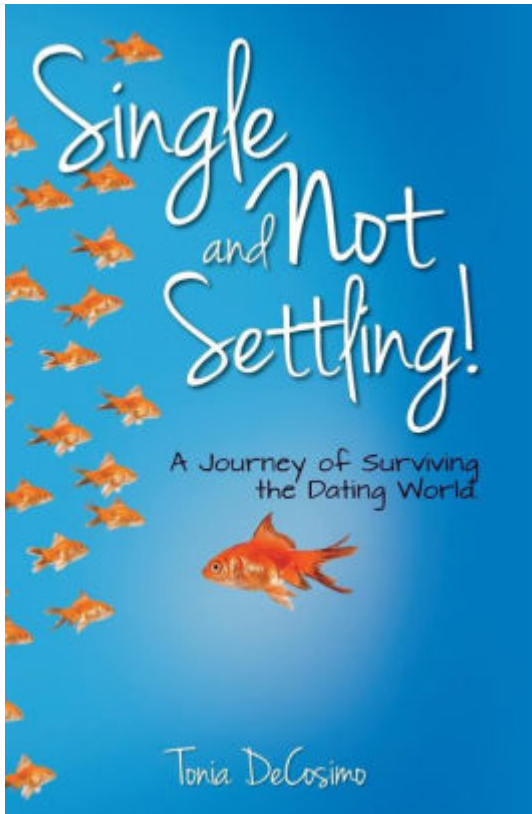
Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing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

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## 5 Things We Can Learn from Justin Bieber & Selena Gomez's Rocky Relationship







By Ashton Dixey

There are a lot of beautiful [celebrity couples](#) out there, but there is one in particular that we've all come to admire and treasure: [Justin Bieber](#) and [Selena Gomez](#). Society has perhaps learned more from observing their dating story than we could from reading a [relationship book](#)! Although they're currently on a break right now, that doesn't mean that we can't learn from this super cute couple.

**Read on to learn more about the five things that celebrity couple Justin Bieber and Selena Gomez taught us about relationships:**

**1. First loves are the hardest to get over:** Justin Bieber was only 16 and Selena Gomez was 18 when they both started dating each other. Fresh faced and in love, these two went everywhere together and were spotted packing on the PDA in full swing. Fast forward eight years later (past all of the drama) and

these two are still in touch trying to make things work. It seemed like Bieber never fully recovered once Gomez and him broke-up. Gomez even wrote a song about it called "The Heart Wants What It Wants." Be careful who you fall in love with for the first time because that first break-up is the toughest to recover from.

**2. Learn to be okay alone:** It seemed as if these two kind-of lost their balance when they had their [celebrity break-up](#). One ended up in rehab and the other was caught peeing in random wash buckets in California. Be sure you are okay with who you are as a person inside so you can move on without racking up 20 tattoos on your neck to try and burn away the pain. One month shortly after the break-up, Justin ended up driving drunk without a license, running from the cops, and even egging his neighbor's house. When you go through a break-up, don't lose touch with yourself. Now is the perfect time to rediscover the greatness within you. Stay in touch with friends and family that truly support you so you can talk through your emotions instead of acting impulsively.

**Related Link:** [Celebrity Break-Ups: Find Out Why Justin Bieber & Selena Gomez Are Taking a Break](#)

**3. Keep a cool head after a break-up:** Sometimes it feels really good to go on social media and unfollow your ex-boyfriend or girlfriend. Or, it might be fun to go out with a random person for the night and post pictures of yourself and them kissing. Although this may relieve the pain for a bit, it is not the best idea. Bieber put fuel on the Jelena rumor fires when he unfollowed Gomez and started posting steamy pictures of himself and other girls on Instagram. There was somewhat of an Instagram war occurring between the two. Try your best to keep a cool head after you break-up and don't do anything you'll regret. If you do end up back together at some point, you don't want to do anything that might spoil the relationship for the future. Collect yourself, you got this!

**4. Rebounds don't work:** If you're trying to get over an ex, it can be tempting to find someone that's available and willing to jump into a relationship with you. But when your heart is still reeling from wanting to be with your ex-lover, this can be a very bad decision. Instead of facing the pain, you're pouring it into a new relationship and settling to boot. Gomez ended up dating The Weeknd for about eight months before she ended up back in Bieber's arms after a sweet bicycle trip that turned out to be an awesome [date idea](#). As much as you try to forget that person that you're still in love with, it won't be easy, and it certainly won't be fair for the person who's serving as your rebound.

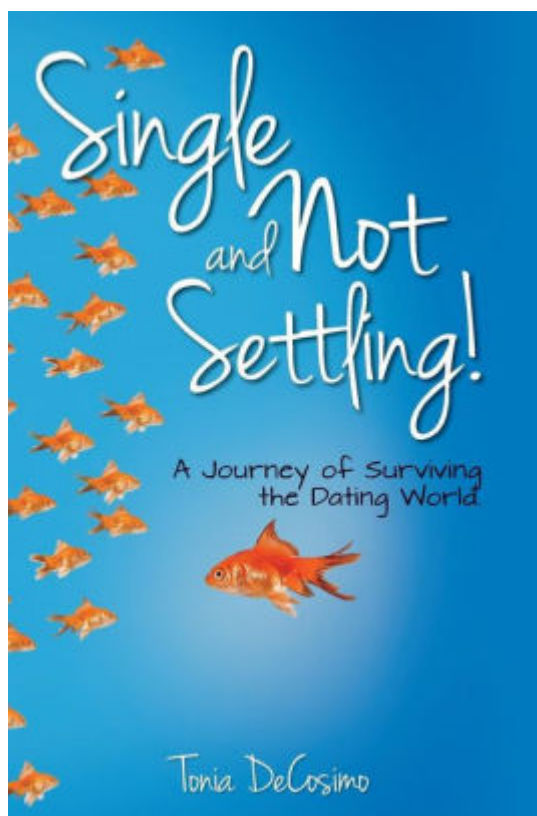
**Related Link:** [Celebrity News: Has Justin Bieber Moved On from Selena Gomez With Baskin Champion?](#)

**5. If at first you don't succeed, try try again:** Throughout Bieber and Gomez's rocky relationship, it seems that Bieber had tried to win Gomez back many times. From serenading her at a hotel in Beverly Hills, to posting photos complimenting Gomez on his Instagram, he tried and tried again to win her back. After several years of trying, it worked! They got officially back together and even made it Instagram official this month. If there's anything to learn here it's that true love never dies and that if there's someone you know you're supposed to be with, it makes sense to fight for their love. Bieber did it for Gomez and even though they are on a break right now, true love is always worth fighting for.

*Ashton Dixey is a recent graduate of UVU and an avid reader of romance novels. When not spending time with her family, you can find her working on her website, [Awesome Date Ideas](#), and taking writing workshops.*

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# Expert Marriage Advice: Your Choice of Mate Can Make or Break Your Career



By Rachel Pace

Choosing a mate is one of the biggest choices you'll ever make. When you decided to marry your partner you probably never thought that this choice could make or break your career. It may sound extreme, but studies from Washington University in St. Louis show that your spouse's personality, namely a conscientious mate, may have a direct influence on how successful your career is. The same traits that you love in your marriage may help you professionally down the line. Choosing a wife who is supportive or a husband who encourages you to do your best can make all the difference in your

success. So, choose carefully!

**Here is some of the best [marriage advice](#) for your professional and romantic future. These are the top personality traits to look out for when picking your life partner:**

**1. LOOK FOR... A Supportive Spouse:** When choosing a mate, you weren't likely thinking about how their personality might affect your future career. After all, getting married is all about the initial physical attraction, following emotional attraction, and a strong love.

If you want someone who will be good for your career, follow this marriage advice: create a support system. This means you and your partner listen to one another, offer help, pay attention to your spouse's needs, laugh together, show love, patience, and always as a team. If you have a healthy support system at home you know that your partner will always be rooting for you through the good times and is ready to be your shoulder to lean on during the hard days.

**2. AVOID... Jealousy:** Marriage advice regarding jealousy usually goes a little something like this: "Jealousy is damaging to your marriage on a good day." A level of healthy jealousy regarding someone moving in on your spouse is normal. It is when jealousy moves into the realms of anxiety and control that it becomes damaging.

Telltale signs that your spouse is jealous of your career include the following: speaking negatively about your job, trying to hold you back from advancing in work, and not showing any interest in your day. Career jealousy can happen for all sorts of reasons. Perhaps your spouse feels stuck in

their own profession or wishes they had more time with you. Regardless of their reasoning, a jealous spouse can hold you back from advancing in your professional life.

**Related Link:** [Expert Marriage Advice: What I Learned About Business After Getting Married](#)

**3. LOOK FOR... A Conscientious Mate:** A conscientious mate is someone who takes great care and puts effort in whatever they do and are guided by a strong sense of right and wrong. A conscientious mate, for example, would tidy up the house without being asked. These scrupulous partners are great for both your marriage, your career, and your health. In fact, a 2009 study by the University of Illinois suggests that women who are paired with a conscientious husband experience added benefits to their health. In the 2014 study “The Role of Active Assortment in Spousal Similarity” research found that women typically listed traits such as conscientiousness and agreeableness higher in the desired partner than men did. The statistic mentioned at the onset, researched by Washington University in St. Louis, followed 5,000 married couples and looked at their measures of income, job satisfaction, and the likelihood of getting promoted.

The research found that those with conscientious spouses increased their chances of higher pay, increased job satisfaction, and were more likely to be promoted. Why? A conscientious mate knows how to take care of things. They do what needs to be done to care for your children, your home, and their own professional pursuits. They do this without being asked and likely without complaint. This personality trait allows you to focus your energy and attention on work pursuits. It also allows you to recharge and relax in your downtime. This is beneficial since the more you’re able to wind-down at home, the happier you will be. This good attitude then positively affects both your work capabilities and your marriage.

**4. AVOID... Narcissism:** You've likely met a few narcissists in your life. Hopefully, you aren't married to one. Named for Narcissus, a man who fell in love with himself and drowned in a pool of water trying to catch his own reflection, narcissism is not a quality you want in your mate. Especially if you want them to support your career goals.

Narcissism is marked by a person lacking empathy, quick to jealousy, a strong sense of entitlement, preoccupied with one's self and also their appearance, and a strong need for excessive admiration. This person believes they are special and deserve to be the center of attention. Research from the National Center for Biotechnology Information suggests that those married to a narcissistic partner will experience a decline in relationship satisfaction over time. Needless to say, a person with a narcissistic personality will not be interested in showing you and your career moves a wide array of support.

**Related Link:** [Expert Dating Advice: How to Handle Heartbreak](#)

**5. AIM FOR... A balance in your Work-Life:** Striking that perfect work-life balance is essential for maintaining a happy home while you pursue your career goals. When you come home, remember to leave work at the office. Your time at home is meant to be spent with your spouse, connecting, talking, and enjoying one another's company. Not answering work emails.

It's also important for you to show your partner that they are your number one priority. Even the most conscientious husband or wife can still feel left out if you've been focusing too heavily on your work. One way you can do this is by unplugging from your smart devices when you are home with your spouse. Listen when they speak, and make an effort to have a regular date night with one another. Taking care of your own needs and desires is also important for a healthy work-life balance.

Choosing a mate is important. If you want to be successful in



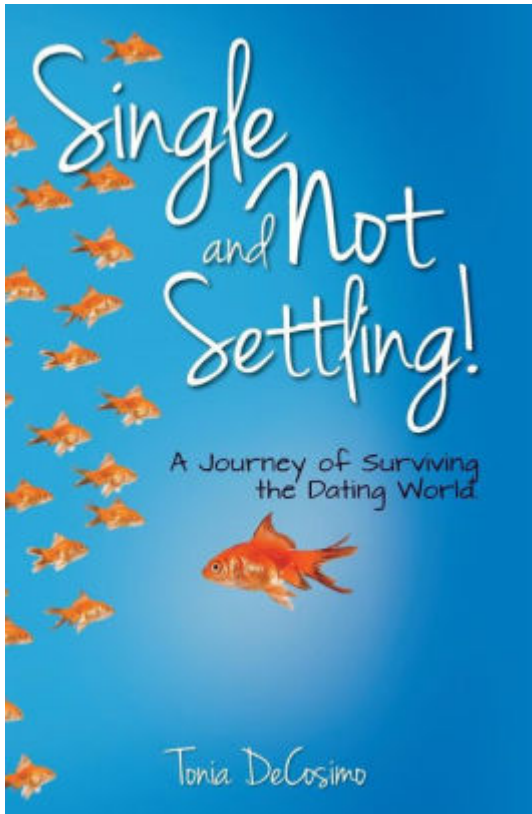
your career and in your marriage, choose your partner carefully. Look for a partner who is not jealous, who shows patience, empathy, and is conscientious. In return, make sure you are doing your best to create a work-life balance that contributes to a happy marriage.

*Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. She is a featured writer for [Marriage.com](http://Marriage.com), a reliable resource to support healthy happy marriages.*

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## **Date Idea: Pick Your Own Presents**





By [Jessica Gomez](#) and Kristin Mattern

If you forgot to go shopping for your sweetie, no worries! This is a great opportunity for a fun date idea. Grab your babe and tackle the crowds as you take on last-minute Christmas shopping together. Pick out presents the two of you will really appreciate, and share some laughs as you choose gifts for your friends and family.

## Here are a few dating tips for what to do on your [date night](#):

**Get a little sentimental:** Don't be afraid to do so as you reminisce together over classic toys in kid stores. Nostalgic feelings can be awesome! Also, don't leave out the feelings of tenderness...and seduction even. Feel the romantic tension build as you wander into the lingerie department together. This unique date is sure to please your inner shopaholic!

**Be sure to set a plan of attack with your partner:** The two of you can spend some time conspiring together about the best

route to take when hitting up the crowded shopping malls and outlets. Decide which stores you'd like to go to, and create a list of items you want. Come up with a silly call that you can yell out when you get separated (you could just call him on the cell phone, but what fun is that?). Play a little. You can also both wear matching Santa or Elf hats with your sweetie to make it easy to spot one another! Adorbs.

**Related Link:** [Date Idea: Make the Perfect Playlist](#)

**Overcome shopping stress by making a game of it:** Create a naughty and nice column on a piece of paper. Getting frustrated from shoppers snatching the last Tickle Me Elmo just as you reach for it? Remember: for every shopping tantrum one of you throws, you get a check in the naughty column! Enough checks, and you'll only be getting coal in your stocking this Christmas. Creative and soothing, right?

**Chill out in the middle of your shopping extravaganza for a delicious lunch date:** Splurge! Go to a really nice restaurant in the area or that high-end spot in the mall you normally avoid. If you can, make reservations ahead of time so the two of you can easily transition from your high energy shopping spree to a relaxing, romantic meal. Enjoy this calm moment by sharing tastes of one another's food and chatting about what each of you are most excited about for the upcoming holiday.

**Related Link:** [Date Idea: Couple Up with Game Night](#)

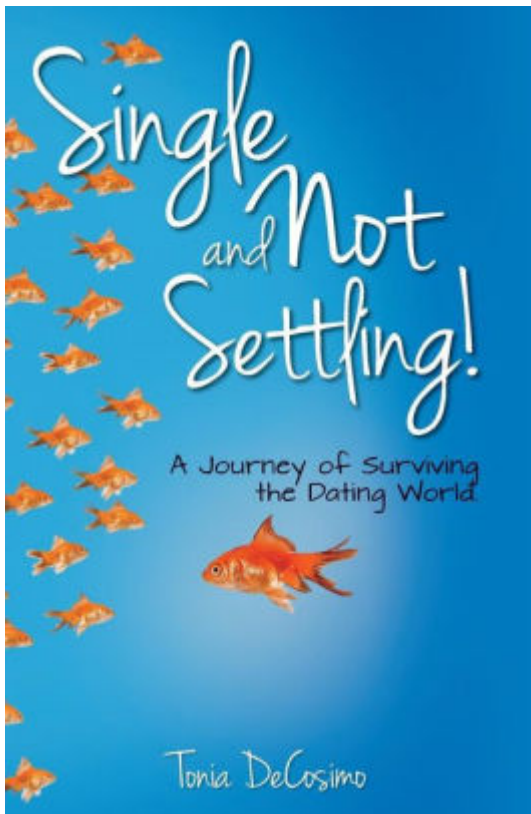
**Wrap gifts together:** When your cutie and you have bought all of the gifts on your list, head home to continue the date by wrapping presents together. Put on your favorite classic Christmas music and pour some warm deliciousness into your mugs to sip while the two of you keep the holiday magic going. See who can wrap the fastest or the most elaborately as you make all the items you bought Christmas-ready. This is the perfect way to wrap up your last minute shopping date!

**Have you gone last minute shopping with your honey before? We**

want to hear about it! Tell us in the comments below.

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## Date Idea: Get in Gear for the New Year



By [Jessica Gomez](#) and Shannon Seibert

You may think New Year's resolutions are old-fashioned, but there's a great sentiment behind them. Rather than planning year-long objectives, follow these [date night](#) ideas and set small goals with your love. In relationships and love, people tend to take on more than they can handle alone. Buckle down with your significant other and get realistic together.

Celebrate the holiday season before ringing in the New Year. Use this time to see what direction you both want to head in your partnership.

## **Cupid has some advice on strengthening your partnership in the New Year. Here are a few date ideas that will be productive for you and your lover:**

By following these small pieces of dating and [relationship advice](#), you are sure to strengthen your love in the long run.

**Go to the gym together:** Get your sweat on! Thinking of goals is the easy part of New Year's resolutions – it's sticking to them that's so hard! We've all seen the people who want to "get fit this year" and crowd the gym for the month of January, but are no where to be found by the middle of March. Set goals with your partner that are achievable.

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

**Give to yourselves and to others:** Give to yourselves by taking a couple's trip, like taking a weekend getaway within the next two months. And give to others by spending one day each month giving back to our community. There are many ways to help out, so choose a cause you and your other half are passionate about and go for it!

**Related Link:** [Date Idea: Couple Up with Game Night](#)

**Go on dates weekly:** Any date! Be spontaneous! If there are small aspects of your partnership that you'd like to work on with your partner, tonight's the night to tell them. If your significant other has a busy career that involves a lot of

travel, make a goal for more communication throughout the week. Agree to pursue a date each week, whether they are home dates or outdoor dates. Break down your schedules and pick a night that would work for both of you, and get ready for some fun!

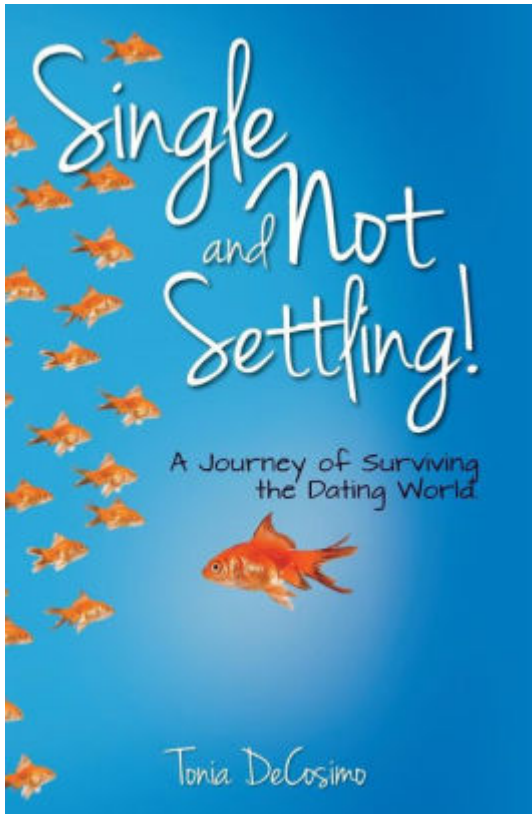
Break each goal down into time increments to solidify the commitment you and your honey make. As you ring in the New Year together, keep in mind that your relationship is what you make it. Reaching these small goals will lead to something even bigger than the both of you could've imagined!

**What are some New Year's resolutions you've made with your partner? Share them with us in the comments below!**

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## **Date Idea: Light Up Your Love**





By [Jessica Gomez](#) and Kristin Mattern

The holiday season is one of the most beautiful times of the year – a time when people decorate their homes with twinkling lights, garlands, wreaths, menorahs, and even adorable penguins. Get into the spirit and spark some love this weekend by taking a romantic, moonlit drive with your sweetie as you cruise through your neighborhood checking out all of the Christmas and Hanukkah lights.

**Rekindle the magic of the holidays with your babe and admire the beautiful displays with these dating tips for your upcoming [date night](#):**

**Map your route:** This is important, After all, not everyone decorates for the holidays. To get the most out of your night drive, scan the scene during the day before your date and find



out what areas have really gone all out this year. This way, when you take your honey out for a spin, it will be through areas with the most decorations and stunning of displays. You can also conduct some brief research on Google. With a bit of planning, your date will be sure to delight!

**If you live in or near New York City:** Looking for something a little grander than your neighbor's twinkle lights and angle statues? Go to a professional public display instead. The Big Apple is a must see during this time, especially Rockefeller Center. New Yorkers and tourists alike go to see the tree and skate at the ice rink. Enjoy the time with your sweetheart as you swirl around in the rink and skate your way into each other's hearts beneath the huge Christmas tree.

**Related Link:** [Date Idea: Keep It Exciting During New Venue Night](#)

**If you live in or near Los Angeles:** L.A. offers its own unique displays that are not to be missed. Take a cruise down Rodeo Drive or through Griffith Park. See some truly spectacular lights while you take in the palm trees and vignettes in the store fronts. You'll feel like an old school celebrity as you snuggle up to your significant other and drive with the windows down through decked-out Cali. Professional light shows are sure to take your cutie's breath away as the two of you view illuminating lights accompanied by heartwarming Christmas carols and holiday music.

**Decorate your place/s together:** If you're feeling inspired from viewing all of those pretty lights, get together with your partner and go for it. Have a blast trying to recreate some of your favorite pieces, or try to top them and come up with something even better! This will be nice bonding time. Go nuts and have fun!

**Related Link:** [Date Idea: Plan a Party](#)

**Chill at home:** Of course, not literally chill, but hangout and

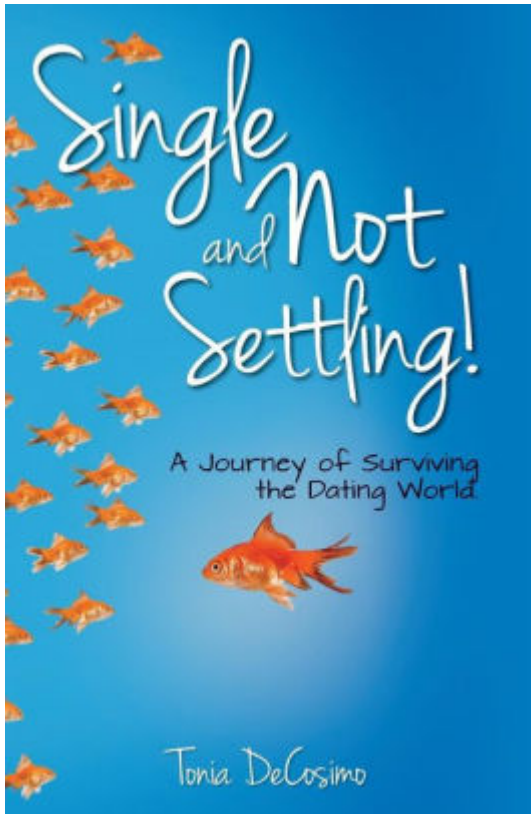
stay warm during this time! After enjoying the sights and sounds of the holiday spirit and décor, make some more memories by warming up inside with hot cocoa and dancing with your darling to your favorite Christmas or Hanukkah tunes. End the night by relaxing together in front of the fire and roasting some chestnuts while you enjoy a classic Christmas movie.

**What will you be doing as a Christmas date night? Share below!**

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## **Expert Marriage Advice: What I Learned About Business After Getting Married**





By Rachel Pace

Would it surprise you to know that all the times your wife asked you to put the dishes away or your husband asking you to hear him out before interrupting can actually make a difference in your professional life? Business and marriage can teach you a lot about yourself and about your work ethic. Following great [marriage advice](#) about communication and loyalty can teach you practical lessons in business. In fact, a five-year study from Washington University in St. Louis shows that your spouse's personality can have a direct influence on your career success. Your marriage teaches you to be selfless, to take responsibility, and to roll with the figurative punches. All of these qualities are great for a thriving business and a happy, healthy marriage.

**Marriage and the life of an entrepreneur have much in common. Here is some marriage advice along**

# with the six lessons I learned about business after getting married:

**1. Success Starts at Home:** Remember that when it comes to entrepreneur couples, business, and marriage – success starts at home. Here is a lesson I learned about business from my marriage. When you and your partner work hard to make one another happy, you'll have higher relationship satisfaction and have less relationship problems. The same goes for your professional life.

Studies show that happy people have better social relationships, and that includes both your marriage and your work-relationships with colleagues and clients. When you take care of yourself by spending time with your spouse, taking care of your kids, and focusing on your hobbies, you'll be happier at work. This happiness doesn't go unnoticed by your clients, and this happy attitude can actually make them more likely to work with you over your competitors.

**Related Link:** [Marriage Advice from Celebrity Couples Who Stay Together](#)

**2. Listening is a Powerful Tool:** When your partner feels like you listen to them, they are more likely to communicate their thoughts and feelings to you. This can help you strengthen your marriage, encourage fun bonding conversations, and teaches you how to talk to one another when things get rough. Communication at home = great customer service at work. Listening is a powerful tool in your marriage and in your business.

The better your communication with your spouse is, the easier it will be for you to communicate with customers. When you learn to communicate with your spouse, you'll be able to

listen patiently and stay calm when dealing with uncomfortable or tense situations at work.

**3. Never Go to Bed Angry:** When it comes to marriage advice, this is a big one: never ever, go to bed angry. Hitting the hay with unresolved conflict causes sleep-loss and creates an unhealthy atmosphere that your mind will associate with your bedroom. This can impede sexual intimacy, and needless to say, you won't feel refreshed about your relationship come sunrise. One study from Nature Communications reveals the danger of going to bed angry, citing that the brain holds onto negative experiences stronger during sleep. Therefore, it's best to resolve your conflicts before they become a permanent memory.

Similar to resolving conflicts with your spouse, if there is any bad blood happening between you and a client, it's best to get it out as soon as possible. Letting problems fester will only cause your relationship to deteriorate. Treat your client like your partner and let them know how important it is for you to make them happy and resolve your differences as soon as they happen. This strengthens your communication, lowers stress and anxiety, and help you start fresh the next time you speak.

**Related Link:** [Marriage Advice: How to Keep the Spark Alive After Having Kids](#)

**4. Do you want to be Right or Happy?:** There is an old saying about marriage that goes: "Do you want to be happy or do you want to be right?" Basically, arguing about the little things isn't worth disrupting your happy relationship. If it's possible, let it go. And if you are right (or think that you are) in a certain situation, that doesn't mean you always have to shout it from the rooftops or even make note of it at all.

This marriage advice applies to your business life as well. Be flexible when it comes to making decisions and going the extra

mile for your clients. Focus on making them happy, not reminding them who the boss is or arguing with them about why you are right about X, Y, and Z. Arguing with business partners or clients is a surefire way to make them look elsewhere for their needs.

**5. Realize What's Important:** Sometimes your spouse can get upset about topics that make you scratch your head in confusion. Why is that important? Why are they getting so upset about this? The concerns of your spouse aren't always as important to you as they are to them. But that doesn't mean they aren't important.

Similarly, the needs and issues that your client finds important may not also resonate with you, but that doesn't mean you shouldn't treat them with the utmost care.

**6. Life Isn't Always About You:** Another piece of marriage advice that applies to both business and marriage is that life isn't always about you. Being selfish in marriage will only push your partner away, and only after you've made them feel unimportant to you.

Being giving with your partner will remind them that they are your number one priority and that you will go out of your way to make them happy.

Imagine your client can only get together for a meeting after you're already off the clock. Obviously, you'd much rather be spending time with your spouse or focusing on your hobbies after work. But being unselfish with your clients sometimes means being flexible, even when it isn't convenient for you to do so. Your clients will appreciate your unselfish nature. Being unselfish also means letting your clients speak and showing a general interest in what they have to say. The better you understand their needs, the easier it will be for you to make them happy.

If you're looking for marriage advice regarding your

professional life, know this: business and marriage have a direct effect on one another. Communicate with your spouse regularly and take what you learn from your marriage, such as listening, never going to bed angry, and being generous, and make it your new business approach.

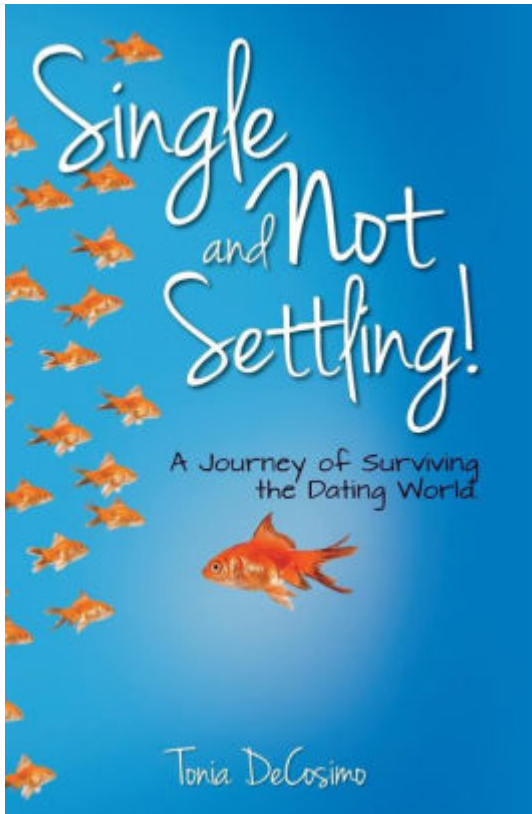
*Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. Her mission is to provide inspiration, support, and empowerment to everyone on their journey to a great marriage. She is a featured writer for [marriage.com](http://marriage.com), a reliable resource to support healthy, happy marriages.*

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## **Date Idea: Friendsgiving**







By [Carly Horowitz](#) and Kristin

Mattern

Have a Friendsgiving! This weekend, instead of having a one-on-one date with your sweetie, make it a group night and set-up a belated Thanksgiving dinner. Invite your partner's and your closest buddies over for a fun and social date night. This date idea comes with all the trimmings for a good time.

**Plan a Friendsgiving and have this [date idea](#) include your closest friends!**

Make it a potluck and ask your friends to each bring a different dish. Not only does this cut down on the amount of cost and time for you spend, it allows you all to try a variety of dishes! Suggest that your friends bring their favorite Thanksgiving entrées and desserts. Sample your best friend's mom's famous pumpkin pie, washed down with your sweetheart's secret recipe for Irish cream cordial. You can

impress everybody with your signature candied yams, a recipe passed down from your grandmother.

**Related Link:** [Date Idea: Best Shows to Binge-Watch With Your Partner](#)

Be sure to pick a theme! Ever had a true Southern Thanksgiving? You and your babe can research some southern comfort foods and traditional Thanksgiving dishes to serve. Cook up some deliciously decadent dishes like sweet potato casserole with marshmallows on top, cornbread stuffing, creamy collard greens and fried okras. Channel your inner [famous chef](#) inside you and make everyone's tummy smile. Bring all the warmth of the south to your Friendsgiving, or pick a different theme like Thanksgiving in New York City or Los Angeles.

**Related Link:** [Date Idea: Star in Your Own Romantic Comedy](#)

Discover you and your honey's inner connoisseur and have a wine or beer tasting with your friendsgiving dinner. Have each of your friends bring a wine or beer from a different region of the United States. See which region's drink really compliments certain dishes, or have a vote to see what beverage beats out the rest as everyone's favorite. At the end of the night, have a swap and let everyone take home his or her top choice from the tasting.

**Related Link:** [Date Idea: Early Morning Ideas](#)

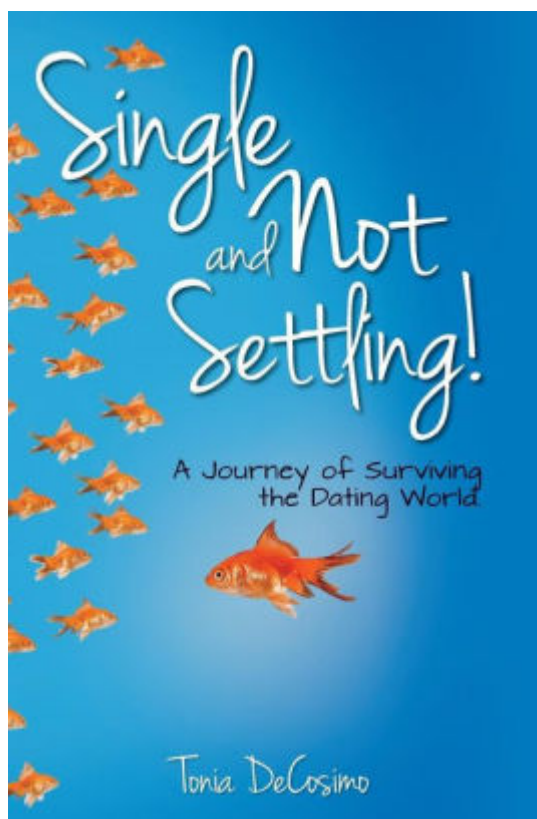
To add more spice to your event, create placement cards that are also thankful cards. Relive childhood memories as you and your significant other trace each other's hand on white construction paper to make hand-turkeys. Color the front to resemble a traditional turkey or to go along with your dinner's theme. Write each guest's name on the colored front for the place card and on the other side write a simple question: What are you thankful for? Use the cards to set the table and place a crayon or pen nearby. Have your friends fill in the cards when they first arrive, and then before dinner,

go around the table and share what everyone is thankful for this Thanksgiving.

Have you hosted a Friendsgiving or a holiday-themed dinner party before? Tell us all about it in the comments below!

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## Date Idea: Go To a Turkey Shoot



By [Carly Horowitz](#) and Kristin

Mattern

If you can't wait for Thanksgiving and dreams of pumpkin pie and mashed potatoes are already filling your head, it's time

to get into the holiday spirit! This weekend, take your significant other to a turkey shoot. Don't worry, no turkeys are harmed during this event! Take aim at love as you and your partner shoot at targets 30 feet away in this long-standing traditional competition. Whoever hits the center of the targets, or just gets the closest, wins a frozen turkey as a prize! It'll be the perfect addition to your Thanksgiving table.

## Take part in this traditional [date idea](#) during this season of thanks!

Get in the mood for this date by wearing flannel shirts and horseback riding boots. If you're a skilled shooter, impress your babe with your marksmanship. And if you're a little gun shy (pun intended), a good tip to remember is to move with the recoil as the gun hits your shoulder to avoid bruising or discomfort. Always wear safety goggles and practice safe shooting. Don't point your rifle anywhere but the target and follow all the instructions provided by the event coordinators to ensure a fun and safe time.

**Related Link:** [Date Idea: Feed Your Heart with a Sushi Sampling](#)

When your turkey shoot is over, it's time to head back for a romantic home-cooked meal. Cooking is a fun activity that you can enjoy together. Grow closer with your sweetheart while swapping recipes or researching some new ones. For something simple, make a dish like pasta with red sauce and turkey meatballs. During your [date night](#) time in the kitchen, discover each other's favorite foods and types of cuisine. If you don't feel like cooking, order in! Opt for cheesy pizza or spicy Thai food, whatever the two of you are craving after your big day. Look into some [famous restaurants](#) near you and see if they offer take-out as well.

**Related Link:** [Date Idea: Take In Some Cartoons](#)

After dinner, make Thanksgiving-themed drinks like hot apple cider or cranberry and vodka and watch a Thanksgiving movie. You and your honey will laugh until it hurts watching a classic like *Trains, Planes and Automobiles*. Then, get a little sentimental and relive your childhood with *A Charlie Brown Thanksgiving*. Build a fire in the fireplace and really get cozy with the one you love as you prep for the upcoming holiday.

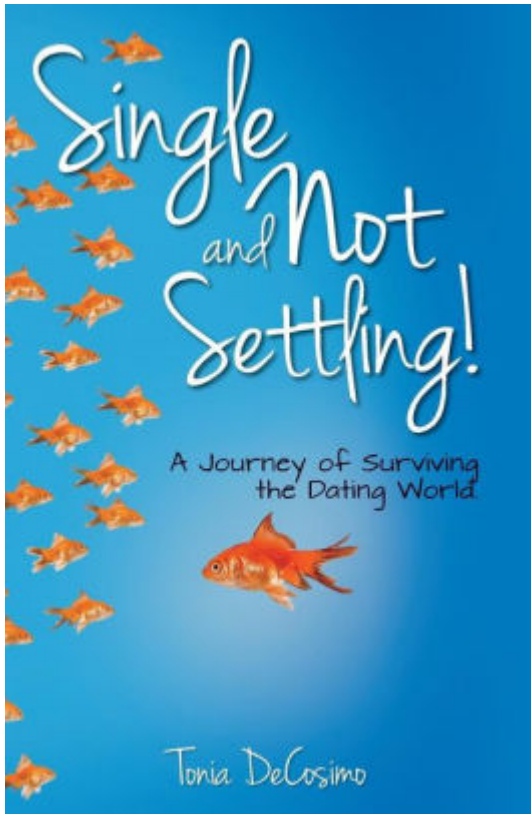
This date idea could be you and your sweetheart's new November tradition!

**Ever been on a Turkey Shoot? Tell about your experience in the comments below!**

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## **Date Idea: Deck the Halls**





By [Jessica Gomez](#) and Kristin Mattern

Deck the halls with the one you love! With November dwindling, it's time to pack up the turkey-inspired décor and look towards the end of the year. Spend quality time with your honey this weekend by decorating the house and stirring up some holiday spirit. Wear ugly sweaters, put some holiday tunes on, and get the garlands out for this heart-warming date.

**If you're prepping for Christmas:** Put on Santa hats and get ready to rock around the Christmas tree as your sweetie and you put up ornaments from your childhood. You can also make homemade ornaments that celebrate your relationship and add them to the tree. Get creative and cut photographs of each other into snowflakes, or decorate ornaments with each others names as keepsakes. Place snowmen statues, reindeer decorations, and whimsical elf figures around the house. Get the dinning room looking festive with a red tablecloth and green runner. Place candlesticks with gold candles on the table and an evergreen centerpiece in the middle to top off this chic holiday spread.

**Related Link:** [Date Idea: Take a Trip Down Memory Lane](#)

**If Hanukkah is right around the corner:** Place the menorah where everyone can see. If you and your significant other are artistic, buy blank wooden dreidels and decorate them yourselves using wood paint. The two of you are sure to have fun as you craft and reminisce about playing with dreidels as children. Place your homemade dreidels on your table as decoration, add a blue tablecloth and silver runner to amp up the elegance. You can use a silver menorah as a centerpiece.

**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

**While decorating:** Listen to your favorite holiday music. Take a dance break from decorating and sway along together to the music for an intimate moment. Or put on a classic holiday movie to watch while your partner and you deck the halls. The background music will add to the ambiance and get the two of you in the holiday mood. Feel free to make some holiday goodies in the oven as well.

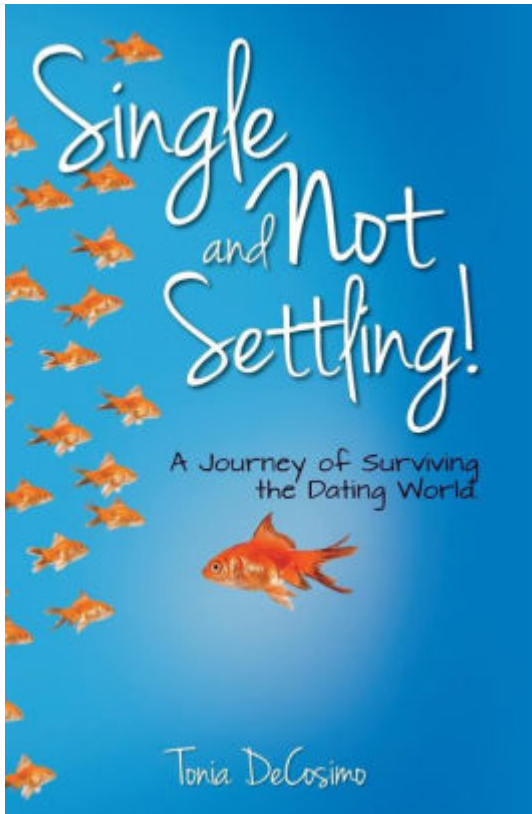
**Ever decorate for the holidays with your honey? Tell us about your holiday dates in the comments below!**

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## **Date Idea: Get in the Game**







By [Carly Horowitz](#) and Kristin

Mattern

Nothing says November and Thanksgiving tradition like a friendly game of football with your sweetie. The two of you can throw around the old pigskin alone this weekend, or grab some family and friends for a game against other couples! Celebrate with drinks at a local spot or cuddle up for a football-themed movie at home. Get out there and tackle your way into love.

**Check out these entertaining [date ideas!](#)**

Put on your favorite team jerseys, step outside, and enjoy the cool fall weather as you play a game of catch. Gather your friends and family together for a game. Play flag football – there's no tackling necessary! Use cheap socks dyed two different colors that the players can tuck into their pockets to differentiate the teams. To take down an opponent, simply grab a sock from the players' pocket. Come up with a team

chant or victory dance for whenever either you or your sweetheart score a goal!

**Related Link:** [Date Idea: Plan a Picnic with Your Love](#)

After you're done tossing the ball around, go out for drinks at a nearby sports bar. To amp up the friendly rivalry, decide beforehand that the losing team will buy the first round of drinks. Remember to set a price cap so that no one is ordering too many cocktails! Celebrate the winning team's victory and the fun times you and your partner shared.

**Related Link:** [Date Idea: Fall in Love in New York](#)

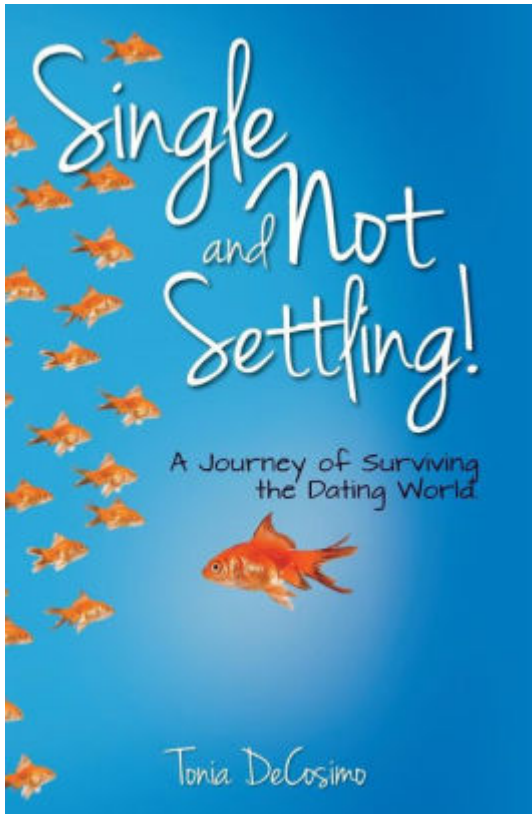
Wind down the evening by watching a sports movie. Enjoy Friday Night Lights for something stirring. If you're looking for laughs, pick Waterboy or Leatherheads. Finish your [date night](#) by snuggling together and just relaxing after your active day.

**Do you enjoy playing football with your love? Let us know in the comments below!**

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## Date Idea: A Day in the Hay





By [Carly Horowitz](#) and Kristin

Mattern

October is finally here. Are you looking for some autumnal-themed fun for a date this weekend? You're in the right place.

## **Check out these fun fall weekend [date ideas!](#)**

You and your sweetheart could take advantage of the crisp fall air and fiery foliage by heading out for a ranch adventure. Spend the day growing closer to your honey as you learn how to care for horses by cleaning out their hooves, brushing their manes and feeding them treats like carrots and sugar cubes.

Then, take off on a romantic trail ride. It's incredibly romantic to go horseback riding with the one you love. The setting is intimate, and you get to enjoy a serene moment while learning a new skill. And hey, even if you and your dearest aren't great horsemen, you can still enjoy some playful teasing as you get the hang of riding

together. Laughter brings people closer, and you're sure to have some as you bounce on horseback down the trail.

**Related Link:** [Date Idea: Best Shows to Binge-Watch With Your Partner](#)

After you're done spending time on horseback, keep the fun flowing by taking a hay ride. Enjoy the fall scenery while snuggled up with your partner in the wagon and take a moment to enjoy the smell of the grass and the gorgeous day the two of you are sharing. Have a candlelit barn dinner to polish off your Western experience with a romantic [date night](#). Keep the mood going with a cowboy-themed spread surrounded by a rustic ranch setting.

Unsure where the closest ranch is? DudeRanches.com does the footwork for you by finding ranches across America. Some ranches even have more amenities than the great outdoors like spas, pools, tennis, bars and hot tubs. Find the one that best suits you and your significant other.

**Related Link:** [Date Idea: Pucker Up While Putt-Putt Golfing](#)

If you live near New York City, check out some of the ranches near the Hudson River Valley. For example, Rocking Horse Ranch is a fun place! After a ride through the beautiful Adirondack Mountains, you and your honey can travel a different trail – one through Hudson Valley Wine Country. Taste your way through a variety of vineyards to round out your date.

If you're close to Los Angeles, enjoy trail rides and cave exploration at Griffith Park Horse Rentals or discover you and your lover's inner cowboy at Sunset Ranch. Kick back in the California sunshine when your time on the trail is done, and learn about the rich history of the San Antonio Winery that has been in LA since 1917.

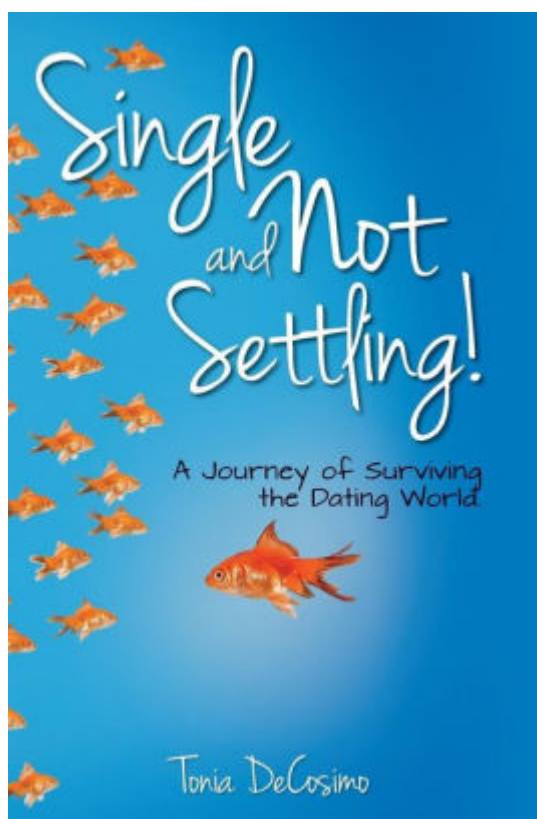
**Related Link:** [Date Idea: Lift Your Love To New Heights](#)

No matter how you and your sweetheart enjoy your 'day in the hay', remember to just have fun!

Ever been horseback riding on a date before? We'd love to hear about it! Share your experience by commenting below.

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## Relationship Advice: Tips to Inject More Romance to Your Relationship



Most relationships start off in a flurry of excitement and anticipation, as they are new to both parties. However, over time it is easy for the magic spark to

disappear from your love life. Even though you may still love one another, the tribulations of day to day life such as work and family can take their toll. This can result in a relationship that becomes stale and even tedious.

It is important for any loving couple to find ways to inject the magic back into their relationship. There are different ways in which you can do this and this includes looking at advice from experts online [about relationships](#), which can prove really helpful.

## **What can you do to restore the magic? Check out this expert relationship advice:**

For many couples, restoring the magic that they first experienced when they met can be extremely difficult. However, you have to bear in mind that this is something that you both have to work on and invest time into. When you do make the effort, it is well worth it because it can change the whole course of your relationship and the way you feel about your partner as well as your life in general.

**Related Link:** [Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship](#)

Many people worry about their partners having affairs with other people but this generally happens because the relationship at home has lost its magic and the partner is eager to try and recapture that feeling. If you both make an effort in terms of doing this, you not only have a shot at a better relationship but you can reduce the chances of one of you going astray due to dissatisfaction with the way things are.

**Related Link:** [Dating Advice: Survey Results Are In! What Does](#)

## [it Mean to be Single in America?](#)

You don't have to spend a fortune or go to huge lengths in order to put some magic back into your love life. In fact, it is often the simplest things that are most effective and meaningful such as leaving little romantic messages for your loved one to find over the course of the day or simply sending messages to tell them how much you love them. People often underestimate the power of this type of message but it can often mean far more than more costly shows of affection because it is far more personal.

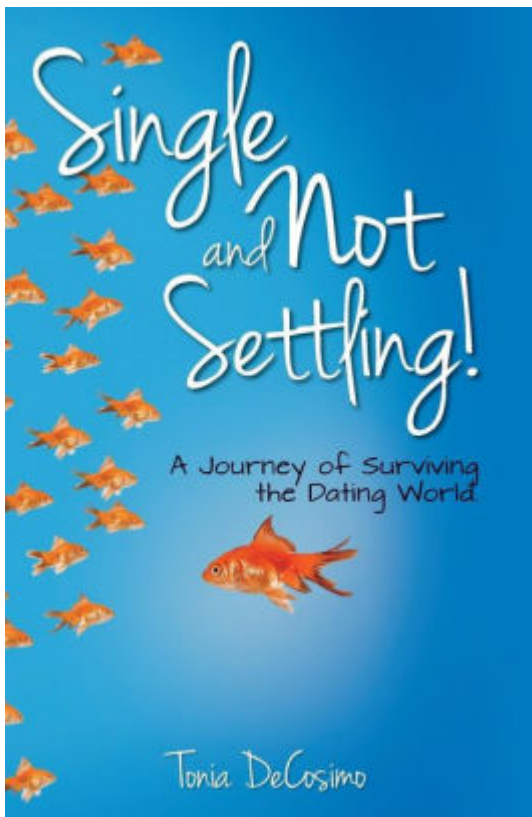
If you do want to treat your loved one to a romantic experience, you can also make it more personal by doing some home cooking. An intimate meal at home with candles and soft music can be far more effective than being in a crowded restaurant where you can barely hear one another. In addition, it is a far cheaper way of entertaining your loved one and treating them to a special evening as well as being the more personal option.

Like anything that is worth having in life, a relationship is something that you have to constantly work on in order to keep it alive. However, by putting your efforts into it you can enjoy being in a more fulfilling and exciting relationship.

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# **Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship**





By Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be a strong desire to be together, and a willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

**Is it possible to find a resolution? Read on for more [relationship advice](#):**

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of

marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love someone, and still desire to live differently than them, or even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and do not feel as though they have sacrificed their happiness and well-being.

**Related Link:** [Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?](#)

So, if you're in a long distance relationship right now, what should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

**Related Link:** [Relationship Advice: Is a Bad Boy Good for You?](#)

Here's some food for thought. If one of you lives in a sunny

place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent moving away from them to be with your love? Think about how all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

**Related Link:** [Relationship Advice: When Is the Old New Again?](#)

It is also important to consider the strength of your connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

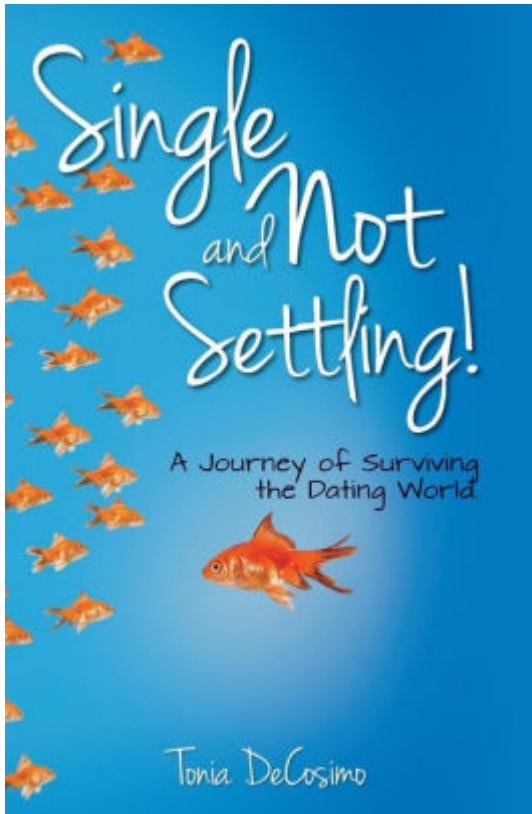
Ultimately, if you are moving for the right reasons; for love and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your "me" to be a "we." This wasn't possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

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

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## Date Idea: Fall in Love with Falling Leaves





By [Jessica Gomez](#) Kristin Mattern

We bet you remember the sheer thrill of leaping into a pile of earthy leaves as a child, the joy of tossing the motley colors up into the sky over your head and watching them fall around you. Relive that magic this weekend with your sweetheart and rake your way to the perfect fall date.

**Here are some [date ideas](#) that involve colorful, crispy leaves:**

**Offer to help your honey rake his or her yard...and then jump in:** See who can make the biggest pile or who can rake the fastest – making things into a competition get some couples going. Rate each other's leaf jumps: Who made the biggest mess? Who fell in the funniest or more gracious way? Use your phone to record the jumps so you can compare. Maybe even post some awesome action shots to Instagram or Facebook.

**Related Link:** [Date Idea: Keep It Exciting During New Venue Night](#)

**Make a scrapbook with the leaves:** Leaves are for more than just jumping in. Document the different leaves you and your significant other find along the way. Compare colors, shapes, and sizes. Take a moment to marvel at the wonders of nature. Create a scrapbook together where you add all the really beautiful leaves you find or add photographs of the beautiful views. If the leaves are supple enough, you can even make leaf rubbings together. Take a piece of paper, place it over the leaf, rub a naked crayon the long way against the paper over the leaf, and voila! You have a commemorative etching of your fall romp.

**Related Link:** [Date Idea: Best Shows to Binge-Watch With Your Partner](#)

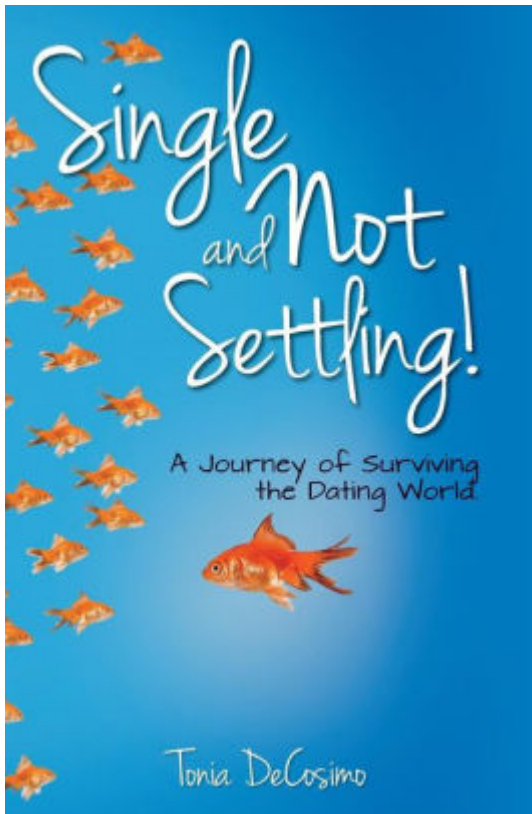
**Cuddle up and enjoy the gorgeous fall foliage:** After all the leaves are raked, the pile jumping has ended and your apple pie has been consumed, you and your honey can cuddle up under a blanket or recline against a tree in the yard and take it all in. Check out your state's peak foliage [here](#).

Now it's time to get out there and make some magic fall moments with your honey! If you want to spread some extra love, help your parents or elderly neighbors clean up their yards too. Build up some good Karma together – and hey, you never know, the person you helped out might just give you an apple pie or some hot cider when you're finished.

**Have you shared some fun fall moments with your love? Share below!**

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# Date Idea: A Day with Your Pumpkin



By [Jessica Gomez](#) and Shannon Seibert

Sure, picking and carving pumpkins is a fun date idea, but sometimes we want to change it up. Outdo yourselves and head to a pumpkin festival or to a fall fair. Really breathe in the autumn air and experience the season's spirit together. Participating in this unique [weekend date idea](#) can do wonders for your relationship because of the bonding.

**We have a date idea for you and your “pumpkin” this season. Check**



## it out:

Go to a fall fair as a date! Fairs are a great date spot because there is something new to discover around every corner. Whether you view the festivities from the heights of the Ferris Wheel or chow down on goodies, it's always eventful. Hop on a hayride together and listen to ghost stories with your bae. Chase each other through a corn maze and challenge each other to some carnival games. Fall head over heels for your boo thing as you're both whipped around on the fair rides. Classics such as "The Twister" and bumper cars will bring out your sense of adventure and have the both of you laughing and screaming with joy.

**Related Link:** [Date Idea: Keep It Exciting During New Venue Night](#)

After you play, check out some of the fair's shows. Usually, there are monster truck rallies, tightrope walkers, and even magic shows that will captivate you and your love. Be sure to get good seats because you're about to be amazed!

At the end of your fair-a-pollooza, have your partner pick out a winning pumpkin to take home. Together, carve out the insides and remove the seeds. Then, bring your pumpkin to life with creative designs.

**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

For a delicious snack, gather the seeds and wash off the pulp. Preheat your oven to 350 degrees and place the seeds on some baking sheets. For a more classic snack, coat them in a light glaze of extra virgin olive oil and sprinkle them with salt. If your pumpkin is looking for a more tropical taste, glaze the seeds with coconut oil and a hint of pineapple juice. Heat the seeds for fifteen to twenty minutes or until golden. Yum!

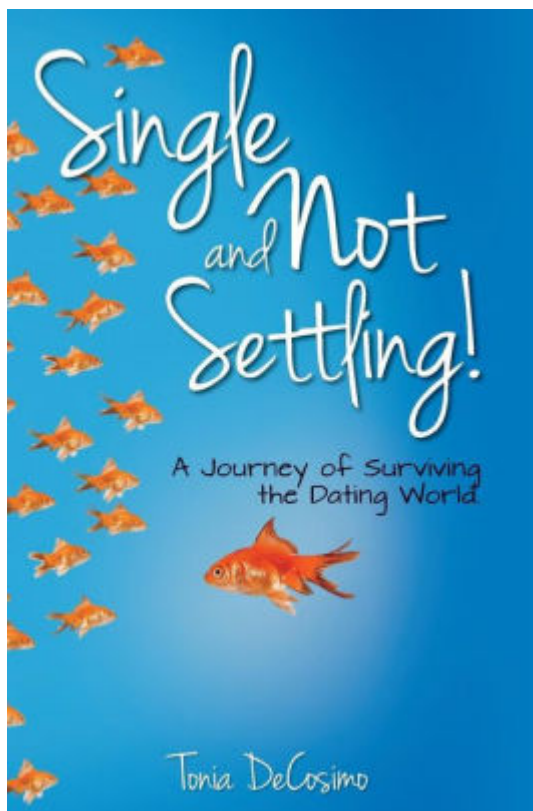
**Related Link:** [Date Idea: Take a Trip Down Memory Lane](#)

End this date idea by grabbing a quilted blanket and a cup of hot cocoa and heading to your couch. Munch on your pumpkin seed goods and pop in a Halloween movie. If your honey is a horror fan, you can never go wrong with old classics, such as *Friday the 13th* or *Halloween*. These films will give you an excuse (not that you need one) to hold on tight to your other half because the films will scare you senseless.

**How do you and your sweetheart get into the fall spirit? Tell us in the comments below!**

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## Date Idea: Haunt Your Honey



By [Jessica Gomez](#) and Kristin Mattern

Halloween is the perfect day to shake things up a bit and have a date that fits the holiday! Get into the spirit with your sweetie and dress up as a couple: go for goofy, serious, or sexy. However you switch it up for this haunted holiday, take advantage of the spooky atmosphere and do something different together.

**Halloween is an exciting time of year, and we have some love and dating advice. Here are some [date ideas](#) for those of us who love feeling the spooky spirit:**

**Get scary and venture into a haunted house:** Looking for the scariest haunted houses around? Check out [America Haunts](#) or [Haunt World](#) for the freakiest attractions across America. Hold tight to your honey as you walk through enchanted rooms and possessed houses. Share some laughs over who screams first or loudest.

**Related Link:** [Date Idea: Get Out Of Your Comfort Zone](#)

**If fake horror isn't enough, find a real haunted property and check it out:** Take photographs as you walk around – you never know when you might catch a ghost on film. However, remember to make sure you aren't trespassing. You can visit this [site](#) to find some real haunted houses to tour on Halloween. You can also opt to have a Halloween picnic at a nearby graveyard and enjoy the scary scenery; just remember to always be respectful.

**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

**A romantic and scary movie date:** If at home, curl up together on the couch and watch some horror classics or go for the

recent and new. The choice is yours. If you want to do a real Halloweeny-flick, you should watch all three Halloween films by director John Carpenter. For more suspense and intrigue and less scare, put on The Twilight Zone. Discuss your favorite kinds of Halloween movies, and don't forget to bake some Halloween-themed snacks to enjoy. Feeling lazy? Buy the snacks. For more thrills and chills, make your way to your local theater. If you don't want to stay home, catch the latest horror flick or thriller at the movies, then sit back and prepare for the scare-a-thon as the cinematic magic takes you and your date on a roller coaster of gut-wrenching emotions.

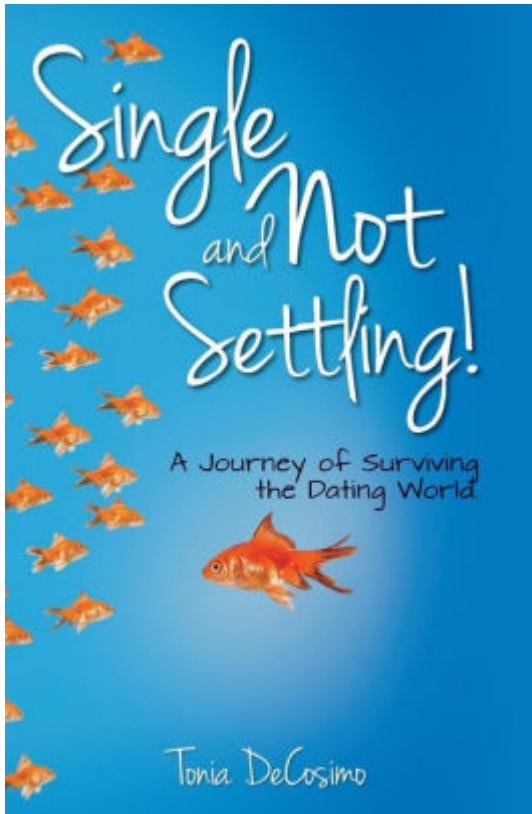
Halloween is such an awesome holiday! Always remember to get a little wild and have a spooky good time with your sweetie!

**Have you had a freaky date on Halloween? Share your chilling tales in the comments below!**

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## **Date Ideas: Be a Sweetheart**





By [Jessica Gomez](#) and Shannon Seibert

The saying goes that the best way to a person's heart is through their stomach – and we agree! Take this weekend to satisfy your sweet tooth with some new recipes and fun in the kitchen. With these delicious date ideas, you and your significant other can indulge in sweet treats – and in each other. It's time to get sweet with one another! Get creative and bake something special. Surprise each other with samples of your favorite desserts and be sure to try them all.

**Remember all of those Pinterest recipes you've "pinned for later"? Well, now is the time to bust out your best Betty Crocker moves to impress your partner and add a new dimension to your relationship!**

## Here are some yummy [weekend date ideas](#):

**If you need a little baking inspiration, you can never go wrong with chocolate:** Brownies, cookies, cakes, or any other treat – chocolate is always the answer! You can bring a little extra something to your batch of brownies by putting crumbled Oreo pieces in the batter. You can also bury your honey's favorite candy bar in the cake batter for a sweet surprise. If you aren't a fan of chocolate, there are plenty of other sweet options on the web that you can whip up to satisfy that sweet tooth.

**Related Link:** [Date Idea: Lift Your Love To New Heights](#)

**Play with your food:** Consider this dating and [love advice](#). Sure, you've always been told not to play with your food, but it's time to bend some rules. After all, we're adults! Make an assortment of yummy treats and blindfold your bae. Feed them one bite at a time and have them guess which one he's tasting or even the specific ingredients. If they get it right, then it's your turn to be blindfolded! If you're feeling a little adventurous on this weekend date idea, bring out your inner six-year-old and start a classic food fight. Flick a little flour their way, and before you know it, the both of you will resemble the inside of a mixing bowl. If you don't mind the mess, it's a fun way to pass the time while waiting for your goodies to bake.

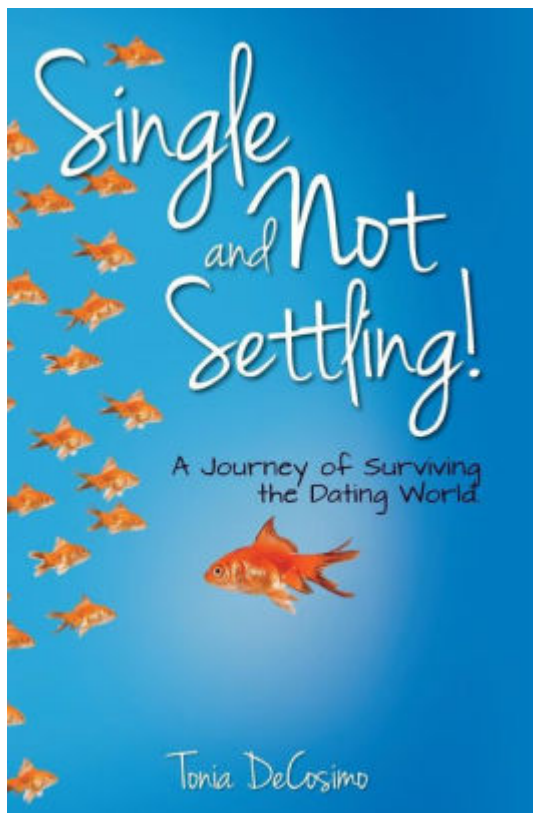
**Related Link:** [Date Idea: Stay Indoors](#)

**Decorate your tasty treats:** After all, icing is just a step up from Crayons. Write your baby a sweet message on a decorative cake to show them you care. Something as simple as "glad you're mine" or the traditional "I love you" can make them smile. Afterwards, pair a glass of Sherry with your favorite dessert, and enjoy sweet conversation with each other.

Have any sweet secret recipes? Share with us in the comments below!

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## Date Ideas: Haunted History



By [Jessica Gomez](#) and Shannon Seibert

Black cats, haunted houses, and spooky ghosts – oh my! For those of us that love Halloween, these words excite us! Embrace the aura of that holiday with your love and dive into that Halloween spirit that brings you joy. Every town has their creepy histories, so discover your local haunts with your sweetheart for creative, fun weekend date ideas. Bond over scary and chilling stories out there or at home!



# Here are spooky and fun date ideas for you and your partner outside and in the comfort of your own home:

Ghost stories have been around for generations to either scare or comfort the living. Research your town's history and immerse yourselves in its haunted mysteries. Some small towns have the best mysteries to tell. For example: Melbourne, Florida, has a haunted mansion on US Highway 1 that hosts a storytelling event at the edge of property each year. Rumor has it, Old Man Willis still hangs around the property and has made alleged appearances.

**Check out local graveyards or town centers for ghost tales too:** On Halloween, a lot of cities have public readings that tell the classic urban legends we all know and love. As the stories are shared aloud, hold hands – and hold on to your honey for extra protection from the spirits around you. \*wink wink\*

**Related Link:** [Date Idea: Take In Some Cartoons](#)

**Together set up a spooky story sight of your own in the front yard:** Dress up with your partner as a scary [famous couple](#), like Morticia and Gomez Adams or Frankenstein's Monster and his bride, and read to the trick-or-treaters as they pass by. Not only is this date idea one you can enjoy with your partner, but you can enhance the night for the children too!

**Related Link:** [Date Idea: Take a Trip Down Memory Lane](#)

**If you're staying in for the night, follow this relationship advice:** Pick out some ghost stories and legends to test out for yourselves. Show Bloody Mary who's boss and confront her in the mirror with your lover at your side (spooky... and



romantic?). No matter how old you are, there's always a voice in the back of your head that gives you the heebie-jeebies! For a more intimate date idea, prop up some blankets and create a makeshift tent in the middle of your living room. Turn off all of the lights except for a flashlight that you both pass back and forth while telling each other tales. Embrace your inner child and get cozy!

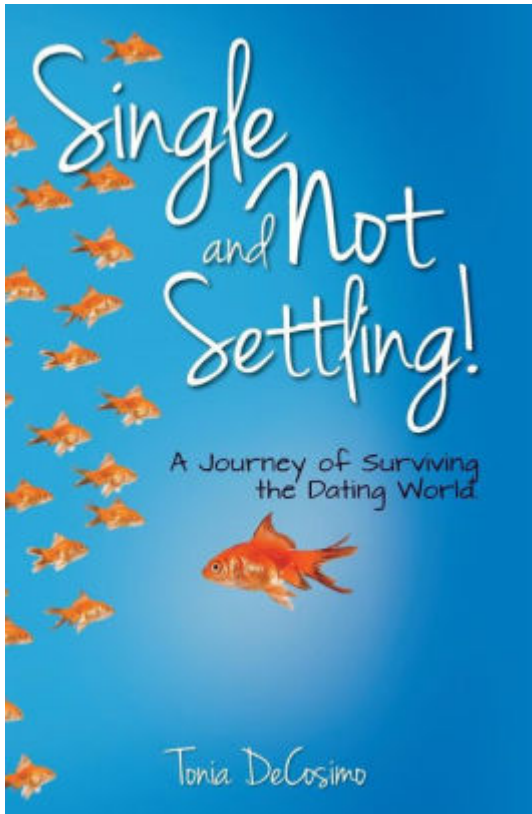
And finally, bust out Halloween's best tradition: the candy! Feed your sweetheart the holiday sweets – give your honey sugar. You and your love will be laughing the night away as you trade ghost stories and exchange candy-flavored kisses.

**What other cool things do you do for Halloween? Tell us in the comments below!**

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## **Date Ideas: Love is Magic**





By [Jessica Gomez](#) and Shannon Seibert

Magic isn't just for kids, and it can be more than silly card tricks or a rabbit hopping out of a top hat. In fact, love is an indefinite form of unexplained magic. The feeling of love is a magical mystery that can give us reasons to believe in something greater than ourselves.

**This weekend, you and your sweetheart should leave your predispositions at the door and become enchanted by the power of magic all over again. Here are some magical [date ideas](#):**

**Have a magic movie marathon:** There are so many movies that will have you two love birds wanting to learn a few tricks of your own. Get some popcorn and other munchies to set the "movie marathon" mood and snag a couple of cheap bottles of

wine while you're out too to prepare. Then, get ready to snuggle close together and watch recently released magic movies and the classics! [Netflix.com](https://www.netflix.com) has a whole category of enjoyable magic-based movies, so that you and your honey can have the pick of the litter.

**Related Link:** [Date Idea: Lift Your Love To New Heights](#)

**Check out a local magic show:** Buy some tickets or even go out and watch street performers in the park – magic can exist anywhere. Tour your local area to see if you can catch any of your city's hidden talent. There are also plenty of night clubs and venues that showcase magical talent. During the show, try to make guesses about how each trick is executed and compare theories. Some magicians incorporate the audience in their tricks, so get yourselves involved! Maybe being “sawed in two” will actually end up bringing you and your other half closer together.

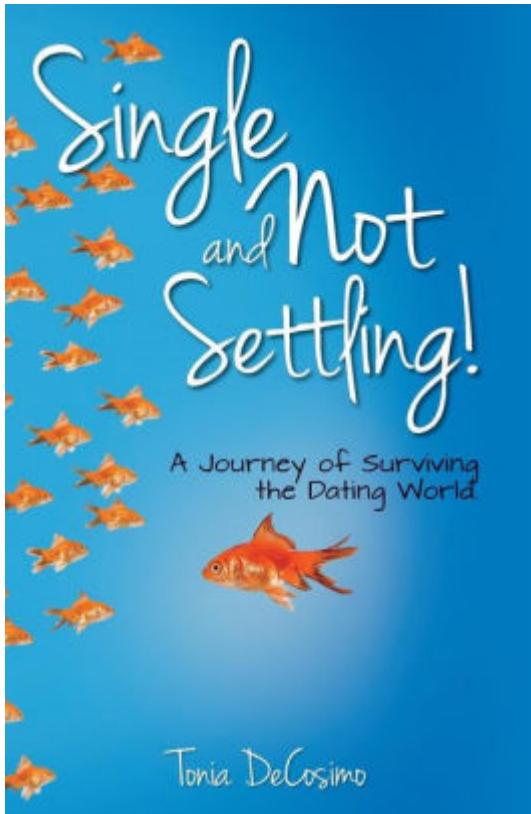
**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

**Look up magic trick tutorials:** Do it separately, and then try them on each other. This will be a cute bonding experience and you'll learn some new tricks – plus the ones you can teach each other as well. You give a little and get a little. Learn a couple, learn a bunch – up to you. Embrace your inner child and go nuts!

**Have any other ideas on “magical dates? Share with us in the comments below!**

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# Movie Review: *Midnight Sun*



By [Carly Horowitz](#)

*Midnight Sun* is no doubt another American romantic drama movie to add to your must see list! In this movie, 17-year-old Katie Price is played by Bella Thorne. Katie has a condition where she is extremely sensitive to sunlight. This leaves her indoors sleeping or playing music during the day, and outdoors exploring at night. That outdoor nighttime exploration becomes a little more intense when she meets the guy of her dreams, Charlie, played by Patrick Schwarzenegger. Things become difficult when Katie has to tell Charlie about her condition and then they have to figure out where they are going to go from there. How will they make this fiery true love work?

# This movie can definitely cause a few tears to be shed. Check out our movie review below!

## Should you see it:

If you enjoy a classic romantic film, go for it. Director Scott Speer showcases a rich summer romance while demonstrating the difficulties of making a love work when incurable medical conditions are present. This movie is to be released on March 23, 2018.

## Who to take:

This movie is perfect to go see with your partner or your friends! It can be a [date night](#) or a girls' night. You can even see it with your mom as it is rated PG-13, so hopefully no embarrassing sex scenes arise.

## Cupid's Advice:

This movie exhibits the real life struggle of obstacles getting in the way of love. Although, strong love trumps all. Cupid has some [relationship advice](#) on how to deal with relationships when there is an unchangeable circumstance that exists:

- 1. Communicate:** If you have a situation similar to Katie in *Midnight Sun*, make sure you fully explain whatever your situation is to your partner when you feel comfortable. It is definitely a lot of pressure to disclose your circumstances on the first date, but you should open up to them as soon as you are ready so that they know what is going on.

**Related Link:** [Relationship Advice: Can You Move Too Fast Moving In?](#)

**2. Do not take rejection personally:** We all wish that if we were to tell a partner about a medical condition that they would be so loving and willing to make things work no matter what- although, that is not always the case. Sometimes, people have their own issues or things that they have to take care of and they may become overwhelmed once they are informed of your situation. This does not mean that you are any less of an amazing individual. This just means that you have come even closer to finding your soulmate now that this partner is out of the way.

**Related Link:** [Relationship Advice: How to Navigate a Separation](#)

**3. Accept support:** If you open up to your partner about your medical condition and they are willing to help and be there for you, accept it! It may feel a little uncomfortable if you are not used to your partner being supportive, but it is an amazing thing. If they want to help in any way, let them know that you really appreciate their comfort.

**Are you interested in seeing *Midnight Sun*? Let us know below!**