

# 5 Steamy Summer Celebrity Couples



By Tanni Deb

Summer's arrival not only brings in warm weather, but also creates new relationships. New romance sparks – such as Hollywood's hot couple, Justin Bieber and Selena Gomez, while other couples' love for each other continues to grow. Since many relationships are emerging, here's a list of this summer's top five steamy celebrity couples who are hot as well as committed:

**1. David Beckham and Victoria Beckham:** The famous soccer player and his wife have been noted as the Brangelina of UK. They have four children and have been married for 12 years. Although there were rumors of David having an affair during

their relationship, the Posh Spice said the news strengthened their marriage.

**2. Will Smith and Jada Pinkett Smith:** Married for 14 years, everyone's favorite Hollywood couple made *YourTango's* Top Ten Longest Hollywood Marriages list. What's their secret to a successful marriage? The couple agreed that "divorce just can't be an option."

**3. Mark Consuelos and Kelly Ripa:** The duo first met on the sets of *All My Children* and married in 1996. Ripa, the hilarious co-host of *Live with Regis and Kelly*, and her husband were noted as one of Hollywood's Hottest Married Couples by *US Magazine*.

**4. Orlando Bloom and Miranda Kerr:** Who could forget about the Victoria Secret model and her husband who stole our hearts away in *Pirates of the Caribbean*? Married in 2010, the couple had their first child in January. The two are always making time for each other despite their busy schedules.

**5. Brad Pitt and Angelina Jolie:** Of course this list wouldn't be complete without Brangelina. Known best for their huge family – three biological and three adopted children – and their humanitarian efforts, they are referred to as Hollywood's power couple.

**Want to see one of your favorite celebrity couples on this list? Let us know who in a comment below. In the meantime, lookout for new celebrity relationships this summer.**

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# 8 Alternative Wedding Trends for 2011



By Cara Davis

Today's brides and grooms aren't settling for what has always been done. They're infusing creativity, personality, cultural trends and most of all, they're having fun. They're creating memorable experiences not just for themselves, but for friends and family who contribute to their big days.

Author and marketing guru Seth Godin recently spoke at a Chick-fil-A Leadercast about how the new normal is not normal at all. People are questioning why we do things the way we do, thereby turning tradition on its head. It's affecting all industries, including the wedding industry.

Here's a look at eight alternative wedding trends that are popping up in 2011:

**1. Mini Wedding Dresses:** Whether it's glammed up, vintage or breezy casual, knee-length wedding dresses are more practical and personalized for today's bride. As more stores roll out wedding boutiques like J.Crew and White House Black Market, brides can pick up a wedding dress from their favorite retail store. And let's not forget that for some, that's Etsy, where they can pick up a custom hand-made gown for as little as \$40.

**2. Fun with Color:** From black accents to bold color blocks, color is king this year and it's not limited to the bride! Non-matching bridesmaids are coordinating in patterns or complementary color combinations like this crafty DIY wedding of mega-blogger Elsie Larson. In addition to bold color palettes, shades of gray and stripes continue to be the big color trend for the year.

**3. Alternative Gift Registries:** Many couples are registering for gifts that will help them in a practical way. Travel agencies are starting to offer honeymoon gift certificates and some auto dealers are offering gift certificates toward the purchase of a new vehicle. CardAvenue.com allows couples to create a gift card registry for national retailers. Couples can get as creative as they want; they can request gift cards to home improvement stores to offset costs of home renovation or register for local restaurants so they can continue dating as newlyweds on a budget.

**4. Punchy Personalization:** While the structure of the wedding remains the same, (you've got a bride and groom, an officiant, a group of family and friends, a ceremony and reception) the look is anything but. The time may be different (think brunch), the seating may be smarter (seated at tables & staying put for reception), the furniture may be funky (varying size and shape or non-traditional choices) and forget

the wedding favors – today's couples are giving personalized takeaways, like souvenir photo booth picture strips.

**5. Eco-friendly Finds:** Outdoor spaces, reclaimed furniture, flea market finds and even wooden rings are helping eco-conscious brides and grooms celebrate in a big way without the environmental impact. Green weddings can feature locally grown food and seed-lined wedding invitations that can be planted.

CarbonFund and Terrapass offer wedding carbon footprint calculators, where air travel is most likely to be the big offender. Couples can purchase carbon offsets to lessen the impact, or request contributions as gifts.

**6. The Rustic South:** There's been a rise in rustic weddings in the past several years and it mirrors a growing hunger in popular culture for all things Southern (think The Civil Wars, J.Crew fashion, artisan jeans and home-brewed beer). Today's vintage and rustic weddings are all about embracing simplicity and infusing new life into old things. From location (barns or old warehouses) to furniture & decor (antiques and flea market favorites) to apparel (vintage clothes and even brooch bouquets), many couples are going for the nostalgic feel of the old South.

**7. Cultural Cues:** Couples who are looking to add levity to their big day are incorporating pop culture trends. Food cart fare is showing up in pre-wedding cocktail hour and the after-party. Culturally significant themes like retro Asian flavors and ethnic icons like sushi, ninjas, geisha girls and Chinese lanterns are being used in inventive ways. Vintage board games are showing up as Monopoly pieces in bouquets and Scrabble letter tiles as signs for the buffet.

**8. Death of the Wedding Cake:** The exorbitant cost of traditional tiered wedding cakes has given way to nontraditional desserts like square mini-cakes and cupcake



tiers. Furthermore, dessert buffets may feature pies, macaroons, Whoopie Pies, cake pops, color-coordinated candy and even ice cream sundae stations or cookies and milk bars.

*Weddings expert Cara Davis is the author of Cheap Ways to Tie the Knot. She also blogs from her home in Orlando, FL about cheap ways to spend and save at CheapWaysTo.com.*

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## New Dating Apps to Manage Your Love Life



By Rebecca VanderMeulen, GalTime.com

Is your smartphone the first thing to greet you in the morning

and the last thing you see at night?

“If you’re a power user of your smartphone, you should definitely use it in your dating life,” says Laurie Davis, founder of online dating consultant eFlirt Expert. Given how indispensable mobile apps are these days, it’s no surprise that there are tons of applications to help you find a dating partner and plan a rendezvous. Pretty much every dating site has its own mobile app, Davis says. Besides that, you can download apps designed just to manage your dating life. “More people are spending time on their smartphones,” author and online dating expert Julie Spira tells us. “Mobile dating apps make it more convenient to meet someone while you’re on the go and are rapidly growing in popularity.”

Our experts say there are so many to choose from, but here are some of the newest choices:

## **HowAboutWe**

Instead of scrolling through ubiquitous profiles of singles who like baseball and long walks on the beach, why not vet them based on what they suggest doing for fun? Spira says this app does just that. Here’s how it works: Post “How about we ...” and use your imagination to complete the sentence. Recent examples include, “How about we sit on a park bench and make up conversations for the people we see?” and, “How about we go see a band that neither of us has heard of?” Someone nearby post something that sounds fun? Send a message. That’s it! HowAboutWe’s iPhone app, launched in June, integrates with Foursquare – useful if you’re looking for a happy hour nearby.

## **Bizzy**

Looking for a new place to take that guy you met online? Davis advises checking out Bizzy, a new app (in Beta) available for Android and Apple devices. Like Foursquare, you check into that new coffee shop down the street and rate it.

But Bizzy takes things one step further by asking you for your favorite places – like your thoughts on the best food truck, best live music and best salon. The app recommends places you might like based on your answers to these questions, ratings of places you've checked out before and preferences of people who share your taste.

## **PinPointsX**

Spira says this is the app for when you're looking for a hookup. It shows you other members who live nearby, displaying information like their names, ages, height and weight. Of course you can also make a profile complete with a photo and brief, tantalizing bio. Find someone who looks like fun and you can send a message or give him a call. PinPointsX lets you search for men, women and couples. Plus, the app helps you find bars and hotels once you figure out who you want to meet. PinPointsX is available for Apple devices and in the Android Market.

## **DatingCRM**

Ever meet John during happy hour at that funky dive bar, only to confuse him with Jake from the hot club you checked out last weekend? Then you may want to check out DatingCRM, an app that keeps notes on all the potential dates you meet. While a new guy thinks you're texting, store tidbits about where you met, his favorite beer and what he does for a living. "It's like a digital black book," Davis says. Right now DatingCRM is only available in its private beta version since the developers are still working on the details. But this means you have a chance to give them feedback.

**Got any others we should know about? Let us know your tip on managing your love life ... we want to hear from you!**



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# 'The Change-Up' Starring Ryan Reynolds and Jason Bateman



Family man Mitch (Jason Bateman) and his best friend Dave (Ryan Reynolds), a swinger with minimal responsibilities, head out for a typical night of drinking. When they wake up the next morning, instead of having a hangover, their lives became magically switched. After experiencing each other's day-to-day routines, they both work to find a way to switch back to their normal lives, attempting to cause as little damage as possible. *The Change-Up* should have its funny moments, if you enjoyed movies such as *The Hangover*, *Shanghai Knights* and *Wedding Crashers*. Expect a fair share of crude

moments, causing a date night to be either successful or awkward, depending on your tastes.

## **Is it okay to be jealous of your single friends?**

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

Ideally the answer would be “no”, but sometimes on bad days, it's easy to lapse into jealousy. Cupid has some positive suggestions:

**1. Count your blessings:** Take a page from the Christmas movie, *It's a Wonderful Life*. Try to recall all of the little blessings you take for granted and how your life would be different without them.

**2. Hypothetically speaking:** Take some time to really think about your alternative life if were were to trade places with your friends. Although it's easier to look at the pros, ask yourself about the cons and possible consequences that come with being single again.

**3. Love stories:** If all else fails, try to vividly remember how you and your partner met and fell in love – then ask yourself if that's really worth trading in for a life of debauchery.

Release Date: 08/05

Cupid's Kiss Rating: 3 out of 5 kisses

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# Date Idea: Get Wet and Wild on the Water



With this great summer weather, it's time to have some fun in the sun. What better way to do that than by getting wet and wild on the water?

Grab your boo and head out on the water for some great waves and fun. If you don't have your own boat, why not rent one for the day? Head out to Montauk or take a ride around New York City to see some memorable sites, and cherish the time you get to spend with your love. Bring along some lunch or dinner to make your own romantic meal on the water.

If you're up for more intense action, rent a jet ski and get crazy. It's sure to be an adventure! If you're on the West

Coast and are ready to have some extreme fun, why not go white water rafting? This gives you an excuse to get close to your honey when you're going over steep falls or bumps.

If you don't feel ready to hop on a jet ski or go white water rafting, take a dip in the water and go for a nice swim with your beau. In the Midwest? The Great Lakes are a "great" option. Take a trip to Southwest Michigan and indulge in some beautiful lakeside beaches, like Silver Beach in St. Joseph. No matter what you and your partner choose to do, you're bound to have tons of fun in the sun.

**Do you have any tips on how to get wet and wild on the water this weekend? Share your thoughts below!**

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## **Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss Show, "Love Handles"**







By [Lori Bizzoco](#)

When it comes to the topic of love, ABC's *The Bachelor*, MTV's *Disaster Date*, and *Shot of Love with Tila Tequila* certainly have that in common. But, finding your amore isn't the only thing that bonds these shows together. They've also had the fortune of being produced by SallyAnn Salsano, a 37-year-old, fist-pumping dynamo, who is best known for creating the pop culture phenomenon, *Jersey Shore*.

SallyAnn's newest reality television endeavor, *Love Handles* airs on Lifetime Television this weekend. The show is an hour-long docu-series featuring a dual transformation of overweight couples as they attempt to save their lives and relationships by confronting what lies at the core of the emotional, dietary and physical issues deeply affecting their well-being. Think *Biggest Loser* meets *Dr. Phil*. Whether it's a couple who gained weight together and are trying to get the spice back in their love life, or the woman who feels overly self-conscious because her man is thinner than her.

We had the chance to catch up with SallyAnn and she gave us

the scoop on what we can expect to see this season:

**What can you tell us about *Love Handles*? What makes the show different from other shows of its type?**

It's about couples who feel like they're stuck, and we show their transformation. I mean, you have to go to work, raise your kids, go to the gym, cook for yourself, and deal with your life. That's the situation most people are in when they have to lose weight. Some people are granted the opportunity to shut down their life and dedicate themselves to losing weight, but in *Love Handles* people have to fend for themselves and just do it.

The other thing about *Love Handles* is that it's not just about losing the weight. It's a show about therapy, and what's really going on inside. It gives you a rare look at couples that are in complete, raw therapy sessions. For most of these people, they have never been to individual therapy, so forget about couple's therapy. For the first time, they talk about what's bothering them, not only about themselves, but about the person they love the most. So sometimes they're just like, "Well, I don't know if I love this guy. I don't know if I could see myself with him." You should see their partner's reactions; it looks like their eyeballs pop right out of their heads because it's the first time they've ever heard that.

**What are the relationships like on the show? Is everyone married?**

They're all in different stages. Some of them are in a relationship, but will not get married until they lose weight. Others won't get married to their partner because they don't want a fat bride or groom. Some of the contestants are engaged, but can't buy the wedding dress because they're overweight. There are also newlyweds who are in the first year of marriage and gained 80 pounds. Some couples have been married for ten years and gained hundreds of pounds along the



way and lost the intimacy they once had with each other. Every couple has their own unique story. Or, it could be that he's skinny and she's fat -it's all stuff everyone deals with and it's not only women who are self-conscious about their weight, it is men too. So you put that together – two people who are not feeling good about themselves – and the word toxic doesn't even do it justice. They're in a position where they don't even love themselves. They need to figure out what's going on inside before they can figure out if they want to be with this other person.

### **How does *Love Handles* parallel your own life?**

Well, I'm 37, in a relationship, and I'm really happy. But, I was in a previous relationship for seven years. We had a great time, a great house, and all the bullshit. He loved me, I loved him. But, I just wasn't happy. I was so overweight, and I think that I blamed my unhappiness on anything but that. It wasn't until I got my stuff together and lost the weight that I realized I had to move on. I threw out everything I owned and gutted my house. I did a drastic, crazy person clean out, and started over. I've never been happier. I won't say that the relationship was bad, because it wasn't bad at all. It was really me and that's kind of where *Love Handles* came from.

I think a lot of girls want to get married and have a family. And, they're looking for one guy who says yes. It doesn't even have to be the right person. For me, it's not the first person you find to say, "yes." It's the person you want to grow old with, rich or poor, the person you want next to you.

### **What is it about love that makes these shows so popular?**

Well, I think everyone is on the endless search for love. I think even if you find someone, and you get married, you're always wondering if this is the greatest love of your life. Is this what love is supposed to feel like? I think it's all anyone ever wants. Everyone equates love with happiness.

Every girl, every guy, every adult, even if you're married or single, it doesn't matter. You watch these shows, and you fantasize right along with them. Everyone wants a fairy tale.

**Before we go, we need to ask some Jersey Shore "LOVE" questions! First, will we see a good love story in Italy?**

Well, there are people falling in and out of love in Italy. I would say that it's hot and cold in that house. I love this season. Every season I do the same thing. I come back, and I'm like, "What if nothing happens? What if nothing goes on?"

Let me tell you something. I got all the way to Italy, and I was like, "Are you guys kidding me?" I was sitting there and would not leave the control room for 20 hours a day. That's when you know it's good. This particular season is interesting, because they were away. They didn't have all the comforts of home, and all the interactions with their friends and family that they usually do, so there was a bit more conflict than you've seen before.

**What's the status of Sammi and Ronnie this season? Can you give us a little hint?**

Well, the status depends on what episode (chuckle)! You're going to see a little bit of the Sammi and Ron you knew before, and then the Sammi and Ron who takes a turn. It's really interesting. I think they finally come into their own. Sometimes, I think you grow up when you're apart.

Whether it is the crazy, fist-pumping nights out at Karma, the quacking duck phone or Snooki's ridiculous antics that have you hooked, everyone loves to watch the drama. Jersey Shore Season 4 will premiere August 4th t at 10pm ET/PT on MTV.

*And, don't forget to tune into Love Handles on Lifetime Television August 6<sup>th</sup> at 7pm and August 7<sup>th</sup> at 3PM & 4PM.*

Cupid's Pulse sends a thankful fist-pump to Sally Ann for taking the time to talk with us.

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# Exclusive Interview: Former 'Bachelorette' Winner Jesse Csincsak Gives His Take on the Season Finale



In the season 7 finale of the reality TV show *The Bachelorette*, we saw [Ashley Hebert](#) choose between the remaining two bachelors, Ben Flajnik and [J.P. Rosenbaum](#), and watched as she celebrated her [celebrity engagement](#) with Rosenbaum. From the looks of things on the *After the*

*Final Rose* special, our bachelorette is indeed blissfully in love and will be moving to New York City in the coming months to join her man! Following the episode, we checked in with our *Bachelorette* expert Jesse Csincsak to get his thoughts on the last chapter of this reality TV love story.

## **Former *Bachelorette* Winner Shares Thoughts On Season 7 Finale**

**Meeting Ashley's family didn't go so well for J.P. Were you surprised by Ashley's sister's reaction to J.P.?**

I am still wondering how much of Ashley's sister's reaction was actually production talking.

**We heard over and over again that family approval was very important to Ashley. Do you suspect Ashley and her sister were able to talk about her relationship and love before she decided to give the final rose to J.P.?**

I think production had her sister say those things but behind closed doors – her sister told her, “Hey, it's not me; it's for TV.” Then, Ashley was just so pumped that her sister didn't feel that way anymore!

**Related Link:** [Celebrity Video Interview: Meryl Davis and Charlie White Dish About Their Love Lives!](#)

**Should Ashley have let Ben know her decision before he got down on one knee?**

All of those calls are made by production for good television; Ashley didn't want to do that.

**What did you think about Ben's reaction when he found out he wasn't The One? Do you agree with his assessment that “good things don't end unless they end badly”?**

I have mad respect for Ben after last night and agree with his

actions and words 100 percent.

**Ben and Ashley had a very strong friendship. Given their foundation as friends, did you expect his strong reaction to being dumped?**

Yes, he got down on one knee in front of 15 million people before realizing production got the best of him!

**Any shock from you when you found out that J.P. was her true celebrity love? We did see a lot of J.P. throughout the season, and usually a guy who gets a lot of camera time doesn't always end up with the final rose.**

This is the first time the celebrity love story was in the edit from the beginning. But as long as they are happy, who are we to judge them!

**As a viewer, what do you think makes J.P. and Ashley's relationship and love work?**

Love is going to be the key factor. When the crap hits the fans, in the end, all you will have is love!

**Related Link:** ['The Bachelorette' Season 7, Episode 9: Final Two Men Remaining](#)

**So, what do you think the future holds for J.P. and Ashley? Do you think there will be a celebrity wedding and many more chapters to their love story?**

If they can stay out of Los Angeles and New York City, I think they will be just fine.

*Still looking for more rose action? Be sure to set your DVR for next Monday night and the season premiere of Bachelor Pad 2!*

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# Marla Martenson Talks 'Diary of a Beverly Hills Matchmaker'



By Tanni Deb

Finding love doesn't come easy, especially when you have unrealistic expectations of your partner. If you don't believe me, just ask professional matchmaker **Marla Martenson**, the author of ***Diary of a Beverly Hills Matchmaker***. Martenson gives readers an inside scoop of what really goes on behind the scenes when it comes to matchmaking. Featuring real



letters from clients where elite men search for supermodel look-alikes and women are on a quest to find a wealthy soul mate in one of the richest cities in California, the book is sure to shock and entertain readers.

Cupid had a chance to interview Martenson via phone about her book. Take a look at what she had to say:

### **Why did you become a matchmaker?**

It was really a fluke that turned into a career. I got a job as a videographer at a video dating company back in 2001. I had been an actress and a waitress for 20 years in Los Angeles and Chicago, and I didn't want to be in the restaurant business anymore. I was still acting, but I never could make a living out of it. When I was offered the position at the video dating company, I jumped at the chance. I loved it and felt like I was the director doing these videos for the people. While working there, I thought about writing a dating book from talking to all these people. After that job, I moved over to an upscale matchmaking service in Beverly Hills where I became the vice president of matchmaking. I was there for seven years.

### **What challenges do you face as a matchmaker?**

The challenges would be the people who are so picky. They're very selective here in Southern California. The guys want the girls to look like models and the girls hope the guys are super wealthy. So I think the initial challenge is that everybody has on their wish list their prince charming. It's really about what you want in a partner and getting them to see that it's not always about that first superficial wish that they might think they want.

**Your book review in Amazon said that you've had clients who were very unrealistic. For example, "old, nerdy, overweight, and balding man" who is searching for a "supermodel look-alike who has to have an Ivy League education but prefers to be a**

**1950's housewife." How do you handle people with unrealistic expectations?**

A lot of times I will do some coaching. A woman has come to me recently for some coaching, but sometimes people are not open to changing; they want what they want. I try to deliver and if I can't, I can't. But I tell them that I'm a matchmaker, not a magician.

**Is it possible to find them someone who matches their criteria?**

I have to say I really love my clients; they're great people. But a lot of them have unrealistic expectations. Luckily, in Los Angeles there are a lot of beautiful women so I'm able to match the guys. And there are a lot of guys who are doing very well and are successful. It's understandable that a woman wants a man with something going on. She wants to get married and have a family. She wants somebody who has a good career and who can take care of her. I can see where some of it comes from.

**Have you had clients who return continuously because they aren't satisfied with who they were matched with?**

I do show them photos, so they'll see the pictures first. Now when they get on a date, there might not be any chemistry or their personalities might not match. But, generally, they won't say that the person didn't look good at all because they've seen the photo. So they're not too disappointed that way.

**What do most men and women search for in a significant other?**

It's interesting because women's top desires that they tell me in a man is sense of humor, honesty, loyalty, looks and healthy lifestyle. The men want what they see first. They say they want a woman who is attractive, they love a great sense of humor and someone who is easy going.

**What advice do you have for those who have been single for quite some time now because they have unrealistic expectations of the opposite sex?**

Be a little more open-minded and try dating someone who maybe doesn't fit the exact picture in your mind. If you go out with somebody, it doesn't mean you have to marry him or you're going to spend your life with him. It's just a cup of coffee or lunch or dinner. So give the guy a try if he has a lot of great qualities you're looking for.

Cupid thanks Marla Martenson for her time! To get a look into the world of matchmaking, visit **Amazon** to purchase *Diary of a Beverly Hills Matchmaker*.

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## **5 Celebrity Couples That Are Playing It Safe In The Sun**





By Melissa Tierney

Whether it's running through Central Park or hitting the beach, celebrities everywhere are embracing the summertime and loving their naturally sun-kissed or porcelain skin. But despite the fact that it's now August the cast of *Jersey Shore* is getting their "GTL" on, these five celebrity couples are determined to love the skin they are in without fake and baking at a tanning salon. If you think you're pale and were considering getting a faux glow, think again! Take a look at these five celebrity couples, because they're sure to make you feel comfortable and confident in the skin you're in!

**1. Kristen Stewart and Robert Pattinson:** Having pale skin isn't just perfectly acceptable in Stephanie Meyer's *Twilight* world, but in Hollywood as well. Stars like these vamped up hotties are embracing the sun, but in a healthy way. While traveling the world to promote their upcoming movie, *Breaking Dawn Part I*, Stewart and Pattinson have kept to their porcelain roots even though the bronze trend is becoming a huge sensation.

**2. Natalie Portman and Benjamin Millepied:** This adorable

couple has that new parents glow after welcoming their baby boy into the world this month. Portman, who is known for her light skin, looks ravishing everywhere she goes without having that orange tint that so many celebrities are after this season. Maybe it's time for us to take a tip from Portman and realize a natural glow is much better than a fake one. Fiance and baby daddy, Benjamin Millepied, seems to agree, as he's adored Portman ever since they met on the set of their film, *Black Swan*.

**3. Nicole Kidman and Keith Urban:** It looks like this couple knows just how to play it safe in the sun! The two Aussie's are no strangers to the sun, but when they hit the clear waters and beaches of Sydney, like they did for their 2006 wedding ceremony in North Sydney, they are careful to put on some SPF and cute shades. What better way can these two love birds embrace their culture, than in a conscious and healthy way?

**4. Dita Von Teese and Louis-Marie de Castelbajac:** The sexy pin up girl and French aristocrat have caused quite a stir since they started dating in 2010, but one thing these two don't have to worry about is damage from the sun's harmful rays. Being the ex of vampire-esque Marilyn Manson may have rubbed off on Von Teese, and she'd rather be fair-skinned than brown, which we love. Who knows – maybe this is the season to give pale skin a shot.

**5. Cate Blanchett and Andrew Upton:** The Hollywood starlet is certainly gorgeous and breathtaking, and one of her claims to fame is her porcelain-like complexion. While having healthy skin is most certainly in, knowing how to carry it makes all the difference. Blanchett's clear complexion makes her a stand out on the red carpet, and husband Andrew Upton definitely seems to approve.

**What celebrity couples do you think practice safe skin? Share**

your thoughts below!

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# Why Kourtney Kardashian and Scott Disick Don't Need to Get Married



By Brea Gunn

Okay, okay...I'll admit it. I'm a reality TV junkie. I LOVE watching the train wrecks, drama, and outright ridiculousness that has become entertainment. Sometimes, though, a show truly hits a chord. I was watching Keeping Up With the Kardashians



and stumbled upon the episode where Kris is pushing Kourtney and Scott to get married ... But they don't want to tie the knot.

This may seem strange to you, but it really irked me that their mom, Kris, was pushing the issue. Now, I'm all about weddings. It's what I love to write about, talk about and blog about, but sometimes weddings are not the best thing. Take Kourtney and Scott, for example. If her mom wants a commitment, why not have a commitment ceremony instead of a wedding? You can still have the dress, the big bash and the DJ without ending up with a legally binding piece of paper.

Take a look at some other celebs that have kids and aren't married ... Johnny Depp (together with his partner for more than 10 years, he has 2 kids) and Brad Pitt and Angelina Jolie (together for more than 5 years and they have six (right?) kids) ... And both couples are very comfortable in their relationships.

And then there are the celebrities that have gotten married after they have kids, like Ashlee Simpson and Pete Wentz, and Britney Spears and Kevin Federline. Now, they're separated or divorced.

So where's the middle ground? And more importantly, what does any of this have to do with us 'normal' people? I think that weddings are fantastic, and I love every single one of them, but they're truly not for everyone, as I think the Kardashians (among others) have shown us. So when do you know it's right?

If you can't imagine the rest of your life without your love's best and WORST features, then (more than likely) you're probably on the right track with the wedding plans. But if you're happy being your semi-single self, consider a commitment ceremony or party to celebrate a milestone year in your relationship instead.

Sure, Mom may be upset (even famous moms want to plan their daughter's weddings), but I think that if you sit down with her (do not take a page from Kourtney on this one) and calmly explain your choice, then chances are she'll be on board ... especially if you let her plan a party.

Brea Gunn is a monthly contributor for Cupid's Pulse and writes for a Hudson Valley weddings site for real weddings, reviews and inspiration from local wedding business resources.

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## 10 Signs You're Ready For a Relationship



By Marianne Beach, GalTime.com

I'm admittedly a recovered relationship addict. I went from relationship to relationship with little or no break in between. Luckily, I was finally able to break that cycle and stay single for two years – before finally meeting my dream guy (and now husband).

But staying single for a serial monogamist is often easier said than done. After all, you're used to having a second opinion, someone to take to dinner parties and curl up with in bed. An empty house can be frightening for someone addicted to love.

But Jennifer Oikle, Ph.D., relationship psychologist, dating coach and founder of **MySoulmateSolution.com**, insists that though it's difficult, it's also ultimately rewarding and will prepare you for the relationship of your dreams.

So how do you start? First, she says, forget being committed to a relationship and start becoming committed to yourself instead. "Become delighted by the idea of discovering who you are, without having to please someone else."

In fact, she suggests not dating at all for a certain amount of time, so you don't fall into old habits. "Avoid all of the typical ways you usually behave to find a new beau (going to bars, trolling the Internet, etc)," she says. "Ask a friend to be your sponsor and help you stay single."

During that dating fast, start living for yourself. "Become involved in new hobbies, activities and same-sex friendships to help you discover who you are, what you love, what you don't love," Dr. Jenn says. "Allow yourself to discover new strengths, become aware of patterns which no longer serve you and begin trying out new behaviors so that you become a strong, confident, self-sufficient person, before you head back onto the dating field."

When you are feeling more secure with yourself – and you don't need a relationship to survive – start with casual dating first, rather than jumping in with both feet.

“By casually dating, often more than one person at a time, you can slow yourself down, by spreading your attention over more than one person – keeping you from getting over – invested in any one person too quickly,” Dr. Jenn explains. “You want to keep dating until it's comfortable – until you aren't running into a relationship to get away from the insecurities of dating.”

**How do you know when you are finally ready to enter a real relationship? Dr. Jenn suggests you look for the following signs:**

1. You've been on your own for at least 3-6 months and you no longer feel like you NEED a relationship just to survive.
2. You feel like you are good on your own.
3. You feel confident.
4. Your mood is stable – you don't let the little ups and downs of life throw you overboard.
5. You can hear other people's opinions and criticism and not take it personally.
6. Your worth isn't directly related to what other people think (as long as it is, you are too vulnerable to date).
7. You aren't preoccupied with your ex and your emotions are no longer raw.
8. You can think of the past and just feel mostly gratitude for what you learned AND you can explain what you learned, how you contributed to the cycle and how you will proceed differently. If you can't name those things, you aren't ready to date because you'll just make the same mistakes.
9. You now have interests, hobbies and friendships that you are passionate about and invested in and you are serious about not dropping them for ANY man!
10. Ask your friends – they will know! ☐

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# Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen



By **Krissy Dolor** and **Whitney Baker**

In the summer, spending time with your partner may give you the desire to take a vacation or book a weekend at one of those posh beach houses, but, if you're on a budget or simply nervous about fluctuating gas prices, you'll need to find other ways to keep your relationship exciting without breaking the bank. A do-it-yourself (DIY) date night is the perfect solution.

Monica Pedersen, lifestyle expert and television co-host of *HGTV Dream Home Giveaway 2011*, recently dished with us about her own relationship with husband, Erik and five ways to plan a romantic evening that won't break the bank.

"Everything I do is under budget, real do-it-yourself," explained Pedersen, who taped *Bang for Your Buck* this summer, a show where she works with a realtor to evaluate newly-renovated houses and help people figure out how to redecorate their home on a smart budget.

This fashion-model-turned-design-student always had an interest in interior decorating, perhaps because of her parents: her father was a handyman, and her mother enjoyed to sew. But what caught HGTV's eye in hiring Pedersen was her ability to put together a room that would sell, without spending a fortune.

It's no surprise, then, that this TV personality enjoys the simpler pleasures in life when it comes to creating intimacy with her husband. "We've always had a chalkboard in our kitchen, and my husband writes me love notes on it, says Pedersen. It can be anything like, 'Welcome home,' or 'Good luck on your shoot.'" She even takes pictures so she can cherish the sweetest messages forever. "It's silly, but it's a romantic little thing that means a lot."

Writing a message to your partner doesn't cost a thing, and it can really increase the intimacy in a relationship. If you're tight on money, start thinking outside the box for ways to spice things up!

Here are five tips from Pedersen to make your very own at-home date night feel like a special occasion:

**1. Light the scene:** Create a romantic atmosphere with candles. If large pillars or candelabras are out of your budget, purchase some inexpensive tea light candles and place them in small glass votives on a table, around a room, or by



the bathtub! In the world of design, nothing sets the tone faster than lighting.

**2. Make it a tradition:** Uncork a great bottle of wine and toast your partner. Pedersen is a fan of Rutherford Hill Merlot from Napa Valley, CA, which was served at her wedding. She advises writing your toast ahead of time so you can read it to your date. It shows that you put thought into the evening. To start a new tradition, date the cork from that night and tuck it away. Pedersen has a collection of corks marking special date nights in a glass box on her coffee table.

**3. Create the perfect pair:** If dinner is part of your date night, make a dish that you know your partner will love, bring out the fancy table settings (using the “good stuff” is a great way to turn a typical evening into a special occasion) and turn on some “mood” music.

**4. Add a thoughtful touch:** Save money and time with inexpensive take-out and a mixed bouquet of fresh flowers. These two items can make a simple date at home feel unique. Bouquets usually cost under \$10 at most grocery stores; if you’re near a Costco, pick up a bouquet of their fresh-cut roses for a bargain price. Remember, it’s making the effort that counts.

**5. Invite the crew:** If getting a babysitter is a problem, include the kids in your plans. For instance, let them each create a list of all the reasons why Mom loves Dad and Dad loves Mom. Or have them choose a romantic comedy DVD that you can all watch together.

“Never apologize for having a small budget,” Pedersen emphasizes. “It pushes your creativity!”

Pedersen adds that her father gave her the most important piece of relationship advice. “He said, ‘You know kid, you need to find a hobby, something that you guys can do

together.'” So what do the Pedersen’s do during their time off? Golf!

“When we got married, I said, ‘I want you to teach me to play golf.’ Now, it’s something we do together; we’ve traveled all over the world to different courses,” said Pedersen. The couple plays every Saturday afternoon and then enjoys takeout for dinner at the same place each week. “His friends always say, ‘You want to play golf with your wife?’ But it’s our thing that we do together – cell phones off, no Blackberries – it’s just him and I, spending time together in nature.”

Pedersen recommends that all couples pick something that they can enjoy with their partner – whether it’s fly-fishing, wine-tasting or simply grabbing take-out from your favorite restaurant – make a tradition out of it.

*Monica Pedersen is an interior decorator, lifestyle expert and television host. This summer, she will be working on a book about home entertainment, due in bookstores early next year.*

*She can be seen regularly on HGTV’s Designed to Sell, Bang for Your Buck, Showdown, and the HGTV Dream Home as well as on appearances on Live with Regis and Kelly and The Today Show.*

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## 10 Ways To Be A Beach Bum With Your Beau





By **Vicky Sullivan** of **Aspiring Socialite**

During the hot months, the beach is the perfect place to go, either as a couple or while on a group date with mutual friends. Regardless of whether you're in a relationship or not, this location is the perfect place to enjoy a romance in the summertime – no wonder so many people choose to have beach weddings or visit exotic beach-side resorts on their honeymoon! If you're itching to head to the sandy shores, here's a countdown of the top 10 ways to be a beach bum with your beau this season:

**10. Sex on the beach:** It's not just a drink. But, make sure you don't get caught.

**9. Take a stroll:** A long walk on the sand or the boardwalk is an ideal way to bond with your partner in the summer sun.

**8. Have a picnic:** Eating on the beach together is a sweet way to share a meal, whether it's during the day or under the stars. Bring a large blanket to sit on and watch out for those seagulls. They may be hungry too.

**7. Ride horses:** Many beach resorts offer seaside horseback riding, which is both a romantic and unique experience to share as a couple.

**6. Steal a kiss:** The beach is as good a place as any to grab a smooch from your beau. Plus, it creates an excellent backdrop for a passion-filled day.

**5. Apply sunscreen:** Helping your partner apply sunscreen is amorous in two ways. Not only are you watching out for your partner's well-being, but you're also giving them a sensuous rub down – and no one can criticize you for getting touchy-feely in the name of good health.

**4. Relax in the breeze:** Try visiting the shore during a slightly windy day. The breeze and soothing sound of the waves are bound to cool you off.

**3. Create a photo shoot:** In the dead of winter, you'll want to remember the fun times you spent frolicking in the sun. Take a moment to snap some cute shots of you and your partner, beaming and tan on a sunny day. Grab some shells to glue to a frame and voila – instant home décor.

**2. Take a scenic boat ride:** Sail out into the ocean for a peaceful and relaxing ride. Or, if you want to pick up the pace, rent jet skis instead. Or, rent just one jet ski and share the ride together. Just remember to play nice and take turns letting your partner drive.

**1. Watch the sunset:** Stay until the early evening to enjoy one of nature's most beautiful gifts. A sunset over the ocean is a view you won't soon forget, and it's a picture perfect way to end a day you spent bumming around with the one you love.

**What's the most romantic thing you've done with your partner at the beach? Let us know below!**

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# Five Tips to Help Your Partner Feel Comfortable Around Your Friends



By Ashyia Hill

You've managed to make a romantic spark turn into a comfortable relationship, and now you want to bring your new partner around to meet your friends. Meeting your closest friends and family could be a make-or-break moment—especially if he doesn't connect with them or even like them for that matter. Thankfully, there are steps you can take to help make your lover feel more relaxed about the meet and greet. In

fact, many of these tactics are ones that we see celebrities using in their relationships. So, let's take a cue from a few famous couples with the following five steps:

### **1. Don't force your friends on your partner**

Some independence in a relationship is healthy. AskMen.com put together a profile of Tom Brady and Gisele Bündchen's relationship that shows how the celebrity power couple has maintained independent careers that take them all over the world, while still cultivating a sizzling relationship. This independence can also be applied to your friendships. One way to do that is by scheduling time to meet up with your friends separately. That way, when it's time to plan a get-together, you can focus on helping your partner feel at ease instead of trying to catch up on your friends' lives.

### **2. Give them talking points**

Just as celebrities prepare for their TV and magazine interviews, you can help your sweetie feel a little more prepared around your pals with a little prep time. Give them some background on the people they'll meet and match up any commonalities they may have with your friends. Another idea is to provide them with some fun factoids that will help get the conversations rolling and break the ice.

### **3. Plan a double date**

Arrange a double date with another couple you know. This way, your honey can socialize one-on-one and get to know your friends better. Of course, you'll want to steer clear of double dates with friends whose partners you don't care for or you think your significant other won't get along with!

### **4. Take a trip together**

You see celebs doing this all the time. Of course, you don't



need to fly off on a private jet to a world-class resort to get the same effect but a weekend away can bond people immediately. If you're tight on budget, keep it close to home.

## **5. Steer clear of friendly exes**

Tabloids often publish pictures of celebrities remaining friendly with their exes. But getting your current flame together with a fizzled out one isn't the best idea. Instead, focus on life-long friends who have always been and will forever remain platonic.

**How do you make your partner feel comfortable around your friends? Leave a comment with your perspective.**

*Ashyia Hill is a social media advocate at the cash back credit card website, CreditDonkey.*

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# **Crazy Stupid Love featuring Steve Carell, Julianna Moore, Ryan Gosling and Emma Stone**





Cal Weaver (Steve Carell) and his wife Emily (Julianna Moore) live a great life together – that is until she admits she had an affair and wants a divorce. Now Mr. Weaver is off to play the single world with some help as he plays wingman to Jacob Palmer (Ryan Gosling), a handsome player. Sure the makeover is helping Weaver play the field, but one thing that didn't change is his love for Emily.

## **What are the best ways to handle a break-up?**

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

Everyone responds differently when a relationship ends, but there are somethings to consider. Cupid's got some answers.

**1. Patience is a virtue:** Although there's no scientific method to determine the "mourning period," rushing into another relationship can be a quick fix, but in the end is more damaging.

**2. Soul-searching:** Take the “mourning period” to focus on yourself; evaluate your past relationship and find out what you’ve learned and what you can do differently when you are once again ready to date.

**3. Closure is crucial:** Whether it’s getting your favorite shirt back or keeping distance for a long time, it’s important to close the door on your relationship. Nobody wants to date someone else while they are thinking of a past lover.

**Release Date: July 29**

**Cupid’s Rating: 4.5/5**

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## Celebrity Couples Who Look Hot At a Pool Party





By Diamon Hall

Celebrities might have busy schedules, but as soon as they get a break, they take full advantage of it with fun-filled vacations. Snapshots of poolside parties and romantic strolls on the beach hit the tabloids each day, documenting their experiences. Take a look at our list of five hot famous couples at some of the top vacation spots:

**1. Ryan Seacrest and Julianne Hough:** *American Idol* personality, Ryan Seacrest, and his young hottie, *Rock of Ages* star Julianne Hough, took some time off from the big screen to enjoy a vacation together. Hough, 22 and her man, Seacrest, 36, were spotted jet skiing together in Miami. "The couple said they had spent so many days apart, they really wanted to chill," a source told *People*. Well, they certainly couldn't stay apart on this fun-filled escape.

**2. Ciara and Amar'e Stoudemire:** R&B singer Ciara showed off her "goodies" on Miami Beach with her new honey, New York Knicks star Amar'e Stoudemire. Ciara certainly wasn't the only one showing off her body though. Stoudemire trotted through the sand shirtless, but with New York Knicks shorts on

and flaunting his many tattoos. Nothing shows off a new couple better than a beachside vacay.

**3. Ashley Tisdale and Zac Efron:** Ashley Tisdale enjoyed her 26th birthday beachside with *High School Musical* costar Zac Efron, according to *People*. The 23-year-old hottie, Efron, was spotted giving Tisdale a piggyback ride as the two marked the VnC Cocktails and Heineken Light-sponsored milestone in Malibu, Calif. “So happy zacary made it to my party,” Tisdale tweeted.

**4. Katie Holmes and Tom Cruise:** These two hot stars took a splash in the water on a beach side getaway. Holmes, 31, showed off her bikini body while lounging by the pool in Miami Beach, Fla. Holmes certainly didn’t let her sexiness go to waste and gave hubby Tom Cruise, 48, a passionate kiss.

**5. Channing Tatum and Jenna Dewan:** This Hollywood couple was spotted along the shore during their stay at Viceroy Anguilla in the Caribbean. Both are usually seen on the big screen, but decided to get away and take a dip in the tropical islands.

Who doesn’t love to kick back and relax on enjoyable vacations? These popular couples took their escapes to a much higher level. Working in Hollywood can be very hectic, so we definitely don’t blame them!

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## Mending Hugh Hefner’s Broken Heart





By Ronnie Ann Ryan MBA, CCC – The Dating Coach

Less than a week after fiancée Crystal Harris called off her nuptials to Hugh Hefner, the scorned husband-to-be rebounded by publicly showcasing his new girlfriend— Sheri Bechard, the November 2011 Playboy Playmate. To me, that's the definition of a true playboy, and it suits Hef perfectly. After all, he is the original founder of the Playboy brand.

When questioned by fans and hecklers about moving on so quickly, Hugh claimed that Sheri is the remedy for his broken heart. As a professional dating coach, one thing I know for sure is that the heart takes time to heal. If Hefner was truly crushed by Harris leaving him, then he's certainly in no position to have already moved on. Whether you're a man or a woman, a new love interest is not the antidote for heartbreak. Finding someone else so quickly is not a healing strategy; it's simply a rebound. In my opinion, the chances of



things going well for Shera and Hugh are quite slim at best.

If you want to heal and find lasting love, you'll have to recover from the pain of breaking up with your past partner first. Otherwise, you could be leading yourself and the new flame down another hurtful path. Here are some tips to help you move through the healing process in a healthy way:

**1. Give yourself time to recover:** Spend time alone, with friends and family. Be with people who love you so that you can regain your inner strength.

**2. Take good care of yourself:** Get a massage, energy balance, makeover, new hairstyle, or start working with an exercise trainer. Take healthy steps to improve your self-confidence.

**3. Shift negative thinking to positive self-talk:** If you spend a lot of time blaming and berating yourself, stop. Learn how to speak nicely to yourself with positive inner dialoguing. It's a lot like being your own dating coach! Tell yourself that love is out there, and it's only a matter of time before you find it.

**4. Relax and enrich your life:** There's no hurry. Rushing will only lead to mistakes again. Instead, take your time, and build a rich and interesting life for yourself. When you're enjoying yourself you inevitably become more attractive.

*Ronnie Ann Ryan – The Dating Coach has helped thousands of people transform their love lives from disaster to finding healthy, loving relationships. You can find her on her website, [www.NeverTooLate.biz](http://www.NeverTooLate.biz).*

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# Amy Winehouse Unexpectedly and Sadly Joins the 27 Club



By [Whitney Baker](#) and Imani Brammer

Lady Gaga said it best: “Amy changed pop music forever, I remember knowing there was hope, and feeling not alone because of her. She lived jazz, she lived the blues.” With her soulful voice, peculiar demeanor and unruly habits, Amy Winehouse wowed audiences despite sometimes tripping on stage, throwing her shoes at people and struggling to stand up straight. Her fans still loved her. Now, with her music still echoing in their ears, they’re left with an all-too-obvious reminder that life is short.

At 3:54 pm on Saturday, July 23, 2011, 27-year-old jazz-influenced soul singer Winehouse was reported dead. She was

found in her London home, and a police source confirms that there were no sign of drugs near her body. A toxicology report may take weeks to complete, and until then, the cause of her death is unclear. Even so, Winehouse battled with a long-term – and well-known – drug addiction. Suspicions are in the air as to whether her addiction to crack cocaine, heroin, alcohol, ecstasy, ketamine and cigarettes may have played a part in her untimely death. Although she checked into rehabilitation centers at various times throughout her career, she believed that her illness was manic depression rather than alcohol or drug dependency.

As she was off-and-on with checking into rehab, she was similarly off-and-on with her marriage to Blake Fielder-Civil. With their shared drug abuse and Winehouse's penchant for adultery and violent, drunken moments, the marriage was severely damaged. In January 2009, Fielder-Civil divorced Winehouse after she admitted to adultery in court papers.

Her failed marriage may have caused Winehouse to sink deeper into depression. However, it seems like she tried to reinvigorate her love life through her most recent relationship with Reg Traviss, a film director. Their love was still going strong as recent as April, but took a downward spiral last month when Traviss ended their relationship. Heartbroken and inconsolable, Winehouse briefly checked into Priory Rehab Clinic in London and then proceeded to cancel her European tour. Traviss wanted to play a positive role in her life, but realized that he couldn't make her stand strong against her drunken demons, reported Celebs.

According to Drug Addiction Treatment, Traviss did the right thing:

"... your reasons for leaving must be based on the best interests of all concerned. The decision should come after all other options have been thoroughly explored, and/or you've

come to the realization that by staying, you're doing more harm than good – harm to you, your spouse and your family.”

Revealing how important love was to Winehouse, many of her songs were dedicated to her relationships – both the good and bad parts of romance. For instance, in her ballad “Love is a Losing Game,” she sang about how she lost to love and laments the trouble that it has caused:

“Love is a losing game  
One I wish I never played  
Oh what a mess we made”

In addition to using her music as an outlet for her pain, Winehouse may have used her drug addiction to wipe away her sorrows and regrets. But can addiction really cure a broken heart? Perhaps she should've looked to love as the ultimate reason to overcome her addiction. Just as both of these forces made their mark in Winehouse's life, this uniquely talented artist unequivocally impacted the lives of her fans. There will surely be a gaping hole in the world of music.

Sadly, with her early and unexpected death, Winehouse joins the 27 Club, an ironic club of deceased, influential rock artists who died at age 27, generally with some sort of controversy surrounding their death. Winehouse was aware of this group, also known as the Forever 27 Club or Club 27, and sometimes referenced its existence in interviews. Now, her name will be remembered along side legends like Jimi Hendrix, Janis Joplin and Kurt Cobain. May their souls rest in peace.

**In light of Winehouse's death, what celebrity passing has most affected you and why? Share your thoughts below.**

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# 5 Reasons To Play Hooky From Work With Your Honey



By Andrew Pryor

You're sitting at your computer at work and you've had it up to "here" with the pile of papers sitting on your desk. All you can think about is an afternoon escape. After all, the work will still be there when you get back. If you're contemplating calling in sick or checking out early, double up with your partner so that you can really enjoy the day. A vacation for two is much more fun than one. Here are five ready-made reasons to hop the cubicle walls and make time for yourself and your loved one:

**1. Celebrate a promotion:** If you've just picked up a new title and a pay raise, what better way to celebrate than to spend

some time off with someone you love? He or she can accompany you to an early and fancy dinner date where you can toast your latest success.

**2. Get an early start on happy hour:** If you leave half an hour early, it should be five o'clock by the time you hit your favorite bar. Meet your partner there and think back to the first time you bought him or her a drink.

**3. Adopt or create your own holiday:** Whether it's Talk Like A Pirate Day, Flying Spaghetti Monster Day or the birthday of a celebrity you've always worshiped, find a reason to celebrate, and take time off from work. Here are a few silly suggestions for the month of July from [BrownieLocks.com](http://BrownieLocks.com).

**4. It's a nice day outside:** Look out the window, feel the sunshine hitting your face and imagine lying in the grass with the love of your life. Life is too short to spend eight hours of your day indoors, so find an out-of-the-way spot you and your honey can call your own.

**5. You don't need a reason at all:** The best things in life are unexpected. Come home early and surprise your husband, wife, partner or lover with a sensuous and lovely day together. Sometimes, you don't need an excuse to spend a day away from work – you just need someone to make that day worthwhile...and maybe a 'broken' alarm clock.

**Do you have any ideas about how to escape the workday with your partner? Share them with us in a comment below.**

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# How to Deal With Life After Divorce



By Mark Shields

Divorce can be a truly painful experience, and people deal with the aftermath in different ways. Some begin to see the light at the end of the tunnel quickly, while others continue to foster darkness and deeper feelings of pain and loss. The key is to choose the path that leads you towards the light by keeping yourself active, staying close with friends, developing new relationships and becoming a healthier person mentally, physically and spiritually.

## Stay Active

Once divorced, you may find you have much more time on your

hands to participate in activities you've always wanted to do. Have you ever wanted to take a tennis lesson? Now is the time to do it! You might also consider joining an adventure group who experiences the wonders of the outdoors and who climbs, bikes, hikes or simply meanders through the paths and trails of nature. There are organizations of all kinds that don't necessarily call themselves 'support' groups, but just turn out to be supportive. It's a great way to meet new and interesting people and to get in touch with yourself. Some other ideas include: book clubs, ballroom dancing and taking fitness classes at a gym. No matter what your interest, do some research to find your niche.

## **Write**

Writing is another way to exfoliate your pain. Grab a leather journal, and begin a journey. Write down everything you feel, think and dream without anyone looking over your shoulder. There should be no one there to judge you; you're just answering to yourself. It's a great way to cleanse your system of all of the hurt and pain you've recently experienced.

## **Hang with Friends**

Staying close with those you care about is important. How many times have you been there for your friends when they were having a tough time? Just try to remember that you're not burdening your friends when you need them during the divorce process. Feeling lonely in an empty house? Call up a pal and go for a walk or watch a funny movie together. Being surrounded by love in this hard time is one of the best forms of medicine, as long as you open up and allow them inside to comfort you.

## **Be Healthy**

You will also want to get on a health routine if you haven't

already started one. Working out helps boost your endorphins and can turn sadness and sorrow upside down, giving you hope and happiness. Join a gym, a hiking club or a sports team.

Even just getting out there for and walking your pain away can be just what you need.

No matter what you do, let go of your past and live in the present. Once you've used these ideas to fully move on, you can look forward to your future.

*Mark Shields is a partner at the law offices of Gillespie, Shields & Durrant. His specialties as a Phoenix family lawyer include Paternity and Grandparent's rights. He has been practicing law in Arizona since 1997.*

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## **Be the Toast of the Party Without Breaking the Bank with Elyse Luray's 'Great Wines Under \$20'**





By Imani Brammer

If you're looking for the perfect date wine or a bottle to celebrate a special occasion, take note that the higher priced ones aren't always the best. For a long time, it's been a common misconception that the greatest wines are the most expensive. But, thanks to Elyse Luray, author of *Great Wines Under \$20*, we now know better. After starting to believe that it was normal to drop \$100 on a nice vintage, Luray, a licensed auctioneer for high end wine, decided to halt her way of thinking by doing a little experimenting to see if there were any great tasting wines under \$20. Thankfully for all of us, there are and now she's sharing them with the public.

You'll no longer be stumped about the taste that will come out of that \$16.00 bottle of Merlot. Luray teaches all of us how to choose an affordable and appealing wine as she introduces us to over 200 great ones in her book and they're all for less than \$20.

Here are some things you'll learn:

- A wine's vintage refers to the year it was produced
- Only expensive wines get better with age. Inexpensive wines are best when they are no more than three-years-old
- When it comes to choosing the right wine for a particular food, it's best to match the wine's region of origin with that of the meal.

For those of you who are new to the wine scene, the author advises not to act like you know more than you do. It could add unnecessary pressure and your date could call your bluff. You should always be yourself.

"Nothing is worse than listening to someone brag about wine and what they know when it turns out they have no clue what they're talking about," says Luray. "If you know about the vintages, regions and wines themselves, it's great to share this information. But if you don't, just try and find some great bottles under \$20 and enjoy learning."

Though a wine expert, Luray is nervous too when it comes to dating. "I hate cooking, so you can imagine the stress when I invite a date over for an intimate dinner," she says. "I always start with a great glass of wine and some simple appetizers. It gives us time to talk and chill."

When asked about her opinion of wine as an aphrodisiac on the first date, Luray showed no signs of a closed mind. "Many people find wine relaxing," she explained. "I say, whatever works for you. If it makes you feel sexier and have more desires, then go for it. Nothing is better than good food, good wine, and good vibes with another person."

To purchase a copy of *Great Wines Under \$20*, visit Amazon, where you can even get a sneak peak of the first few pages. Cheers!



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# Find Out if Your Partner is Unfaithful with 'The Cheat Sheet'



By Melissa Caballero and Krissy Dolor

Have you ever had that aching suspicion that your partner was cheating on you? You find yourself pacing back and forth worrying where they are, who they're with and not knowing what to do? Maybe you start beating yourself up even though it's not your fault. *The Cheat Sheet* by Rea Frey and Stephany Alexander can help ease your nerves and give you the tools to find out for yourself if your partner really is bunking up



with someone else. Stephany Alexander is an infidelity expert and founder of WomanSavers.com, a forum for women to speak to each other about men, abuse and infidelity. *The Cheat Sheet* will help guide you and give you the advice you need to find out if your man is being unfaithful. We had the opportunity to speak with Stephany to find out more about this common issue. Here's what she had to say:

### **What was the inspiration behind WomanSavers.com?**

I started WomanSavers.com in 2002, after getting out of a bad relationship. I've had a history of abuse throughout my life. I was abused as a child and experienced date rape as a young adult. I even had to file a restraining order against one of my boyfriends who became physically violent with me. I tried online dating and when I signed up for all the matchmaking websites, I experienced a lot of bad dates. I thought I knew what I was doing and it was just a numbers game. However, I found that there were a lot of men who were misrepresenting themselves on the Internet. I became very bitter after all of this. Then one day I was walking along the street and an idea just hit me like lightning. The only way women are going to survive in the future is by sharing information with each other. Now, they have an open forum to speak to other women about men.

### **What were some of the obstacles you've had to overcome when launching WomanSavers.com?**

WomanSavers.com was very controversial and I had to alter the terms of agreement many times. I had to build a shelter against lawsuits, death threats and stalkers because men were not okay with this sort of information being leaked out. However, we do follow very strict rules that comply with U.S. laws that third-party providers are not held liable for what someone else writes as long as we do not edit the post. In fact, before a woman submits a post she has to agree that she is telling the truth or she can be sued in a court of law. It

has been a very stressful process.

**What can we expect to find in your new book, *The Cheat Sheet*?**

*The Cheat Sheet* is a book about how to catch a cheater. It also shows you the best way to catch them, what to do once you have, how to move forward and how to fool proof your relationship to avoid cheating. The book has a lot of real-life stories about infidelity ranging from all races and genders.

**Do you think there is a surefire way you can prevent cheating?**

There is no surefire way, but there are steps you can take in order to improve your relationship. For example, keep yourself out of situations where cheating can occur. I would never go to a happy hour and have cocktails with a male that I work with, especially one I may be attracted to. That's one way to help prevent the possibility of cheating. You have to be especially careful when you or your partner has a profession that requires you to travel because it creates more opportunities to cheat. One way to help overcome the long distance is by calling your wife throughout the day or scheduling Skype videos with each other for more intimacy.

**Why do you think people stay with partners who have cheated?**

Well, some people have a lot more to lose. People stay in bad relationships for 3 reasons: One reason is their children. Parents don't want to break their family unit. Another reason is finances. A lot of people would rather keep their comfortable living situation rather than downsize. The third reason is co-dependency and insecurity; people are scared to be alone.

**What is the number one piece of love advice you have for singles out there who are dating?**

The most important thing that you can do is research and gather all of the information you can about the person you are about to go on a date with. Get his or her first and last name as soon as you can. Run a background check, especially if you're serious about them. Google them. Go on WomanSavers.com. I know it sounds a little stalker-ish but if you allow the wrong person into your life it can ruin you emotionally, financially and physically. The more you screen, the more likely it will be in your favor to end up Mr. and Mrs. Right. Also, don't take anything for truth if it sounds fishy. Many times women fight their own gut instinct.

Cupid thanks Stephany Alexander for her time! You can find *The Cheat Sheet* on Amazon. For more on Alexander, visit her website at [www.StephanyAlexander.com](http://www.StephanyAlexander.com). Here's to confirming your sneaking suspicions!

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## 5 Of Our Favorite Celebrity Beach Bum Couples





By Melissa Tierney

We aren't the only one's trying to hit the beach this season to escape the hot summer heat. Sizzling celebrity pairs can be spotted in Miami, Los Angeles and the Hamptons, soaking up some rays and having fun in the sand. If you're lucky, you may spot your favorite duo while you're taking an ocean dip.

Here are a few of the celebrity beach bum couples that we'd love to join at the beach:

**1. Kim Kardashian and Kris Humphries:** This newly engaged couple has been all over the media lately and one of the last trips they made caused a huge splash. The duo traveled to Puerto Vallarta, Mexico in late May, and by looking at the pictures of them, it seemed like they had a blast together.

The couple played in the ocean and embraced on the beach – talk about summer lovin'.

**2. Justin Bieber and Selena Gomez:** The teenage royalty twosome hit Maui in May and turned heads when they were spotted smooching in the sand. Things have gotten serious for the young lovebirds as Gomez was even seen visiting Bieber's

family in Canada this spring. We wonder if they love her as much as we do.

**3. Ice-T and Coco:** The hip-hop couple showed their overwhelming love for each other on the hot beach of Miami in February. Rapper Ice-T kept it cool while his wife, former Playboy model Coco, showed off her sexy beach body in an itty-bitty bikini. The couple, who have been married for five years, now have their own reality show, *Ice Loves Coco*, every Sunday night on E.

**4. Kristin Cavallari and Jay Cutler:** The ex-reality star went to Cabo San Lucas in April on a romantic getaway with beau Jay Cutler and came back engaged – what a treat. Love was definitely swirling around this pair as they spent their weekend hand-in-hand walking in the sand before Cutler popped the question. We don't know what was more blinding: the bright sun or her new 5.2 carat engagement ring.

**5. Reese Witherspoon and Jim Toth:** These newlyweds celebrated their nuptials by having a fun-filled getaway in Belize with Witherspoon's two kids. The new family came back with some nice color. They were just in time for Witherspoon to promote her latest movie, *Water for Elephants*, and accept the generation award at the MTV Movie Awards. Good thing they got to enjoy an exotic getaway before heading back to work.

**Who's your favorite celebrity beach bum couple? Share your thoughts below!**

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## **5 Post-Wedding Tips for**

# Newlyweds



By [Terri Orbuch PhD](#)

Adapted from her book, “5 Simple Steps to Take Your Marriage from Good to Great”

Congratulations! You’ve survived one of the most difficult and stressful events in your relationship: the wedding. Now the two of you are settling in for the long haul. If you’re like the vast majority of newlyweds, the next 6-12 months will be some of your happiest. Relationship researchers call this “the honeymoon period,” and it’s characterized by a sense of newness and possibility.

But how can you keep that freshness and optimism going after the initial glow wears off? Here are five post-wedding tips that have been shown to build and strengthen marriage bonds,



derived from my landmark Early Years of Marriage (EYM) study:

**Don't hide anything when it comes to money.**

When happy couples in the EYM study were asked if their spouses were completely open and honest about money, their answers differed significantly from those of the unhappy couples in the study. Nearly 8 out of 10 happy couples said they "never" feel their spouse tells them things that aren't completely true about money, compared with only 54% of the other couples. **The take-away:** Money secrets and lies erode marital happiness.

**Empty your "pet peeve pail" frequently.**

My study found that couples who failed to talk about the small things that bothered them, letting those pet peeves grow into big resentments, were more likely to be unhappy in their marriages down the road. If you hate that she leaves her hair in the sink, tell her nicely. If you hate that he smokes cigars in the car, discuss it fairly. **The take away:** If you ignore small annoyances, they add up to major discontent over time.

**Make each other feel appreciated-daily.**

My research shows that the accumulation of small acts of kindness is more essential for building a strong marital bond than occasional grand gestures and big pronouncements. At least once a day, make your spouse feel loved, appreciated, noticed, valued, or respected. Give her a surprise kiss or ask her advice; make his favorite meal or give him a heartfelt compliment. **The take away:** Frequent acts of caring reinforce long-term intimacy in marriages.

**Don't forget to have fun-together.**

The happiest couples in my EYM study characterized their spouse as someone they enjoyed spending time with. Too often,

as marriages mature, partners tend to look outside the marriage for friends and entertainment. Seek out fun activities to do with your spouse. Incidentally, studies show that doing an activity that's new to both of you restimulates the feel-good excitement associated with dating. **The take away:** Avoid relationship ruts by actively seeking fun, laughter, and novelty.

### **Make your circle bigger.**

My research found that husbands, in particular, are happier when their wives have good relationships with their extended family. Also, the couples in my EYM study who made an effort to get to know—but not necessarily share—their spouse's friends were more likely to be happy in the long term than couples who maintained separate friends. **The take away:** It takes a village to make a marriage happy.

*Psychologist Terri Orbuch PhD, known as The Love Doctor, is a research professor, a long-time marriage and family therapist, and a popular love advisor on radio, TV, and [peoplemedia.com](http://peoplemedia.com), most recently seen on NBC's Today. Project director of the landmark, NIH-funded Early Years of Marriage Project, the longest-running study of married couples ever conducted, she is author of 5 Simple Steps to Take Your Marriage from Good to Great (Random House). You can find out more about her at [www.drterrihelovedoctor.com](http://www.drterrihelovedoctor.com).*