

How Social Media Changed Mila Kunis' Dating Life



By [Imani Brammer](#)

Surrounded by dust tracks and equipped with camouflage and war gear in the middle of Afghanistan, there is a Mila Kunis fan. This Kunis fan likes Mila so much, that he set aside time from his Marine Corps schedule to make a [video](#) asking Kunis to the Marine Corps Ball, November 18, in Greenville North Carolina. This fan goes by the name of Scott Moore ... and that's Sergeant Scott Moore to us.

It turns out that the *Friends With Benefits* star had no idea what was going on until the topic was introduced to her during an interview with [Fox](#). When Fox broke the news to her, though she was shocked, she automatically said "yes," after a bit of persuasion from her co-star, Justin Timberlake.

"Do it for your country," said Timberlake.

"I'll do it for *you*," Kunis said into the camera, speaking to Moore.

Let's face it – Moore has guts, not only when it comes to fighting for his country, but also when it comes to putting himself out there for love. What he did was such a sensation that his video can now be viewed on the Internet, from anywhere in the world. If it weren't for his public invitation, the news would have never landed in Kunis' ears. Social media has officially changed his dating life.

Fortunately, Moore's image will be altered for the better too. But social media isn't always healthy for your dating life. It can make, break, destroy and rebuild. Though a cliché, this remains true. Here are five ways the media can change a dating relationship:

1. Over the river and through the woods are rumors and rumors galore: Gossip has a bad effect on a relationship. However, it can be difficult to ignore when it's so easy to locate via social media vehicles. The worst thing you can do is allow it to take over your life.

2. How about some privacy, eh?: No. No, no, no. With media in your life, there is no privacy...unless you're really, really good at being secretive. If you want some intimacy in your relationship, don't post conversations on Twitter or your Facebook wall.

3. Live up to what he/she expects: People try the best to live up to what the public expects of them. Social media can lead to pressure to portray yourselves as a "perfect couple." The fact is, there's no such thing. Let go of expectations as much as you can, and live in the present.

4. Lasting impression: Social media can leave a lasting impression on your love life. You never want to regret the memories you've had, but if all of it revolved around false rumors on Twitter and drunken tagged pictures on Facebook, it

can be hard to look back positively on your relationship.

5. Growth: Then again, there's always a bright side to it all. Social media makes it so much easier to stay in touch or check-out a potential partner. Of course, you can't rely solely on the new technology but it is a good method of finding out information about someone you're interested in dating.

Have something to add? Share your comments below!

10 Cool Summer Date Ideas to Heat Up Your Relationship



By [Andrew Pryor](#)

It's a known fact that opposites attract, but even those

destined for each other need to find common ground. So this season, if you can't stand the heat while your partner is soaking up the sun – or if you're basking in 100 degree temps while your lover is counting the days to December – try switching things up a bit. Here are five fiery and five frosty things to do with your significant other this summer:

1. Schedule a hot stone massage for two: Heat is a natural tension reliever, so enjoy this relaxing experience together. Give your stressed out muscles a rest and take your mind off of your problems, whatever they may be.

2. Indulge in exotic and spicy cuisine: Thai, Indian, Moroccan, Cajun – pick your picante poison and indulge in a fiery mouthful. Spicy food is an aphrodisiac, so don't be afraid to stimulate your senses.

3. Throw it on the grill: Whether it's charcoal or gas, bring some sizzle to your summer with a delicious barbecue. Cook up a feast, and have an outdoor date together.

4. Light some fireworks: Watching sparks fly and explode across the night sky is the perfect way to ignite the passion in your relationship. Brighten up your evening with a fireworks display and hope for a bright and engaging future with your loved one. Just be sure to check whether setting off these bad boys is legal in your state!

5. Catch fireflies in your backyard: Sure it's a childhood pastime, but sometimes, old traditions are the best ones. Stumbling around in the twilight, holding hands and grasping at blinking lights is a perfect way to work up a sweat and make great memories.

6. Make homemade ice cream: This is another traditional pastime that deserves to be brought back. Dump sweet cream and sugar in a bowl and whip up a cool and tasty treat for your sweetheart. Then sit on the porch and watch the sun set,

one hand holding a cone while the other arm is draped around your partner's shoulder. How sweet it is indeed!

7. Take a refreshing swim: It's the greatest way to beat the heat in the summertime – what more needs to be said? Just try to stay away from crowded public pools and beaches. Find your own private spot if you can.

8. Keep cool with a water balloon fight: Why not make keeping cool fun? Instead of standing in front of a fan or sticking your head in a freezer, get your playful aggression out with a water balloon barrage.

9. Celebrate Christmas in July: The summer isn't known for snowmen and sleigh bells, but you can bring some holiday spirit to a summer climate. Dig out that plastic tree from the attic, sing carols to each other and exchange gifts 'just because.'

10. Go skydiving: It's a radical suggestion, but there's nothing more invigorating and life affirming than feeling the wind whip past your face while you're thousands of feet above the ground. Try it with your loved one and you'll always have a story to tell your friends.

Do you have any hot or cold weather ideas to stir up a relationship? Share them with us in a comment below.

Date Idea: Enjoy a Day at the Fair



Searching for some date ideas? Cupid's got you covered! Treat your love to an exciting day at the local or state fair.

Going on a date to the fair will add excitement to your romantic relationship. Since fairs come once a year in most areas, it's worth it to put a day aside and attend one. Not only will you make great memories and enjoy yourselves, but you'll both feel young again.

The best parts about a fair are the rides and [food](#). Nothing is more romantic than riding the ferris wheel with your partner and looking at the skyline together. Consider taking a ride on the merry-go-round, too. And what could be more delicious than cotton candy, funnel cakes and elephant ears?

Most fairs have live performances and animals. Enjoy the evening dancing to some music. The [Great New York State Fair](#) features a Grandstand filled with [great performances](#).

Perhaps the best way to get your significant other excited is by competing at the game booths. Try your luck at playing a

few games and winning your sweetheart a prize. On the west coast? Check out the [California State Fair and Expo](#), which starts today, July 15th.

Here's a list of the [top state fairs in America](#), so no matter where you are, you can take part in the fun.

So what are you waiting for? Plan on a day to take your love to the fair, and then let us know how it went by commenting below. Until next time, have a great week!

Top Five Reasons Why Women Fall Out of Love



By Julia Slovich

Although stories of cheating men have been dominating the news

lately and falling out of love seems to be happening a lot more frequently than people are falling in love, the situation isn't exclusive to men. Losing those loving feelings for your husband or boyfriend can happen just as easily to women. If you've experienced this in the past or maybe you're going through it with your partner now, the first step is to be aware of why it's happening. Follow these five reasons your fairy-tale romance could be slipping away:

1. Feeling Adored

It's important that a woman feels appreciated by her partner. Men are usually good at this in the beginning of a relationship when it's still new, but as the novelty ends, the attention may die down, too. Just look at Jennifer Aniston and John Mayer. She broke up with him because he was obsessed with Twitter, telling her that he was too busy for her, but in the meantime, his Twitter page was saturated.

2. Bored to Tears

We want excitement! And, if we can't have that, give us variety. If a relationship gets into a rut and you end up doing the same things every weekend or having sex in the same positions every time, a woman can get bored and lose interest altogether. Both people need to put some work into the relationship or they'll find themselves quickly falling out of love.

3. Honeymoon is Over

Sometimes, we can be completely unrealistic and think that our relationship will turn out alright because "we love each other so much." Unfortunately, that's not always the case. Once the honeymoon phase is over, the reality of the relationship can be a slap in the face. Pamela Anderson and Kid Rock were married for a mere four months before they called it quits. Both agreed that it was time to end it, and Pam said that they

just weren't meant to be together. It's easy to ignore all of the red flags when you're caught up in romance and passion.

4. Lack of Chemistry

Most women are looking for that spark that makes them feel all tingly and giggly whenever their man touches or looks at them.

However, a relationship can't be built on sparks alone. Eventually they will fade if the relationship doesn't have substance.

5. Emotionally Disconnected

Poor communication (or no communication at all) is one of the main reasons women fall out of love. We need to feel connected to our partners emotionally as well as physically in order to love and be loved. When there's little communication, some women will shut down. Maria Shriver was extremely unhappy in her marriage to Arnold Schwarzenegger. Apparently, they hadn't been spending much time together in the last few years, and she was frequently absent from Sacramento where Arnold was the governor. If that doesn't signal a problem, nothing does.

It happens to the best of us. Sometimes we just fall out of love, but if you don't want to be another divorce rate statistic and want to make it work with your partner, use these five signs as a starting place to determine what may be going wrong and see if there's a way to fix it before it's too late.

Julia Slovic is a writer passionate about health, fitness & blogging. When she's not running with her dog she can sometimes be found writing about [laser liposuction](#), cooking and a myriad of other topics.

Cupid Exclusive: The Double Life of Alfred Buber



By **Vincent D. Scebbi**

Every man has a virtual life that he lives in his imagination. Much of it surrounds fantasies about women. However, most keep their deep dark desires in check. [*The Double Life of Alfred Buber*](#) by David Schmahmann tells the story of a man who acts out his repressed urges. It is the story of a successful lawyer who feels deeply dissatisfied with his life. In an effort to find consolation, he secretly ventures to the brothels and bars of Southeast Asia while telling people he is in Paris or London. "Of course it doesn't end happily," said Schmahmann. The double-life can't end happily. But, some people do get away with it." To write the story, Schmahmann

admits he didn't need to go far into his mind to get into the head of his character. Like Buber and many men, Schmahmann lives in a world of "what if" scenarios.

This scandalous novel was ironically released around the same time as the "sexting" controversy involving U.S. Representative, Anthony Weiner. Other notable scandals that have appeared in recent history include athletic figures such as Brett Farve and Rex Ryan, along with politicians such as former California Governor, Arnold Schwarzenegger, and John Edwards. Schmahmann has been asked many times if there is a correlation between powerful figures and sex scandals and he believes there is. It's been something that has been with us forever. "Jimmy Carter lusted after women and then you see characters like Al Gore who admitted to hanging out with hookers," Schmahmann said. "I think men, by and large, are a boiling mess of unacquired desires when it comes to women." Politicians' desire for power and sense of feeling "bulletproof" carries over into their sex lives."

Though the Monica Lewinski scandal is cited as wrecking Clinton's political credibility, his marriage to current Secretary of State, Hillary Clinton, remains intact. Schmahmann's character isn't married, however, he believes there is no definite reason why a woman chooses to stay or leave her partner. "Clinton's wife stuck with him. Jefferson's wife stuck with him even though he was raising a second family with her half-sister. Weiner's wife stuck with him on the other hand, Schwarzenegger's wife has left," stated Schmahmann. The author suspects these urges that can cause a double life stem from youth and perhaps a solution can be found there. "These impulses are a residue of adolescence, I think, even if you look at popular culture references such as *American Pie*, boys spend their teenage years attempting to understand and get access to girls, and I think to some extent, healthier adolescences make healthier adults, but that's too much to ask," Schmahmann said. Schmahmann does

offer some advice for anyone struggling in a double life, quoting the Dalai Lama, “don’t confuse pleasure with happiness. Happiness is a much more stable, long-term goal.”

David Schmahmann was born in Durban, South Africa. He is a graduate of Dartmouth College and Cornell Law School, and has studied in India and Israel and worked in Burma. His first novel, *Empire Settings*, received the John Gardner Book Award, and his publications include a short story in *The Yale Review* and articles on legal issues. He practices law in Boston, and lives in Weston, Massachusetts with his wife and two daughters. You can order his book online at Amazon or BarnesandNoble.com.

Celebrity Breakups: Who Burned Who?





By Tanni Deb

Celebrities might seem like they have it all – a successful career, beautiful looks and a significant other who everyone runs after. Though their lives may appear perfect, don't be fooled by the glitz and glamour of Hollywood's shine. We all know that some romances don't last, and the following pairs are no exception. Here are five celebrities who were bitten by the cheating bug – and then burned by their former flame:

1. Britney Spears and Justin Timberlake: Timberlake admitted to falling in love with Spears when they first met on the set of *The Mickey Mouse Club* in 1993. "I was infatuated with her from the moment I saw her," he told CBS News. The couple started dating five years later, but ended their relationship in 2002 when Spears allegedly cheated on Timberlake with choreographer Wade Robson. Shortly after their split, Timberlake released 'Cry Me A River,' a revenge song for Spears. However, the N'Sync singer later told MTV, "The song is not about her. The video is about me."

2. Meg Ryan and Dennis Quaid: This actor pair divorced after she was caught cheating with Russell Crowe while filming *Proof of Life* in 2000. She used Quaid's infidelity to explain her own actions and accused him of adultery throughout their marriage. Quaid fought back and said, "It was eight years

ago, and I find it unbelievable that Meg continues publicly to rehash and rewrite the story of our relationship.” Although Quaid and Crowe both have new loves in their lives, the *You’ve Got Mail* star remains single.

3. Valerie Bertinelli and Eddie Van Halen: Bertinelli revealed to Oprah Winfrey in 2008 that she and her ex-husband cheated on each other. “He claims to this day that I cheated first, but I don’t know,” she said. “I don’t know about the timing.” Although their 25-year marriage ended in 2006, they remain friends. Bertinelli even attended Van Halen’s wedding to Janie Liszewski in 2009.

4. Elizabeth Edwards and John Edwards: When John Edwards admitted to having an affair, his wife Elizabeth Edwards got the ultimate revenge. In her will, which was released on January 2011, she left all of her possessions to her children. Well, can you really blame her? After all, who bothers leaving something to their cheating spouse?

5. LeAnn Rimes and Eddie Cibrian: This couple is a double whammy. Rimes not only ruined her own marriage, but also Cibrian’s, as the couple cheated on their spouses with each other while filming *Northern Lights*. They eventually tied the knot this year, despite rumors about Cibrian cheating on Rimes with his estranged wife. The saying “once a cheater, always a cheater” comes to mind in this situation.

Have a couple in mind who didn’t make this list? Let us know in a comment below!

Choose the Perfect Perfume for Your Guy



By Sarah Ellis

A smell can ignite a flood of memories. Your mom's perfume may remind you of snuggling with her as a child, and your fruity body splash may remind you of awkward middle school days where you passed notes to your best friend and giggled about your crush. Your first boyfriend's cologne may remind you of your first kiss and innocent love. And like these memories all hold a special place in your heart, you want your perfume to be a sort of signature, right?

Perfume is personal. It's meant to be an intimate adornment – something that's noticed when your guy leans in to give you a kiss or gets a whiff when he whispers in your ear. And I'm here to tell you there's more to buying perfume than choosing it by how it smells in the bottle.

Have you ever noticed how you'll spritz a perfume sample in

the air at the store, fall in LOVE with it, make the purchase, but later realize that it doesn't smell quite as good as you remember? Perfume actually reacts with your body chemistry, which can affect the way it smells after you wear it.

There's one rule you MUST follow when choosing a scent: Don't choose a perfume based on which celebrity endorses it or by how adorable the product packaging is, no matter HOW posh they make the bottle look! If you're investing in perfume, you don't want to be wasting money on a scent that you'll end up hating. Trial and error is crucial.

The most common scent categories:

- Musky
- Floral
- Fruity
- Fresh
- Amber or Oriental
- Wood or Pine
- Citrus
- Gourmand (a fancy term for dessert fragrances, typically vanilla, cake, or other decadent treats)

Perfumes are pretty complex in nature, as they're made up of "notes" that take on different layers. There are top, middle and base notes that, when played together properly, mix into a lovely scent. The top notes are immediately recognizable when you apply the perfume. The middle notes will emerge right after the top note dissipates, and you may not notice the base notes for up to 30 minutes after you've applied the scent.

Different combinations of these categories make up different fragrances. Mixologists spend their days playing with different essential oils and finding unique combinations.

If you're unsure of what type of fragrance you prefer, get playful! Although most of us run away from perfume counters while shopping, discussing fragrance with an expert is truly

fascinating. Take a shopping pal and ask some questions! Have fun playing, but don't be pressured to purchase immediately. Spritz the fragrance in key areas: wrists, neck, decolletage (because it sounds classier than cleavage), or behind the ears. But don't overdo it! Perfume is meant to be intimate, not overpowering.

And ask your guy what kind of scent he prefers. Everyone has different tastes, and while you should ALWAYS choose for yourself first, it's fun to indulge your guy in this way. My high school boyfriend *loved* vanilla perfume, and it was fun to get compliments on how lovely I smelled!

Find your signature scent, and it will serve you through the years. It will also bring back a flood of memories as you grow and change.

While Sarah Ellis wouldn't exactly label herself as a perfume expert, her time spent working the beauty counter certainly did give her a one up on the average shopper! In her day job, she enjoys sharing style advice for pairing affordable handbags with equally fabulous ensembles at Handbag Heaven. And she's always on the lookout for affordable ways to be more fabulous.

New Movie Review: How to Cheat





By Ashley DelBello

What drives someone to cheat? Director and writer Amber Sealey sets out to explore this question in her independent and somewhat provocative film, *How To Cheat*, which was shown throughout June at the Los Angeles Film Festival. Typically, when we think of cheating we think of it happening after a night of drinking or unexpectedly, but what happens when a person actually sets out to cheat?

Meet Mark (Kent Osborne), an unhappy husband in his thirties, stuck in a marriage where he and his wife Beth (Amber Sealey) are trying to get pregnant, but are repeatedly unsuccessful. Mark feels like something is missing from his life and that his best years are behind him so he decides to try online dating while still married. Through these quick snippets of dates, we learn that Mark can't lie about being married.

Naturally, the majority of the women he meets have an adverse reaction to it. All, but one, Cue Louise (Amanda Street,) a free spirit with a drinking problem, who is also searching for something to fill a void in her life. She can tell almost immediately that Mark has someone at home, but still continues with the date. As you can probably guess they end up sleeping with each other and a series of atypical events unfold.

As a single woman, I assume it's a fear that every woman has once they enter into a committed relationship – will my boyfriend/husband become bored and cheat? I know it's a fear of mine. However, I also have the opposite thought. Will I get bored and think about cheating? Does that make me a bad person because I have these thoughts? I don't think I would go through with it, but I am human. I've made mistakes too.

I spoke with Sealey about her film and she believes that cheating doesn't always happen out of the blue. Sometimes the individual does make a conscious decision to cheat. However, her film doesn't set out to portray Mark and Louise as bad people. "I wanted to look at the characters with the least amount of judgment and not lay the blame on any one of them," she said. Sealey explained that Mark's character is essentially a good guy who has always done the right thing. He doesn't necessarily want to hurt his wife, but he feels that being "the good guy" hasn't really gotten him anywhere.

Since Sealey takes such an objective stance toward each of the characters, the film is a very raw and real portrayal of what marriage and relationships look like today. This is made even more true by the fact that she didn't script out the entire movie. She only wrote an outline of it and guided the actors in the direction she wanted the film to go during production.

When I spoke with Street about how she was able to get into her character of Louise, the "other woman," given that there was no script or lines for her to follow. She said, "It was really important for me to find what part of me could connect to this dynamic and try to bring the humanity there." While cheating or entering into relationship with someone who is married may not be something that one normally contemplates, *How to Cheat* does an excellent job in pointing out that relationships can be scary and that we as humans are very complex individuals.

For more information and updates on where *How To Cheat* will be played next, check out its Facebook page or

Top 10 Ways to Score a Summer Hottie



By Deana Meccariello

July's arrival brings wishes of summer love, as there are two full months ahead of us to enjoy the sand, surf, and all things sunny. So what are you waiting for? Get out there and score yourself someone scorching to spend the long days (and steamy nights) with. Here are 10 surefire ways to get your hands on your hottest summer fling yet:

1. Make the first move: You'll never get anywhere if you don't take action. When you're out and about, don't be shy – go

right up to that hottie and strike up a conversation. This is much more productive than staring at him wide eyed across a crowded bar.

2. Spend a night out on the town: An evening filled with bright lights is a great way to meet someone new. If you're in the New York City area, rooftop lounges like the Empire Hotel and Hudson Terrace offer a romantic atmosphere, along with a gorgeous view, while you're chatting up your perfect match.

3. Beach it: Head to the coasts or nearby lakes if you're not by the ocean, since they're packed with potential beaus just waiting for you to find them. New York is home to many beaches like the beautiful Hamptons, and New Jersey and Massachusetts are great nearby destinations if you want to head out of the state for a weekend.

4. Volunteer: Donating your time to a worthy cause is another way to expand your social circle – and potential love pool. Not only will you do good for others, you'll also meet some great prospects for summer love. Bonus: You know they're just as generous with their time as you are, making for a great mate!

5. Indulge in a water sport: Let's face it – guys love any excuse to get wet, and hanging out by the water is another great way to grab someone's attention. Rent a boat or a jet ski with a few girlfriends and have some fun. You're bound to see a bunch of guys doing the same exact thing, and it's an easy and enjoyable way to meet new people while working on your tan. Just don't forget the SPF!

6. Participate in a triathlon: Not only will training for this kind of event get you into great shape, but it will give you tons of opportunities to meet up for workouts with the sexy athletes that are sure to catch your eye. Shy about exercising with a dude? No real man can resist any excuse to

prove his manliness to the ladies – or a woman with confidence.

7. Get involved in a summer league: A guaranteed way to meet that summer catch is by joining a co-ed sports league like beach volleyball or softball. This will introduce you to a whole new group of active people looking to have a fun summer, just like you!

8. Take your pup to the dog park: If you're a dog lover, taking your hound out to play will definitely help you get noticed by potential suitors. This will give you a chance to meet new people with common dog-related interests, like how you secretly let your furry friend kiss you on the mouth when no one's looking.

9. Relax at a coffee bar: America is coffee crazy, and many cafés come equipped with a cozy ambiance that encourages people to socialize with each other. Grab a cup of joe and get to know your fellow java lovers – who knows, the caffeine in your triple shot espresso might stir up the pot in your love life!

10. Get rowdy at game night: Sports bars are a great place to meet that sizzling summer hottie. Take it easy on the drinks, but don't be afraid to show your sports knowledge with the bar regulars. You'll impress your friends along with that sexy single about to buy you a beer.

Give these tips a try and hopefully, you'll find your very own summer hottie! Did we miss one of your guy-nabbing ways? Share with us below!

Date Idea: Star Gaze on The Beach



What's more romantic than lying under the stars with your boo? Pretty close to nothing! Summer is the perfect time to live out your dating fantasies, and what better way to do this than by star gazing at the beach?

Don't dress for a day to play in the sand, but instead wear some comfy clothes and bring a nice blanket to cuddle up in with your beau. It'll guard against the cool breeze that comes off the water at night, and it'll also be a good excuse for the two of you to snuggle closer.

Pack a bottle of wine and some dinner to create your own romance scene. You can even set the mood with some slow music or even a cute playlist that the two of you created together, some inscents, or even a few candles. Now tell me that doesn't sound like a story book ending!

And what better way to finish off the night than by wishing upon a star? Your wish may just come true, whether it be for true love or simply another date. If you feel like totally sweeping someone off of his or her feet, why not get a star named after them? That's a scene straight out of *A Walk To Remember* starring Mandy Moore.

No matter what you decide to do on a starry night, the most important thing you can do is embrace the love that is in the air and enjoy the person by your side.

Have any ideas of your own for a starry night? Comment below, and share with our readers.

5 Royal Summer Wedding Trends



By Brea Gunn

If you're like the rest of the world, you've heard about the royal wedding. And if you're like most brides, you were there in front of your television taking copious notes. It's a good thing you did, too, because this summer, it's all about royal inspiration.

You need not copy Kate and William exactly, as there's plenty of room for interpretation. Because Kate's taste is so classic, many of your guests may think that you came up with these ideas all by yourself!

1. The Ring

The talk of the year leading up to the wedding was Kate's ring. The beautiful sapphire has rekindled the wedding world's romance with gemstones. Sure, there are diamonds, and they'll always be a girl's best friend, but how about thinking outside of the box for your rings? There are a number of beautiful choices, from sapphires to rubies, to opals and beyond.

2. Fascinators

If you loved all of the fascinators, raise your hand! And for the record, they do not have to be large, ugly hats. They can be simple, eye catching and brilliant. Large or small, fascinators can compliment the bride's ensemble or dress up the wedding party. If you want to pull in a full royal wedding feel, ask your guests to wear their own hats and fascinators.

3. Blushers

Blushers, though once reserved for solemn church weddings, are definitely making a comeback this summer. Whether you choose a short birdcage-style blusher, or decide to go the full yard with an elbow dusting blusher, you really can't go wrong. The accessories are beautiful, and they create a soft frame around

the face, which is truly elegant.

4. Lace

Kate brought lace back in a big way. Once considered too traditional, Kate's use of delicate lace was brilliant. You can add lace touches to your wedding gown, your bridesmaid and even your decor. Lace is a great way to soften the focus and add a touch of old-world elegance.

5. Monochromatic Color

Monochromatic colors for the bride and bridesmaid have also increased in popularity, thanks to Pippa's stunning gown. More and more brides are favoring a simple elegance for their palate, and an all-white wedding is a fantastic way to accomplish this. The sheer elegance will stun your guests, and the white backdrop just screams for brilliantly colored flowers, accessories and decor.

Brea Gunn writes about New York weddings and shares wedding business marketing tips for the bridal business.

The Authors of 'The Little Black Book of Big Red Flags' Help You Avoid a Dating Disaster





By Tanni Deb

Ever had a relationship with a boyfriend that spent more money on himself than he did on you, expected you to pay (in full) while on dates, or constantly spoke about a past romance? You probably assumed you were both meant to be together – until he dumped you a few months later and you finally recalled the red flags in your relationship you shouldn't have ignored. According to *Little Black Book of Big Red Flags: Relationship Warning Signs You Totally Spotted... But Chose to Ignore* by Natasha Burton, Meagan McCrary and Julie Fishman, you aren't the only one. These three have all encountered several flags in their love lives and they're sharing their stories with you. Alongside their dating disaster tales, the book also offers advice on how to handle similar situations and figure out what kind of relationship will make you happy.

While you might have disregarded that prickling sensation that your relationship is on the rocks, ignore no more. Read on for our author interview:

Why did you guys write this book?

Meagan: The three of us were sharing stories about ex-boyfriends when we came up with the general idea of “red flags” – those *I-should-have-known-then* moments we often

dismiss. We figured that if we had so many over-the-top stories, women across the country would as well. The next step was to build a blog and find out.

Natasha: When we first launched the blog, we hoped to some day turn the material into a book of women's red flag stories, just because it really hadn't been done.

Julie: But after receiving thousands of submissions, we started to notice some trends in the types of big red flags being sent in. Simultaneously, readers began asking us for advice on what they should do in certain situations. We thought a book was the best way to share the stories and answer these questions. Plus, we knew we'd have a ball writing it.

On the website it says, "If you spot a red flag, the offense doesn't necessarily mean you need to kick the person to the curb..." After how many red flags should you break up with your partner and why?

Julie: There's no secret number: One really bad flag, like a man threatening to break up with you if you don't do things in bed that you've told him make you uncomfortable, may hold more weight than a series of smaller flags, like if he's sloppy or a momma's boy.

Do you think some acts – like cheating – should be forgiven?

Meagan: Really, it's up to the woman. There are no black and white rules for relationships, and if you try to impose them it's going to be a long, brutal journey. There are many couples who have worked through major issues, such as cheating, so to say such acts should or shouldn't be forgiven is irrelevant. But working through a red flag is very different from ignoring or not dealing with one because you just don't want to break up. Our book really encourages awareness and sticking to what you know, in your gut, is right for you.

The book contains Red-Flag Rules, signs that tells you it's time to get out of a relationship. What kind of research was done in order to create these rules?

Natasha: After reading thousands of stories we've received from women as a collective group, we took some of the more prominent themes to create our rules – which can serve as a cheat sheet women can refer to as some of the most prevalent and egregious flags.

What's the best advice you can give to those who have been in difficult, red flag relationships?

Julie: Using our book and your own dating experience, note the qualities you must have in a partner and the ones you will not stand for. Reflect on past relationships to determine what worked and what didn't. Then proceed with caution and don't settle for just anyone. There are tons of terrific guys out there, but you'll never find one if you don't know what you're looking for. Lastly, keep your head up – you may not have found your Romeo yet, but you're closer than you were yesterday.

Natasha: I'd say it's also important to recognize what your pattern is. Like, if you tend to date guys with emotional problems (the kind who need you to "save" them), you have to look at yourself and understand why you're attracted to guys like that. Only then can you have the self-awareness to start searching for the right kind of guy for you.

Meagan: I'd encourage people who have been in difficult relationships to work on their personal happiness and self-worth. While I don't think a person can't date while doing this, it's difficult to focus on yourself when there's a relationship to attend to. It sounds super cliché, but you have to love yourself first, and once you're in a place where you don't need someone else to help you feel good, the guy who's right for you will typically come along.

Cupid thanks Natasha Burton, Meagan McCrary and Julie Fishman for their time! You can visit Amazon to purchase *The Little Black Book of Big Red Flags*. For more about the authors, check out their book trailer and visit their website at www.bigredflags.expandedapps.com.

Reality Stars Head to Catalina Island for 2nd Annual Reality Reunion Weekend



By Melissa Tierney

It's almost time again for the 2nd annual "Reality Reunion" on Catalina Island. If you haven't had your fill of drama and

cat fighting during this year's reality television season, there's sure to be some juicy gossip at this summer's oversized party where contestants from the *Bachelor*, *Bachelorette*, *Survivor* and *The Amazing Race* are all set to travel to Catalina Island. There will be raffles, contests, partying and tons of fun.

A portion of the ticket proceeds will go to the "name a tent" fundraiser for the Catalina Experience- a non-profit organization whose mission is to create awareness of the local marine environment and of the critical habitat found on Catalina Island. All remaining funds from the weekend will go to Stand Up 2 Cancer.

Unfortunately for all you reality TV fans, the event is for reality stars only. However, four lucky fans can snag tickets to this year's Reality Reunion by heading to www.realityreunion.com and purchasing them for \$1,500 each. Who knows, you may come back with a rose or at the very least a tee-shirt that says you survived the 2nd annual Reality Reunion weekend!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Our 5 Best Summer Date Movies





By Diamon Hall

Going to the movies is a reliable, low-key date idea. However, they might be more enjoyable if the film has a love or relationship theme to it. Want to know our top picks for you and your honey to look forward to this summer? Take a look at these five, which are sure to get your hearts' melting:

1. *The Ledge* (July 8): Terrence Howard stars as a police officer named Hollis in this sexy and suspenseful thriller. Gavin, played by *Sons of Anarchy*'s Charlie Hunnam, is tangled up in a love affair with his evangelical neighbor's wife Shauna (Liv Tyler). Suspense comes into play when Gavin is reeled into a life or death situation by Shauna's husband, Joe (Patrick Wilson). Hold onto your date until the end of this romantic thriller.

2. *Friends With Benefits* (July 22): This comedy stars Justin Timberlake as Dylan, a potential recruit who gets reeled into the Big Apple by headhunter Jamie (Mila Kunis). Despite their immediate attraction to each other, they realize they're everything they've been running away from in a relationship. Deciding to keep it strictly physical, this sexy duo learn that a "no strings attached" affair is almost impossible.

3. *A Little Help* (July 22): Dental hygienist Laura Pehlke (Jenna Fischer) not only loses the love in her marriage, but also loses her husband to a heart abnormality. Her mother, Joan (Lesley Ann Warren), and sister, Kathy (Brooke Smith), step in to help and offer advice on how to cope with her husband's death and deal with her angry and hostile son, Dennis (Daniel Yelsky). In the midst of all the confusion, Laura discovers that the only person she can truly confide in is Kathy's husband, Paul (Rob Benedict), who's had feelings for her since high school. Twenty years later, circumstances draw them closer to each other despite their obvious complications. Watch to see how this craziness ends.

4. *Crazy, Stupid, Love* (July 29): In this comedy, Cal Weaver (Steve Carrell) is in his 40s and life couldn't possibly get any better for him. After all, who wouldn't want to have a good job, big house, great kids, and married to his high school sweetheart? Unfortunately, his dream life quickly takes a turn for the worst when he discovers his wife cheated on him and wants a divorce. However, this corny guy can barely snag a date. Friend Jacob Palmer (Ryan Gosling) happens to be a player and tries to work his magic and get Cal to score with the ladies. See what happens when Cal realizes that no matter how he tries to change, his heart is one thing that can't be replaced – and it seems to keep leading him back to where he began.

5. *One Day* (Aug. 19): After only one day together (their college graduation), Academy Award nominee Anne Hathaway and Jim Sturgess (*Across the Universe*) begin an undying friendship. Their characters, Emma Morley and Dexter Mayhew, keep their friendship alive by remembering key moments of their relationship every July 15. But somewhere between their laughter and tears, the two discover what that graduation day really meant to them, which leads to a renewed passion for life – and love for each other.

Hopefully this list provided you with some good movie date

ideas. Let us know what you think of each movie after you've seen them in a comment below!

Lessons To Learn from Hugh Hefner and Crystal Harris



By Single City Guy

As we all know, Hugh Hefner has gone through another breakup. His ex-fiancée, Crystal Harris, dumped Hugh days before their wedding. Hugh had his reaction to the situation, causing everyone to laugh and then sympathize. For a man who started an empire based on beautiful women, it's hard to believe he still hasn't found "the one." In honor of the Hef, here are three lessons we can learn from the now-ended relationship:

Don't Give Up Everything Unless It's Worth It

Crystal Harris came into the light after the reign of Hef's ex-girlfriends Holly Madison, Bridget Marquardt and Kendra Wilkinson, the original *Girls Next Door*. This also comes after Holly and Hugh's relationship (a whole other drama-filled story, which we won't get into). Originally, Crystal wasn't alone, as she filled the role of the head girl, paired with twin sisters. Eventually, Hef gave up the twins to focus all of his attention on Crystal. While giving up extra girlfriends isn't exactly what I'd call noble, Hugh was willing to give up a part of his lifestyle to please the one he loved. Everyone has done this at some point in their lives. We've given up something we're used to in order to appease another.

Before making sacrifices, here are two questions you should ask yourself: 1) Is he or she worth it? and 2) What is he or she giving up?

Know What You're Getting Into

I'm often surprised by the breakup stories that I hear. It seems that a lot of them stem from one member of the couple thinking that the other should make drastic changes for him or her. The thing is, if you're a Boston Red Sox fan and you fall in love with a New York Yankees fan, he or she isn't going to change team allegiance just because of you. You have two choices when it comes to a relationship: either accept who someone is, for what they are, or don't date them!

When Crystal Harris told [People](#), "It doesn't make sense to have so many women around, but still have a marriage," she has a very valid point! If she were talking to any other guy, *but* Hugh Hefner, I would agree with her statement 100 percent.

However, Hugh had been living the same lifestyle for a long time prior to meeting Crystal. She knew his style before getting married, but chose to ignore it until the last

possible moment.

When Life Gives You Lemons, Find A New Date

At 85, you would think a guy would give up on finding new women in his life. Not Hugh Hefner. It's the reason every guy admires him and hopes to be just like him. In the last six years, Hugh has had six different girlfriends, and according to reports, is on girlfriend number seven. The lesson here is, when everything is down and out, try, try, again.

Single City Guy is a 30-something blogger, from New York City, who writes about dating in the city from the male perspective. Having started the blog in his late twenties, Single City Guy is written a way to help bridge the gap that existed for male dating advice, while providing a male voice in the world of dating blogs.

Date Idea: Fire Things Up On the Fourth of July





Although Fourth of July is celebrated to commemorate America's freedom, its festivities make it a great day to plan a date. If you'll get the weekend off, as well as the fourth of July, spend your three-day vacation with the following ideas in mind:

1. Host a BBQ: Plan on hosting a BBQ with your partner and invite a few friends over. Grill your favorite food and bake a fourth of July cake.

2. Beach: Spend the following day at the beach and have a bonfire in the evening. Bring a blanket to keep yourself warm when you curl up next to your significant other. Don't forget to also bring along marshmallows, graham crackers and chocolate bars to make S'mores.

3. Picnic: Spend Independence Day with your love by having a picnic in a park. Light up a few sparklers in the evening.

4. Vacation: Always stressed and no time to relax? Then take advantage of your three days off by taking a short trip with your partner. If you'll still be in America, make sure to check out the Independence Day parades that are taking place.

Live in Manhattan, New York? Macy's will kick off the world's largest fireworks display around 9 p.m. on July 4th. It's an

event you won't want to miss.

Do you have any Independence Day date ideas? Comment below, and share with our readers. Enjoy the holiday!

Same Sex Marriage Legalized in New York State



By Imani Brammer

New York is wearing a new face of liberty. On Friday, June 24, 2011 the Empire State became the sixth and largest state in the union to legalize gay marriage. After a long battle, Governor Andrew Cuomo passed the vote 33-29. As the leader of the campaign to legalize same sex marriage in his state, Cuomo was determined to get this law passed. For Cuomo, it was not

solely about politics. According to [The New York Times](#), his girlfriend, Sandra Lee, has a gay brother. So this issue hit very close to home. "Same sex marriage is at the heart of leadership and progressive government," said Cuomo. "I have to do this."

Gay couples can now look towards a bright future. Getting married is a stamp that symbolizes solidity, strength, and everlasting love. No longer will the gay couples of New York feel a sense of legal doubt when it comes to the validity of their relationship. "It makes you feel like we're equal," said 45-year-old Tim Ford. He is now engaged to marry his companion of 18 years, Michael Beltran. "We can celebrate with friends in New York and not have it be, in some people's eyes, not recognized," said Ford.

Hugh Hefner Parties In Kandyland With New Girlfriend Ann Sophia Berglund





It looks like Hugh Hefner isn't *too* heartbroken after his ex-fiancé Crystal Harris called off their marriage. It's either that or he's a pretty good actor. The 85-year-old *Playboy* mogul stepped onto the red carpet at The Karma Foundation's Kandyland Party at the Playboy Mansion this past Saturday with Miss January 2011 playmate Ann Sophia Berglund. Along with his new girlfriend – who is also Crystal Harris's best friend – he partied the night away with celebrities, playmates and other party-goers.

Hefner's ex-bride-to-be said one of the major issues in their relationship was his love for other women. "It doesn't make sense to have so many women around but still have a marriage," Harris said, according to [People](#). "It doesn't make sense, so it was the right thing. I wasn't the only woman in Hef's life and it wasn't going to stay that way after the marriage."

After Hefner confirmed that his wedding with Harris was canceled, a friend told [Popeater](#), "He will die of a broken heart." At least that's what his friend assumed. Hefner tweeted, "The breakup is a heartbreaker, but better now than after the marriage ... I just missed a bullet."

Do you think the Playboy tycoon is really over his ex-fiancé and did Harris have a good reason for canceling the wedding? Let us know what you think below!

4 Ways to Celebrate Being Single on Independence Day



By Tanni Deb

The Fourth of July commemorates America's freedom from England, but why not celebrate it this year for a different reason? If you're single, raise a toast on July 4 for not just America's independence, but also your own! After all, when did you last appreciate your status as an independent woman? If it's been awhile since you've glorified your singleness, here are a few ways to commemorate your self-sufficiency this Independence Day:

1. Hang with friends: Being single doesn't necessary mean that you have to be lonely. Celebrate the Fourth of July with friends at the beach, or throw a barbecue together in

someone's backyard. Being able to spend time with your crew without feeling like you have to drag your other half along will remind you of why singleness is awesome – and will also help you appreciate your friends for always being there.

2. Strengthen your familial bond: Another great way to celebrate this holiday is with the family. Cherish your moments together while on a picnic at a nearby park or while watching fireworks (whether it's in person or on TV) with your loved ones. Knowing that you can count on blood ties when you're enjoying the single life is always reassuring!

3. Go clubbing: Grab a friend or two and check out the best new bars and clubs in your area. Keep the group small – this will force you to go out of your comfort zone and talk to other clubgoers and bar hoppers. It's nice to expand your social circle with both new guy and girl friends. Dance the night away with your newfound pals – just be sure to stay safe!

4. Hit the road: If you're on your own, why not plan a trip to a place you've been longing to visit? Traveling solo will allow you to learn more about yourself and make new connections. Best of all, no one can stop you from going wherever you please.

»»»

If you follow any of these four tips, let us know how your holiday went. If you know other ways for singles to have a great time on Independence Day, share with our readers in a comment below.

Cupid Exclusive: Former Bachelorette Winner Jesse Csincsak Gives His Take on Ashley Hebert's Hong Kong Action



As we all saw last night on *The Bachelorette*, it was an emotional evening for Ashley. She put a “period” on her “dot dot dot” relationship with Bentley and had to confess her secret meeting (and feelings) for the bad boy to the remaining bachelors. Here’s what our resident *Bachelorette* expert Jesse Csincsak had to say about the episode:

We’ve been waiting for Bentley to return for weeks. When Ashley spoke with him in Hong Kong, were you surprised by anything he said to her?

Bentley is so used to talking to girls until they are totally confused, and then they just do exactly what he wants. Nothing Bentley said to Ashley last night made any sense!

We all know Bentley was never truly interested in Ashley. So why do you think he kept saying things like if things didn't work out with her and the guys, she had the option of looking him up in Salt Lake City?

He figured worst case scenario, "we can hook up"! That's it.

It was good to see Ashley finally get mad at Bentley. What do you think happened for her to see the light and realize he was a jerk?

You have to remember a lot happens in the editing room. There could have been hours of conversation we didn't see, so there is no telling what set her off. It could have been as simple as the producers telling her about his antics; who knows!

Ames surprised Ashley with the kiss in the elevator. What were your thoughts during the steamy elevator smooch?

I think Ames kissed her in the elevator because the producers got him drunk and told him to do it. That was not an Ames move! An Ames move would have been reciting her poetry in a foreign language!

We've heard many times that the other guys don't like Ryan. Do you think he acts different around Ashley, and do you see a spark between them?

I think Ryan is being kept there by producers. He is getting roses because it creates drama, which is great TV. There is no real connection there in my book.

Ashley confided in J.P. during their one-on-one date. This was a brave move – do you think she did it because she feels J.P. may be "the one" she selects for the final rose, and she wants a clear conscience as she moves forward in the journey with

him?

ABC is trying to sell us J.P. as the winner. I think J.P. is getting way too much camera time to be the winner; usually the winner is a sleeper that doesn't get a lot of camera time. I could see Mickey coming back during the Exotic Dates and becoming one of the final two. With that being said, I think Ashley telling J.P. was all produced!

Some of the guys had pretty strong reactions when they found out Ashley had seen Bentley again. Did you expect the response from the guys, and which guy's reaction surprised you the most?

I wasn't surprised by the reactions at all. I loved that Mickey went home; that's an Ohio boy for you! I would have done the same thing. Mickey – I got nothing but love for you, bro!

Blake was the guy to go home this week. Why do you think Ashley sent him home?

I think Blake got sent home simply because he called Ashley out.

Ashley was extremely emotional this week. Even though the "dot dot dot" with Bentley is over, do you think Ashley is in the right frame of mind to fall in love?

I think Ashley knows exactly what she wants. I think that the production end of the show is just slowing the process down. She needs to just do whatever it is that she would normally do and not try to please producers. The show would come across a lot better!

Want more Bachelorette insider insights? Check out the Bachelorette Beatdown this evening. The Beatdown is hosted by Jesse himself, and he is always joined by notable show alums,

who will certainly have plenty to say about the reappearance of Bentley!

Top 10 Qualities George Clooney Looks for In a Woman



By Greg Buckskin

Single ladies around the world can now rejoice! George Clooney has officially separated from his latest girlfriend, Elisabetta Canalis.

The couple has called off their relationship, leaving the dating pool wide open for Clooney, one of Hollywood's most attractive men. If you've got your eye on this "sexiest man alive," you're not alone. But do you have what it takes to attract this notorious bachelor? Here are the top 10

qualities he looks for in a woman. See if you measure up!

1. Foreign beauty: If you're from a country outside of the U.S., your odds of landing Clooney have significantly gone up. Celine Balitran (France), Mariella Frostrup (Norway) and Canalis (Italy) are just a few of his "foreign affairs."

2. Big name actress: One of the most successful men in Hollywood would surely be attracted to an equally successful actress. And rightfully so, since both understand the demands and stresses that come with the job. Clooney's past women have resumes almost as impressive as his; just take a look at Julia Roberts, Charlize Theron, Kelly Preston and Renee Zellweger. But don't plan on starring in a movie alongside George to win his affection. It appears he doesn't date his co-stars – at least, not during filming.

3. Piercing eyes: Clooney prefers a few physical features on women, one of them being incredibly piercing eyes. Preston, Roberts, Theron, Lucy Liu and Canalis all share the striking eyes trait.

4. Pouty lips: Going along with physical features, Clooney's also attracted to a pouty lips. Exes Karen Duffy, Roberts, Theron, Zellweger and Canalis have incredibly full lips that they use to their full advantage.

5. Exotic: This actor gravitates toward exotic looking woman. We need to look no further than Huma Abedin, Liu and, of course, Canalis to determine that this is certainly a look that draws George.

6. Astrological sign? Scorpio: Yes, it must be in the "stars" for a relationship with Clooney to work. Three of his ex-girlfriends – Celine Balitran, Roberts and Mariella Frostrup – are Scorpions. He certainly likes a determined, passionate and exciting woman in his life – all famous Scorpio characteristics.

7. Age: No cougars need apply! Clooney tends to date women much younger than himself. Sarah Larson was 18 years his junior, while he had a good 17 years on his latest ex.

8. Not the marrying kind: If you're the kind of person who wants a commitment that ends with a diamond on your finger, go ahead and look elsewhere. This bachelor is notoriously famous for steering clear of husband-territory. In fact, out of all of his exes, Clooney has only married one – Talia Balsam. After their relationship ended, he declared that he would never marry again. So far, no other woman has been able to convince him otherwise.

9. Attention seeking: When you're with Clooney, all attention is on him. If it's your time to shine, move on to the next man. He's dated some pretty famous names, but when it's time for the red carpet or movie premieres, all eyes, all attention and cameras immediately focus on him.

10. Model-esque looks: And lastly, if you don't have long lean legs, stunning facial features and gorgeous hair, don't waste your time. This man is definitely attracted to model-type women, including Vendella Kiresbom Thomessen, Traylor Howard and Lisa Snowdon.

Do you measure up? If you can count yourself among at least a few of the top 10 qualities Clooney covets, then what are you waiting for? It's time to see if you can catch the most recent eligible man in Hollywood!

When he's not out skiing the Utah powder, Greg Buckskin is a writer and blogger for Comcast.USDirect.com – home to Comcast Cable Deals.

Larry Crowne featuring Tom Hanks and Julia Roberts



Larry Crowne (Tom Hanks) did what most people do when trying to improve their lives from the ground-up ... he went to college. Crowne was laid off from his big-box company, a job he had since he left the military. Now with bills to pay and lots of free time, he decides to enroll in classes at his local community college. While there, he befriends a group of scooter-riding outcasts who, like Crowne, are trying to better their positions in life. Meanwhile, he falls for his public speaking teacher, Mercedes Tainot (Julia Roberts), who has lost her passion for her marriage, career and everything else. *Larry Crowne* helps show the life of students in community college and the rising population of non-traditional college students. Plus, it shows that when someone's lost everything, he or she may just find a new purpose.

What are ways to help a crush grow?

Cupid's Advice:

"Crush" is a playful word, however it does have some risks if that crush were to grow into something serious. Cupid has some ways to help it bud safely:

1. Start in the 'friend's zone': Become friends, and see if there are any sparks from there. Build a solid foundation of trust and companionship at the base level.

2. Know your space: When you like someone, be aware that that person may not like you back, so pressing too much will cause he or she to back away. Keep some distance, at least initially.

3. Patience is a virtue: When trying to 'make your move,' it's all about the timing. Make sure there's no other relationship you're intruding on and be aware it could take a lot of time before you can even be a potential lover.

Release Date: July 1

Cupid's Rating: 4.5/5

Jennifer Grisanti Talks 'Story Line: Finding Your

Gold in Your Life Story'



By [Lori Bizzoco](#)

Protégé to the great executive Aaron Spelling, Jennifer Grisanti learned the ins-and-outs of one of the most competitive businesses in America – entertainment. During her time with Spelling, she worked on shows like *90210* and *Melrose Place*, moving on years later to become Vice President of Current Programming at CBS Paramount Network Television. In 2007, she left Tinseltown's lustrous world behind and established her own consultancy for aspiring writers, mentoring them on how to dig deep, find their truth and put it into words. In her new book, *Story Line: Finding Gold in Your Life Story*, Grisanti offers advice on how to make your story the best it can be, while drawing from her own experiences in life, love and the workplace. As she notes, her book "is a writing book for television and feature writers, but also a business, life and spiritual book for anyone who has a desire to learn how to add fiction to their truth and bring it to the

page.”

We had the privilege of interviewing Jennifer last month. Here's what she had to say:

What was it like to have Aaron Spelling as a boss?

Mr. Spelling was old fashioned. We called him Mr. Spelling and his nickname was Mister. He was very into perfection and you respected it because he expected perfection from himself, so it made you want to deliver. Working in his office was in some ways so glamorous. You got to attend all of these Hollywood parties and hob knob with stars. There are elements of that to the business, but you worked your rear off. I mean, I would work until eight o'clock at night and then I would go home and read scripts for three hours.

I was really blessed in the sense that I came in at a very good time in his career. He was 67 when I was 24. When I came in, he was on the rise again with *90210*. Actually, the first day I started, *Melrose Place* was being cast so I really entered at an opportune time.

You speak about your own personal challenge going through divorce. Many of our readers are single and trying to balance their career with maintaining the perfect romance. What advice can you give them?

What I would have done differently and what I would recommend to younger executives is don't make your career such a priority that you don't have the space or energy to let something else in. That's so important for women (and men), because as much as there is a gift in achieving an accomplishment in the work world, you need to make it work at home also. It's fascinating because my ex-husband was an actor. The whole limelight, fairy tale and painting the picture is definitely something that I did. However, the paints in my picture started to change color. I was thinking

about what a relationship is supposed to be versus the reality of what it actually is. Had I done things differently, I wouldn't have been so threatened by the age of 30. I would have spent as much time on my relationship as I did my career.

You discuss 'adding fiction to your truth,' a lot in your book. What does that mean?

My feeling is that there is fiction in non-fiction and non-fiction in fiction. I am a believer that you are a part of every story you tell. When I say 'adding fiction to your truth,' I am talking about using the imagination and the fantasy of what we want something to be versus what it actually is. There is fiction to that. It's mainly the idea that life is not that interesting. The sequence of events isn't the same as the dramatic points that you need to hit in your story.

What can you tell us about your consultancy?

I have worked with 350 writers since I opened my business in 2008. Anyone can contact me – whether they're writing television features or a novel. What I've learned most about in my career is how to develop a story. I want to help others. That's what I did all day every day and I saw my notes made on five shows a week, every week. There was no better training ground to know how to make a story the best it can be.

strong>Given your history, we are anxious to know how you feel about reality TV?

I have to be honest. I like reality TV. I think there's room for everyone to succeed. I think that scripted writers can learn from reality TV. For example, when you see certain characters that are more popular than other characters, you might ask yourself why people are responding more to that person. There are lessons that can be carried over. There really is so much to learn.

Cupid thanks Jennifer Grisanti for her time! To purchase your own copy of *Story Line*, visit Amazon. For more information on Grisanti's consultancy, visit www.JenGrisantiConsultancy.com. You can also find her on Facebook or follow her on Twitter.

5 Ways to Reignite the Spark In Your Relationship



By Andrew Pryor

There are always moments in a relationship when the sizzle fizzles out, the passion becomes predictable and burning desire turns into yearning for a simple spark. This weekend, take the initiative and find a new way to strike a match with your perfect match:

1. Light a bonfire: Keep your passion for each other from going up in smoke by lighting a roaring fire, whether you're at the beach or in your backyard. Nothing inspires and creates a warm and soulful connection like sitting together in front of a bonfire.

2. Take a camping trip: If you're super outdoorsy, try living off the land for a few days. Not only is it the perfect opportunity to be at one with nature, but you'll also be close to your significant other. Sparks are sure to fly when you're cuddled up by the fire, roasting marshmallows and making s'mores.

3. Have dinner by candlelight: If neither of you like to get your hands dirty, why not spend the night in? The flickering candlelight allows you to see your partner in a new, smoldering light. Just make sure you've picked a designated dish washer before getting too cozy.

4. Go to a rock concert: Sure it may be crowded, but when you hold your lighters up during that one special song, you'll each know whom your flame is burning for.

5. Revisit the past: The best way to reignite a dying flame is to take each other back to a time when your love burned bright. So take her to an old movie, play an old song for him on the piano, or drive to the hangout where the two of you first met. Remember why you fell in love, and hopefully, your engines will roar back to life.

What's your favorite way to get your relationship's spark back? Let us know in a comment below!