

9 Frugal Dating Tips for Cost-Conscious Lovebirds



By Andrea Woroch

Summer is the season for romance as singles and couples seek magical moments amid the sunny and hot weather. However, creating a magical date can be a nerve-wrecking experience, depending on the dating situation. Thinking about what to wear, wondering if he/she will like you or stressing over what you will talk about is enough to make someone go crazy. With so much to think about, the last thing you need to worry about is your wallet.

Lucky for cost-conscious lovebirds, there are plenty of ways to spark a romantic connection without blowing your budget.

Here are nine ways to enjoy a memorable yet inexpensive

summer date:

1. Time-sharing babysitting: Finding a competent and dependable babysitter is often an expensive nightmare. It's almost enough to make a parent want to stay home. When you think about it, however, many others face the same situation.

Why not swap services with neighbors, co-workers, family or friends for a free night or afternoon out? Otherwise, consider sharing one babysitter among a couple of families and splitting the cost. Consider searching SitterCity.com for vetted babysitters in your area who will match your needs and budget.

2. Avoid alcohol: Even if you find a cut-rate meal (early bird special, anyone?), a couple drinks can greatly add to the bill. You might want to hit a restaurant that doesn't serve booze or make it an afternoon date. Otherwise, plan to drink and dine at a restaurant or bar that offers happy hour prices which is usually in the early evening. You can enjoy most drinks and food at very reasonable prices.

3. Date with gift cards: Buy a gift card at a discount from sites such as CardAvenue.com. They will save you anywhere from five to 50 percent on restaurants and other entertainment activities.

4. Plan a freebie: Dating doesn't always have to mean dinner and a movie. Some activities – like hiking, biking or visiting farmers' markets – don't cost a dime and tend to reveal more about your partner than a standard date.

5. DIY date night: Create your own dinner with a picnic in a local park. For a romantic touch, pack portable speakers with a pre-mixed playlist on your iPod as well as a bottle of wine and a few chocolate-covered strawberries for dessert. Not only is this DIY date an inexpensive alternative to a night on the town, but you'll score extra brownie points for taking the time to plan this special event.

6. Get smart advice from smartphones: Use your mobile phone to find local deals and date ideas. The Date Night iPhone app for example will help you find unique, interesting and affordable events that are sure to impress. The app randomly selects a “thing to do” for your next evening on the town, some of which won’t bust your budget.

7. Dial into daily deals: Groupon, Living Social and other group-buying coupon companies offer some great deals – up to 50 percent off – on such entertainment experiences as wine tastings, boat tours, museums and comedy clubs. If you’re worried about appearing “cheap,” redeem the offer when your date is in the restroom.

8. Go cultural: Many libraries and coffee shops offer free poetry readings and musical entertainment. Look for art gallery tours or free museum days to improve your cultural IQ while impressing your date.

9. Create a thrifty movie night: Instead of dishing out \$20 for two movie tickets plus cost of popcorn, candy and soda, plan a romantic movie night at home. Pick-up a free DVD from your local library or a new release for just a dollar from Redbox. Then dim the lights and serve some freshly popped popcorn or your date’s favorite candy for a theater-like experience.

Consumer Savings Expert Andrea Woroch has been featured as a media expert source on NBC’s Today Show, FOX & Friends, MSNBC, ABC News NOW and many more. For more savings tips follow @AndreaWoroch.

Rachel Machacek Discusses 'The Science of Single'



By Krissy Dolor

Ever compared navigating the dating scene to science problem? After all, there *must* be a secret formula to get boy + girl = love. Well, after dating without solving her equation for years, Rachel Machacek took matters into her own hand and gave herself one year to try different methods of dating, hoping to find the right guy. Lucky for us, she put her findings into a book: *The Science of Single: One Woman's Grand Experiment in Modern Dating, Creating Chemistry and Finding Love*. In her debut novel, Machacek shares the triumphs and failures of her various methodological steps, including online sites, matchmakers, singles events, self-help books and the good old-

fashioned blind date. While the ultimate goal was to find chemistry with that special someone, this journalist found something much more important – herself.

We spoke with Machecek via email about her book. Here's what she had to say:

You said that one of your goals in writing this book was to improve yourself as a dater. Do you think you have?

Oh yeah. While working on the book, I went out with a lot of guys (60!), so by simply practicing the art of dating for an entire year, I became better at finding dates, the process of dating (I stopped hijacking conversations with inane babbling because I felt uncomfortable with brief silences in conversation) and learned to pick myself up and brush off the dust when something didn't work out, versus analyzing the situation and beating myself up over it. Essentially, dating evolved into this thing that I did. It became the rule instead of the exception.

What has your feedback been from the guys that have read your book? Also, have you gotten feedback from any of the men you've dated and written about?

I think I might have more male fans than female. It's surprising to me because I thought for sure only women would truly relate to my stories. I get a lot of emails from men who are connecting with my book. Many of them are just getting back out there after a divorce and they say it's great to hear a woman's perspective. Others tell me their experience with dating – all the insecurities and crackpots they run into – is exactly like mine. Of course, some have called into question my integrity and felt threatened by the way I described the dates and men I went out with. Alas, you can't win them all.

I have heard from a few of the men I wrote about in the book and they've been flattered and excited. Of course, these were

the guys I was positive about. For the men who had a less-than-favorable story, well, it's been quiet on that front. Crickets, in fact. I'm OK with that.

Where do you find yourself in your dating life now? And do you think you've figured out "the science of being single"?

Not a ton has changed for me. I'm single. I date. I still deal with some of the same issues. What *has* changed – and this is the clincher – is my perspective. I'm a LOT easier on myself. I allow myself to have fun with dating (I stopped thinking about the endgame – too much pressure!) and it's not this gray pall over my existence like it used to be. Much of this comes from finally feeling OK with where I am in my life. I stopped should-ing on myself. (i.e. I should be married, have kids by now.) This has been critical to being happily single – it's the science of single. I do what I want to do and I do what's important to me, so I'm more confident in general. And as we all know, confidence is half the battle in dating – and in life.

What's next for you?

I have a new idea for a book on a different topic (it's still evolving so I won't say more – bad juju), so eventually I will want to talk about that, too. However, dating will remain a heavy focus for me because I still have so much to say, and I just started a couple regular columns including Dating Disaster Day where readers can send in their worst date ever, as well as guest posts from dating bloggers. It's fun!

What's the one piece of dating advice you've learned through writing your book?

I only get to talk about one?! Oh man. OK. This one is important: Don't be afraid to put yourself out there. I used to feel so utterly vulnerable about being single – it's fun in your 20's, but by your 30's, people start wondering about *why you're still single*. It's like a disease. Syngalitis. The

horror! I felt shy about it. And shy about dating. And that makes it pretty hard to date. Once I started saying yes to singles' events, blind dates, online dating – all of it – and stopped thinking that doing these things made me look desperate, dating became a lot more fun.

I have to add one more piece of advice: We tend to be very superficial when forming our checklist for the ideal mate. So make sure yours includes important criteria that can actually make a relationship work, like “he/she supports and respects me.” Don't limit yourself to great hair and nice shoes. Those things do not a relationship make.

Cupid thanks Rachel Machacek for her time! You can find *The Science of Single: One Woman's Grand Experiment in Modern Dating, Creating Chemistry and Finding Love* on Amazon. For more on Machacek, visit her website at www.rachelmachacek.com. Cheers to solving your dating equation!

Our 5 Favorite Celebrity-Athlete Couples





By Diamon Hall

With Kim Kardashian's recent engagement to Kris Humphries and Candice Crawford's late-May nuptials, these lovely celebrities are currently hot topics of conversation. While these two couples are currently reveling in the limelight, there are plenty more popular athlete-celebrity couples in Tinseltown. Check out our favorite five:

1. Gisele Bundchen and Tom Brady: This famous Hollywood couple starred in Zimbio's "Top 10 Sizzling Couples" list, so it's only right to include them on this list. The New England Patriots quarterback and gorgeous Brazilian supermodel are a match made in heaven.

2. Kim Kardashian and Kris Humphries: There's just no way anybody could tune this couple out, as they've saturated the media lately after news broke of their engagement. It didn't take Kardashian long to find true love after her relationship with Miles Austin of the Dallas Cowboys faded. Since Humphries is the forward of the New Jersey Nets, and we all know about her previous long-term relationship with Reggie

Bush of the New Orleans Saints, it's obvious she's a big fan of athletes. However, since the basketball star dropped nearly \$2 million on the reality star's engagement ring, it seems he's an even bigger fan of hers.

3. Candice Crawford and Tony Romo: Crawford didn't receive clothes, shoes, or handbags for her 24th birthday. Instead, she got a ring and a marriage proposal from Dallas Cowboys quarterback Tony Romo. While it's safe to say that Romo is over pop star Jessica Simpson, we all know one thing – this gentleman definitely prefers blondes! Now, Crawford is no longer just known as the younger sister of *Gossip Girl* star Chace Crawford, but for her love life with such a prominent sports figure.

4. La La Vasquez and Carmelo Anthony: New York Knicks star Anthony and former television personality and current actress Vasquez tied the knot last July, and the whole world saw how they prepared for their big day on VH1 reality show, *La La's Full Court*. This couple seems to glow in all their pictures together and are still happily married, living in New York with their 4-year-old son, Kiyan.

5. Khloe Kardashian and Lamar Odom: Kim certainly isn't the only Kardashian who made this list. Younger sister Khloe and Los Angeles forward Lamar Odom also rank as one of Hollywood's well-known athlete-celebrity couples. Many questioned this pair's relationship because they only dated for a month before they married. However, these two are continuing to enjoy marital bliss, and their E! reality show, *Khloe' and Lamar*, finished its first season on May 31.

Love is definitely in the air with these five athlete-celebrity couples. Which one is your favorite? Let us know below!

A Healthy Romantic Dinner for Two



By Brian Steele

Making a meal with your partner can be one of the most romantic things you can do. It's a fun and cheap way to enjoy yourself on a date night, and a simple way to get closer to your partner. The best part about this is getting a home cooked meal – and who can resist the simple pleasure of eating in the comfort of your own home?

However, you *do* want to make sure you're enjoying your meals, not suffering through them. Many individuals find it hard to

maintain healthy dining habits because they don't want to sacrifice taste for a decrease in calories and fat. Luckily, you don't have to compromise taste for health, as it's possible to have a dining experience that satisfies both your taste buds and your body.

What's more is that it's simple and rewarding to cook a great meal at home and share it with that special someone. Your significant other will appreciate that you care about their health. In addition, dining together will go far in strengthening the romantic bond you already share with each other.

Make the meal with your partner and feed each other while you're cooking. This can be a very intimate and sensual experience, so get creative!

The following is a recipe for two that will not only satiate your hunger, but will provide a romantic evening at home:

Ingredients:

Four Portobello mushrooms

Shredded mozzarella cheese

8 tablespoons of tomato sauce

Steps:

1. Wash the mushroom and remove the stems. Once removed, the stems should be put aside as they will be chopped and used as a topping.

2. Place the washed and dried mushroom caps in a baking pan. Place two tablespoons of tomato sauce on each cap. Then sprinkle the mozzarella cheese over the sauce. When you are finished, set your oven to preheat at 350 degrees.

3. Take the stems that you had removed earlier and chop them up. Once chopped, spread evenly over the four mushroom caps.

4. Once the oven is ready, place the baking pan in the oven

and let it bake for 30 minutes.

5. After 30 minutes remove and serve. The cheese may be really hot at first, so be careful!

Wine:

This dinner pairs well with red wine – in particular, a merlot or cabernet sauvignon. Red wine has two major benefits: It helps set a romantic mood and is also chock full of antioxidants, which research shows is advantageous to the promotion of good health.

Dessert:

This main course can be followed with a simple dessert of tea and Greek yogurt. Tea has additional antioxidants and Greek yogurt contains probiotics. Probiotics has been shown to aid in proper digestive health and no healthy lifestyle would truly be complete without them.

If you are looking for a great romantic evening in, consider trying this delicious, healthy recipe for two. Your partner (and body) will thank you!

Brian Steele is a contributing writer at various sites like Probiotics.org.

10 Ways To Get Into A Summer Romance





By Melissa Tierney

Summer is the perfect time to go out and have fun. While you're at it, why not aim to have a season filled with some love and lust. Everyone wants that perfect, warm weather romance that will hopefully last past Labor Day, but how do you find the one that will sweep you off your feet? Here's some advice on how to get into the, passionate relationship that will keep you glowing every single day!

1. Aim to have fun: Everyone says you're likely to find someone when you least expect it. Go out with your friends, dance the night away and stop aiming to find 'the one' while you're out. Who knows – you might be having such a good time that your future significant other can't help but notice you!

2. Have an open mind: Be willing to go out and meet new people. Keeping your eyes wide open will help you meet someone that may be perfect for you that you would have otherwise overlooked.

3. Head to the beach: Relaxing at the beach is a great way to

meet that hottie playing volleyball or the new summer lifeguard while also soaking up some rays. If you're calm and relaxed, you're more at ease when chatting up a new guy, which is a great way to start off a summer romance.

4. Take a break: Instead of eating lunch at the office, take a break and go to an outdoor café. You may befriend other singles taking a break from work, and one of them could be Mr. Right.

5. Join a dating site: Summer is the perfect time to join a site like Match.com or eHarmony.com because everyone is looking to have a good time when the weather gets warmer. If you're already part of these networks, change your profile – maybe an updated interests list or new picture will spark that special someone's interest.

6. Go to a new place: Check out a new bar or club over the summer. In addition to enjoying new scenery, you'll meet people who aren't typically at the bar or club scene you're used to.

7. Be a social networker: If there's someone you've been crushing on for awhile, why not add him as a friend on Facebook or follow him on Twitter. You might just come home to a Facebook chat or mention in your timeline, asking you out on a date!

8. Go outside: Instead of doing activities inside, head outdoors. Go for a run in the park, read a book outside a cafe, or simply go for a walk. You can't meet anyone new indoors, so expand your horizons and enjoy the weather!

9. Put down the technology: When you're out, live in the moment and stay away from your phone. If someone sees that you're constantly attached to your iPhone or BlackBerry, they'll assume you're always busy or preoccupied, which won't open doors if you're looking to meet someone.

10. Be outgoing: If you're normally shy, summer is the perfect time to let loose and be yourself. Feel comfortable with who you are and try interacting with people you normally wouldn't chat up. Heading outside your comfort zone may yield to get comfy with your next fling!

Do you have any tips on how to get into a summer romance? Share your stories below!

5 Best Wedding Movies Ever



By Jeanne Bowyer

If you love weddings – and let's face it, in their heart of hearts, who doesn't? – there's nothing like a nice wedding

movie to fill up a quiet weekday evening, especially if you're spending a lot of time and energy planning a wedding of your own. Break out the popcorn, because we're about to give you a list of the five top wedding movies you won't want to miss!

1. 4 Weddings and a Funeral: How much funnier can you get than this movie? The opening scenes alone are enough to make grown men cry with laughter, and the rest of the film has long rendered it a comedy classic. Interlaced with moments of real humanity and poignancy, this film will have you laughing – and crying – all the way through. The characters are real and the storyline will touch your heart – and, of course, it's the first starring role for the swoon-worthy Hugh Grant, too!

2. The Wedding Singer: Adam Sandler and Drew Barrymore make the silver screen come to life with their romantic antics in this gorgeously sweet comedy about love in the eighties! Set in 1985, the story follows the falling in love of Robbie Hart – the wedding singer – and Julia – a waitress – who are both initially engaged to the wrong people. Possibly one of Sandler's finest career moments, this movie is bound to become a favorite and a resident in your DVD or Blu-ray collection.

3. Father of the Bride: Who could forget this absolutely awesome classic? A very fine remake of the 1950's original, this movie stars Steve Martin in an endearing and captivating role as the father of a bride-to-be (played by Kimberly Williams). His wife Nina, played by the ever-stunning Diane Keaton, is the perfect sidekick, and of course, who could forget the flamboyant Franck – the wedding planner – as he rushes around installing geese on the lawn? ... Unmissable!

4. My Big Fat Greek Wedding: This movie is one of the sweetest wedding flicks ever made. It's not sensationalist or bold in the classic Hollywood sense; it's simply the following of a couple as they fall in love and start planning their wedding. Of course, that doesn't mean there's no drama. It's quite the

opposite, as it's full of real down-to-earth comedy as the bride's Greek family attempts to mesh with the groom's middle class white American family. The laughs are huge and the film worth every second spent watching it!

5. The Princess Bride: It's impossible not to put this utter classic on the list of wedding movies; it's just simply one of the most fun romantic comedies ever made! Follow Westley (played by Cary Elwes) and his Buttercup (played by Robin Wright) as they prove that the course of true love never does run smooth, but can be very entertaining! The Dread Pirate Roberts, the Six Fingered Man and an early appearance by Mandy Patinkin (who played Gideon in Criminal Minds) provide many a humorous moment. It'll have you kissing your sweetheart with gusto for days to come, as well as whirling around in the grocery store boldly declaring "you killed my father...prepare to die!"

Jeanne Bowyer writes tips about how to plan the best Westchester weddings. Check out what the wedding business marketing insiders have to share.

The 5 Best Steamy Movie Kisses





By Tanni Deb

From the spaghetti dinner kiss between Lady and the Tramp to John and Savannah's passionate liplock in *Dear John*, Hollywood love scenes never fail to make our hearts race. Although there are plenty of romantic movie kisses that are list-worthy, here are our five favorite onscreen smooches ever:

1. *Titanic*: James Cameron made us laugh, cry and fall in love with leading characters Jack (Leonardo DiCaprio) and Rose (Kate Winslet) in his most romantic movie to date. Coming from different classes, Jack, a penniless American who won the tickets in a poker game, and Rose, the uptight daughter of an English aristocrat, fell in love and sealed their first kiss on the bow of the movie's namesake.

2. *The Notebook*: This love story is another tale of love that knows no boundaries, with country boy Noah (Ryan Gosling) and southern socialite Allie (Rachel McAdams) finding themselves in a heated summer romance. After seven long years of no communication, the two find themselves passionately kissing in the rain. This long awaited kiss, filled with both unrequited

love and ashes of a teenage angst, is fit for anyone's teen dream.

3. *Pride and Prejudice*: Although Elizabeth (Keira Knightley) and Mr. Darcy (Matthew Macfadyen) had nothing but distaste for each other when they first met, sparks flew when they fell in love. After taking a stroll at dawn on a field, Mr. Darcy expresses his undying love for Elizabeth. Since the two went from resenting one another to finally holding hands, their kiss at the end of the movie was gladly accepted by the audience, who has come to know this classic Jane Austen movie quite well.

4. *Spider-Man*: Who would have thought that watching a man wearing a spandex hanging upside down in the rain while kissing his heart's desire could be romantic? Since he's a superhero, anything's possible! The smooch between Tobey Maguire's alter ego and Kirsten Dunst's Mary Jane was so amazing that they were awarded the best screen kiss by MTV in 2003.

5. *Breakfast at Tiffany's*: Locking lips in the rain must make for a great kiss, since this is the third smooch on our list that occurred during a shower! When Paul (George Peppard) leaves Holly (Audrey Hepburn) in the car after wondering how and why people fall in love and belong to one another, she runs after him. As rain pours down, their lip lock expresses the love they have for each other – and sort of answers Paul's question! *The Sun* reported that the 1961 film was voted cinema's best snog in 2004 by a poll of 4,000 movie fans for Valentine's Day.

Which of these movie kisses is your favorite? Share with us in a comment below!

The Premise of Monogamy



By Richard Woods

In our celebrity-driven American culture, it's become all too common for us non-celebrities to sit on our expanding posteriors and criticize public figures whenever they make headlines for being romantically reckless. The truth is that despite our moral indignation, there are fewer of us who could resist similar temptations than we'd like to admit. For many, monogamy is merely caused by a lack of opportunity.

But much of the difficulty we have coping with monogamy and infidelity may very well be due to how we operate. Is monogamy instinctive, or even healthy? For many, our natural inclinations are in direct contradiction to what we've been taught to believe regarding how we should express love for one another in committed relationships. However, this

contradiction leads to dishonesty, which is the root of infidelity in the first place. In a modern world where Americans have their libidos constantly engaged, the reality is that monogamy is becoming a less realistic expectation.

Still, even though most Americans know better, we continue to engage in this failed romantic notion. Moreover, when we correlate committed relationships with celebrity gossip, it often comes at the expense of being able to make rational choices within our own relationships. We tend to view the entire concept of “cheating” as if loving commitments occur in a vacuum, and that circumstances, emotions and a suppressed libido are incidental dynamics where it concerns monogamy. It’s rarely as black and white as we’d like to believe.

Consider what our collective view might be if we took the lie that accompanies the romantic premise from which we operate out of the equation? What if honesty about expressing our intimate predispositions became the standard? What if we were able to stop apologizing for our libidos without fearing any social reprisal? What if we were able to put jealousy in its proper perspective? What if, rather than “cheat,” we were able to negotiate non-monogamy?

Whether we like it or not, the very nature of the way men and women romantically interact is evolving. And as with other forms of evolution – unless we’re able to unlearn many of the “vanilla” precepts we have been inundated with regarding monogamy as the singular marital standard – there will be unnecessary pain associated with the process.

*Richard Woods is a Published Author, Public Speaker, and Syndicated Columnist. You can order Rich’s recently released book **Unlearn Vanilla Marriage – A Different Approach to a Failing Institution**. To get more information, you can visit his website www.unlearnnow.com, or watch his weekly Socio/Political Satire “Unlearn with Rich & Tony” @*

www.unlearn.tv . Catch it Live every Tuesday @ 7pm EST.

The Art of Getting By featuring Freddie Highmore and Emma Roberts



Freddie Highmore and Emma Roberts star together as two teenage students in [*The Art of Getting By*](#). George (played by Highmore) is a slacking yet gifted artist who falls in love with his new friend Sally (Roberts), a popular yet complicated girl. George has never done a day of work in high school, even

though he's now made it to senior year. Sally recognizes him as a kindred spirit and reaches out to form a deep friendship. The Sundance film premiered under the title *Homework*.

What are ways to express to someone that you love them?

Cupid's Advice:

Love can make you do things you wouldn't normally do as a way to express your feelings. Cupid has some tips:

1. Surprise!: Even if it's just as simple as bringing your lover lunch while he or she is at work, a nice surprise is a great way to show affection toward someone you admire.

2. Out of the ordinary: If you're in a relationship, try to do something spontaneous for your partner, such as cooking dinner or taking him or her to a favorite restaurant. It may even be something as simple as letting him hold the remote control.

3. A work of art: If you're artistically inclined, write a song or poem. Perhaps even paint them a portrait showing your love for them.

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Cupid's Rating: 2.5/5

5 Ways to Flag Down Your Love Tonight



By Tanni Deb

With the arrival of June, days become longer, nights become shorter and summer flings are perhaps the most popular activity taking place. Though Flag Day (June 14) is a holiday that celebrates the adoption of the American flag, why not use it as an excuse to throw a party – or better yet, attend one. Whether you go all out or stay simple, take advantage and get noticed by that special person. Not sure how? Take a look at these five tips to flag down a hottie:

1. Eye contact: If you're anything like me, then you're not fond of people who stare. But in order to get noticed by your crush, making eye contact and throwing a few glimpses his way is a must – it's a simple wordless gesture that can be just as captivating as a moving speech. Don't forget to smile!

2. Wear red: As the color of fiery romance, a LRD (Little Red

Dress), pair of crimson lips or the backs of Christian Louboutins are sure to catch the gaze of any man. Red embodies passion, lust and of course, screams sex appeal – Psychology Today did a study and found that a woman wearing red was seen as sexier than when she was wearing a different color shirt. Red will not only attract your future squeeze, but you'll also keep in tune with the red, white and blue of the American flag. If you plan to spend Flag Day at the beach, wear some All-American swim wear. You're bound to turn heads!

3. Initiate contact: Nothing's worse than being a standing wallflower, staring at the cutie across the room. If you want him to be interested in you, just strike up a conversation. If you just be yourself, you'll realize whether or not this person is someone worth pursuing. Have nothing to say? Ask him if he likes your red outfit (we told you this was a good tip!).

4. Paint your face: If you can't find the perfect outfit to wear, try perfecting your makeup. Smokey eyes and bright eyeliners are in this summer, as well as red lipstick and body shimmer that will make your skin glow. *Allure* recommends these five summer makeup colors to help you stand out among the crowd.

5. Scent it up: If you've followed the above four tips and you're chatting up the guy of your dreams, don't bet on him to stick around for more than a few minutes if you don't smell good. That *doesn't* mean you should swim in a pool of your favorite perfume or body splash, but a hint of your signature scent (whether it's fruity, clean or woody) is bound to get you noticed. Try mixing a few complimentary scents to make your own unique blend!

Follow these tips and hopefully, the guy of your dreams (or the guy for right now) will notice you. Need somewhere to go? Downtown New York will hold a Flag Day parade on June

14. Don't miss this opportunity; you just might meet someone special. If you do, don't forget to thank us later. Happy Flag Day!

How To Approach Financial Issues In a Relationship



By Stephen L.

Being in debt can be an embarrassing situation, but talking about it can feel even worse; especially when discussing it with someone you plan to live with for the rest of your life. However, it's important that you explain any financial

problems that you have with your partner and that they discuss theirs with you before you head down the aisle. There are many problems that can arise if you hide your situation and the deceit could cause the end of your relationship before it has the chance to begin.

Hiding Does Not Help

Hiding your debt will never help you or your relationship with your partner. Not to mention that the people you owe that money to will eventually find you. If you know you owe money, arrange to pay it off slowly; most people, even big companies will be more inclined to do this if you call them early on and let them know your situation. You also need to make a list of all of your debt, as scary as it may seem. When it's done, sit down with your partner and explain that you want to talk about finances. This will show them that you are serious about the relationship; and it may give them the platform to open up and do the same. You should go through the entire list of debt with your partner and explain if and how you are trying to pay it off. This can help significantly when it comes to discussing living together and how much you can both afford in rent, or if obtaining a mortgage is out of the question.

Credit Cards are the Biggest Downfall

Having a credit card can be beneficial if you have an emergency, but you have to stay on top of payments and not let the debt and interest accumulate each month. Before you head into forever after, it's important that you ask your partner about their credit cards. If you both happen to own a Master Card issued by the same company, see if you can consolidate your cards and maintain a joint credit limit. Coming to an agreement to clear the debt as soon as you can, and making extra payments each month, will put you in a situation where the debt is worked off much quicker than you had anticipated.

Consolidate Your Debt

Another idea is to consider consolidating your debts with a bank loan. If you can't get a loan due to your credit rating, but your partner can, see if he will get the loan for the both of you. If you aren't married, and you're worried what will happen with the loan if you break up, ask your partner to sign an agreement to pay it off.

When you do marry, your credit ratings will be joined together; an unfair advantage if one of you has bad credit and the other person's credit is good. That's why it is important to talk this out and be open with one another. If your partner has hidden debt and you decide to put your home in both of your names, you could find it repossessed if you aren't aware of the situation. Discussing it does not have to be hard but it is one of the best things you can do for your relationship.

Stephen L. is a guest writer for Brookside Patio Furniture which specializes in resin wicker patio furniture that one can store in this recommended Toledo storage facility.

Giveaway: Amanda Goldberg and Ruthanna Khalighi Hopper Talk Love, Hollywood and 'Beneath a Starlet Sky'





This post is sponsored by Amanda Goldberg and Ruthanna Khalighi Hopper.

By Krissy Dolor

If you loved 2008's *Celebutantes*, you're in luck – authors Amanda Goldberg and Ruthanna Khalighi Hopper are back with *Beneath a Starlet Sky*, the follow up to their debut novel. In this fiction book, Lola Santisi, daughter of Hollywood royalty and CEO of a struggling fashion line, is trying to balance the New York fashion scene and her doctor beau in Los Angeles. A stroke of luck lands Lola in Cannes to work during the Film Festival – but this balancing act is harder to manage than she realizes. And let's not forget about Kate Woods, Lola's BFF, who just went through a breakup with Lola's brother (can we say awkward?). How will a newly single Kate navigate her love life...which may conflict with her work life?

Though we can't tell you the ending, we *can* bring in Goldberg and Hopper to shed a little insight into their second novel. As these two women themselves are daughters of Hollywood bigwigs (Goldberg's father is film and TV producer Leonard

Goldberg and Hopper is actor Dennis Hopper's daughter), they have taken their insider knowledge of the workings of Tinseltown and merged it with some fictional drama to create another chick lit book, worthy of your beach tote.

Goldberg and Hopper took time out of their busy LA touring schedule last month to chat with us via email. Take a look at what they had to say:

***Beneath a Starlet Sky* is a continuation of exploring celebrity lives and is set in the beautiful town of Cannes. What made you choose that location as the backdrop of your new book?**

It's basically the Oscars on a yacht for 10 days. It's chalk full of glamour and fashion. And who wouldn't want to go on a jaunt to The French Riviera?! Reading our book is a lot cheaper than actually trying to get to the South of France and hopefully we'll make you feel as though you were there.

Why did you decide to start the novel with heartbreak?

Well, who can't identify with having had their heart broken? And that theme of love is a big one for us in this book – romantic love, love between friends, love between family. The women characters go on a journey of exploring what's meaningful to them and what's not. And in the end, it's really all about love.

Do you think it's harder to find love amidst the glitz and glitter of Hollywood lights?

It's harder to find the authentic relationships that are built on deep trust and mutual respect. It can be a tough town. And the glare can be distracting. It's important to keep the people you love close.

Both of your books have been fiction – do you think you'll ever write about your real-life experiences about dating and/or finding love in Hollywood?

That's a great idea! We certainly have plenty of material!!

Will we see a continuation of Lola and Kate's journey in an upcoming book?

You never know... they could throw on their Uggs and take a spin at The Sundance Film Festival...

What love advice can you share with our readers?

Don't expect the other person to be anything other than who they are. And a good match means you: Play well. Fight fair. And laugh a lot!!

Cupid thanks Amanda Goldberg and Ruthanna Khalighi Hopper for their time! You can find *Beneath a Starlet Sky* on Amazon and on Facebook. For more on the authors, you can follow them on Twitter: @astarletsky.

~~**GIVEAWAY ALERT:** *Cupid's Pulse* has teamed up with St. Martin's Press to give a copy of **Beneath a Starlet Sky** to one lucky reader! To enter, tell us which celebrity destination you'd like to see Lola and Kate next in a comment below. Please be sure to use your real email address so we have a way of contacting you if you've won — don't worry, your address won't be shown. If your email is not included you will automatically be ineligible to win. This giveaway will run until **11:59 PM EST on Tuesday, June 21**. Good luck!~~

This giveaway is now closed.

**Contest restricted to residents of USA/CA*

Cupid Exclusive: Behind the Scenes Opinions from Jesse Csincsak



If you watched season 7 of ABC's *The Bachelorette* last night and it left you feeling angry at Bentley, confused about William and sad about the show's intentions, we may have just the fix you need.

Each week, **CupidsPulse.com** will bring you an inside look behind the cameras as we gather opinions about the show from season 4 *Bachelorette* winner, professional snowboarder and our very own candid-commentator, Jesse Csincsak. Jesse will be with us exclusively each week to answer questions about the show. If you have a question for Jesse, you can send it straight to Cupid. Here are his thoughts from last night's

dramatic episode:

1. Why don't the producers show Ashley footage of what Bentley said?

If the producers showed Ashley what was going on, that wouldn't make for good TV! Television shows are all about money. The cast is expendable. It's sad, but that's the truth.

2. Jesse, do you think Chris Harrison should have told Ashley the whole truth about Bentley during his pep talk?

Chris Harrison was playing the role of host. He was mentally escorting Ashley to her new relationship. Chris gets paid to be the host so he needs to do what he is being paid to do.

3. You said it was enough already with the mask when you spoke on the Bachelorette Beatdown. Do you think that Jeff revealing his face hurt his chances? Maybe the expectation was too high and it became a letdown?

Wearing the mask is playing a character. For instance, Wes Hayden played the musician and he backed it up by throwing his bachelorette a concert. Jeff wore the mask and kinda talked it up, but when the big reveal came, he seemed to be shooting duds. So yes, I think the mask got him sent home in the long run.

4. Why would the producers let Bentley go through with the game he played?

Wouldn't you say, the producers played Ashley just as much as Bentley?

The producers totally played her and it's sad that TV has come to this. This girl just wants to fall in love. If you couldn't see that after last night's episode, then you never will. I feel bad for her that she was put in that situation.

5. Why do you think Bentley used his daughter as an excuse to go home?

Given he was so honest with the cameras, were you at all surprised he didn't reveal his true colors to Ashley?

Guys like Bentley are HUGE SISSYS in real life. This guy obviously has never had a good ol' fashioned ass woopin' or he wouldn't be treating women like this!

6. Bentley's attitude has been horrible. Last night, he said, "This is fun and games to me," and his honesty made us question the competitive spirit of the show. How many bachelors/bachelorette contestants do you think stay just to "win" and how many stay to "win love"?

For this question I will have to go to my panel on the Bachelorette Beatdown from last week. I think we all agreed that out of every season there are two people on each show that are there for the right reasons.

7. Did Ashley find out about Bentley prior to the show airing or does she see the episode basically at the same time as all of us?

I get to see the show one to two days early so I am sure Ashley does as well.

8. Given what happened in this episode (the drama of the group date, and Bentley's decision to leave), do you think Ashley will be able to recover and find a husband this season?

I would venture to say all this drama will lead into a way bigger and better relationship. That's part of the fun of watching!

You can catch Jesse tonight on RTVZone.com at 6 PM PST as he hosts the first ever *Bachelor/ette* video recap with Ashley Spivey, Marissa May, Natalie Getz, David Good, Wes Hayden, Jesse Kovacs and Eliza Orlins from *Survivor*. They will be

discussing King Tool (Bentley) and Jeff, aka, The Mask. Tune in – you don't want to miss it!

How to Get Back Into Dating After a Divorce



By Elizabeth Cutten

Divorce can be a stressful process, especially when you consider all of the worrying you have to do about what you're getting, what you're going to owe, and the attorney fees. It may seem like it's going to never end! That said, it's important to stay positive about love. Eventually, you'll

find that there's going to be a point where you will want to settle down with someone again.

The question is, how do you date after you get divorced?

While I haven't personally been divorced, I have had some friends that went through the process, and this is what I've learned.

Things to Do Before You Start Dating Again

Be patient: Make sure not to jump into anything too quickly. While you may feel lonely without a significant other, it's not good to rush a relationship. Set your priorities straight and know what you want in life before you take your leap of faith.

Fix the problem: Why did you get divorced in the first place? Be honest with yourself. Were you the problem? Did things you used to do annoy your significant other? While you can't be perfect, try your best to fix your own issues before you start dating again.

Enjoy yourself: Find your single friends and hang out together. Check out all of your favorite bars and restaurants. The more you do, the more you can take your mind off of things. This is a great way to release stress and avoid sitting at home thinking about your ex.

Don't get revenge: Don't start dating someone because you want to get back at your ex. Not only is this going to hurt another person, but it's going to cause more stress for yourself. Set out to find someone that you want to start a relationship with, and move on.

How to Start Dating Again

Try online sites: There are a lot of great dating sites out there that can match you up with others similar to you. Sites such as OkCupid.com and Match.com are a great place to start.

While many frown upon online dating, be open to it. Just make sure that you always meet in public places.

Speed dating: Find speed dating clubs that can help you meet with people in your local area. The cool thing is that if you instantly know there's no connection with someone, you're on to the next person in less than five minutes!

Hang out with friends more: By doing this, you're able to let loose and have fun. Plus, you may even be able to network with some single friends of theirs. You will find that just like your career, networking is always a good idea.

Keep your head up high, and keep your stress level low. You're going to find that as long as you don't jump into things, a new life can work wonders in the long run. Good luck!

This was a guest post written by Elizabeth Cutten. You can find more of her work over at FindSecuredCards.com, a blog /resource helping those in debt get out of it for good!

Summer Lovin': 10 Ways to Heat Up Your Relationship





By Diamon Hall

Relationships require just as much attention as a newborn baby. While they start off sizzling with love and affection, they can easily fizzle out if they aren't handled with care. Since summer is almost here, the heat under your relationship's fire should be kicked up a few notches! Here are 10 tips to keep the blaze alight:

1. Reminisce: Go back to the very first moment you met each other and the feeling that came with it. Remember the fire in your partner's eyes when they were first laid on you? Bring back that fiery moment time and time again.

2. Hold the phones: Turn off your BlackBerry. Shut down the laptop. Cut off all outside communication and focus on your significant other.

3. Surprise, surprise: Men, you can never go wrong with sending flowers to her job. Ladies, light some candles and put on his favorite lingerie for when he returns home from a hard day at work. Occasional, unexpected treats keeps the suspense and

awe alive in any relationship – even long-term ones.

4. Communication is key: No partnership can sizzle without it.

5. Plan a getaway: A weekend trip by yourselves, especially if you have children, may be just what you need. Alone time gives a couple the opportunity to tune the world out and bond.

6. Thank your partner: Let your better half know how much you appreciate him or her. Whether your mate has done something for you recently or not, just thank him or her for being a part of your life.

7. Spoil your companion: Without spending too much money, pamper your lover in the comfort of your own home. Massage his or her back. Bring out the strawberries and whipped cream and feed it to your guy or gal. Have fun showering your partner with some extra love and affection – who knows, you might get some extra lovin' in return!

8. Compliment your helpmate: A praise can go a long way. Tell your loved one how hot he or she looks today. If your significant other changes hairstyles, make it known that you've noticed it. A simple positive may be just what your partner needs to boost his or her confidence.

9. Little things: Pack a lunch for your beau or gal the night before work with a love note attached. Wash the car and cross that extra thing off his or her to-do list. Prepare a hot bath to soak in after a long day. Sometimes it's the little things that can make a big difference.

10. Three simple words: Last, but certainly not least, let the three words "I love you" roll off your tongue every single day. These words are the fuel that keeps every relationship afire.

If you follow these 10 tips for summer lovin', your relationship should be one of the hottest!

How Internet Dating Creates A New Mindset



By Dr. Simon Casey

Internet dating has created a different mindset among individuals and has changed the dating game forever. There are some people who may give the appearance of exclusive dating, but they aren't giving up their online profiles.

There are two major reasons for this:

- 1. Doubt:** About 40 percent of people fall into this category. What happens is, after the first couple of dates, one person starts realizing that something is missing in the relationship

and/or that the other person doesn't completely meet his or her expectations. As casual dating slowly starts turning into more of a relationship, one partner becomes more committed (while believing that the other person is feeling the same way), and the other one choose to be pretentious and somewhat dishonest with his/her feelings. Keeping an online profile active is a clear indication that someone wants to keep his or her options open. This is what I call "emotional cheating."

Any relationship that starts with this kind of dishonesty is doomed to fail. If you find out your partner is still involved in the online dating community after you've committed to each other, walk as far away from that person as possible.

Any person who starts a relationship in this fashion is more than likely to continue their dishonesty even after marriage.

2. Inability to commit to one person: There are many people who love the excitement of internet dating. Creating relationships without leaving your home can also be called "fantasy dating." This built-in excitement is a modified addiction and a large ego booster. The score and mind games are a priority. There's always an agenda and being honest in order to form an intimate and loving relationship is not one of them. But don't fret! There are ways to find out about your date's motives providing you are willing to ask the right questions. If you're somewhat emotionally involved or have some feelings for the other person, it may blind you or hold you back. Remember, desperate people end up finding other desperate people. Knowing what you want comes from achieving emotional mastery. Don't ever settle for less because, you're worth more!

Author Conor Grennan Talks 'Little Princes'



By Tanni Deb

Could you ever imagine falling in love with someone you've never met face to face? For Conor Grennan, the author of *Little Princes*, that's exactly what happened. Leaving his job to travel the world, Grennan decided to volunteer at an orphanage in Nepal, figuring it would be a great pickup line with women. During his experience, he discovered that the children of the orphanage weren't actually orphans; they were abandoned by child traffickers after they had fooled the children's parents into paying large sums of money for their safety. During Grennan's adventure, not only does he end up finding the love of his life, but he also falls in love with

the children and commits to reuniting them with their families.

This story has been covered internationally and Cupid recently had a chance to interview Grennan about his book. Take a look at what he had to say:

You spent eight years working at the EastWest Institute (EWI) in Prague and the EU Office in Brussels. Why did you decide to leave your job, and specifically, volunteer in Nepal?

I loved working at EWI, but after eight years I really needed some kind of change. So I figured, maybe it was time to move on and head home to the US. What better way than to first go on a long trip around the world? I would get all the traveling out of my system. I had saved up enough money for it, and I felt like this was a great way to spend it.

As for volunteering in Nepal, I wanted to appear impressive to girls, and saying, "I'm volunteering in an orphanage in Nepal" seemed like a pretty great pick up line! It's embarrassing to think about it now, of course, but that was pretty much my initial plan – it's about as self-centered as you can get, I admit!

You kept a notebook with you the entire time you were in Nepal, where you recorded conversations and events. What made you do this? Did you know you wanted to write a book?

I always loved to write, and when I started traveling I started keeping a blog. Writing things down had always come naturally. I had kept a journal for many years. I wanted to remember the details so I could tell the stories on my blog. I didn't just do it in Nepal, I did it everywhere – but in Nepal, the conversations with the kids were so funny that I kept a close track of them. But I never had any intention of writing a book.

***Little Princes* is not only about your journey in Nepal, but also your love for the children there and your wife, Liz, who you met while volunteering. How exactly did you both meet? Did you ever think you'd meet your wife while volunteering?**

Liz and I met over email initially. She wrote to me because she was going out to India to volunteer over Christmas, and she'd read a small article in a local paper about what I was doing in Nepal. She thought I might be connected to some organization in India, and thought maybe I'd have some advice. I didn't, but I wrote back to her, and we just sort of started this email friendship for several months. But no, I never thought I'd meet my wife volunteering, so many thousands of miles from home!

What are you and Liz currently working on to stop child trafficking in Nepal?

Liz and I are both on the board of Next Generation Nepal. She has been to Nepal many times, and knows the children and their plight intimately. Together we help guide the strategy of the organization. Our team on the ground in Nepal works hard to find the families of hundreds and thousands of trafficked children. We also prevent trafficking at the source, by working on village development projects (such as education) to make sure families know that they are not alone and that they don't have to take such risks with their children.

Do you think your relationship with Liz is different from past romantic relationships because of how you met?

Oh, absolutely. We talk about that a lot. Liz and I met, not in a bar or on a first date, but by writing to each other. We learned so much about each other before we even met in person for the first time, three months later. It gave us a wonderful window into the other person's heart, without all the pressure of that first date. I also knew right away that she was a deeply compassionate woman (besides intelligent,

beautiful, and hilarious), and that was probably what first attracted me to her.

What is the most important lesson you've learned through your experience in Nepal?

There are so many, but I think the biggest is that having a cause can bring you the most joy of anything in life. It sounds corny, but it's true. I was only ever concerned with myself and my own life – when I found these kids who needed help, it gave my life a purpose I never expected. The fact that I could do this work together with my wife has been a dream come true.

What do you think this experience has taught you about relationships in general?

It definitely taught me to look beneath the surface. Liz and I weren't face to face when we met, so all we could go on was what the other person's values were and what they were really like on the inside. I always knew that I put a great deal of emphasis on the superficial aspects of a person – their looks, their job, their friends, their life, etc – and with Liz, I didn't have any of that. I just got to know the real her. If we can find a way to look beyond the superficial, we can find out if that's a person we are meant to be with. I think the best way of doing it is writing back and forth; it opens the window into a person's heart. We also found that we could be honest with each other so easily. It was a perfect foundation on which to build a relationship.

Cupid thanks Conor Grennan for his time! To find out more about his amazing adventure, visit Amazon to purchase *Little Princes*. For more information on Grennan, his book and the organization he founded, Next Generation Nepal, visit his website, Conor Grennan.

5 Memorable Summer Fling Movies



By Andrew Pryor

It's true that movies take inspiration from real life, but real life can also take inspiration from a good movie. So if you're not looking forward to this summer because you think the passion's gone away, get inspired by these five movies about summer romance. These tales of fair-weather flings are sure to raise your temperature and make you want to go looking for your own co-star – or create a love scene with the one you already have:

1. Grease: Starting off senior year with some passion-filled “summer lovin,’” there’s no way this movie wasn’t going to top our list. John Travolta is greased lightning in a bottle all throughout this rocking tribute to Rydell High, and his duet with Olivia Newton-John is the perfect ode to all that is loved and lost in the summer months.

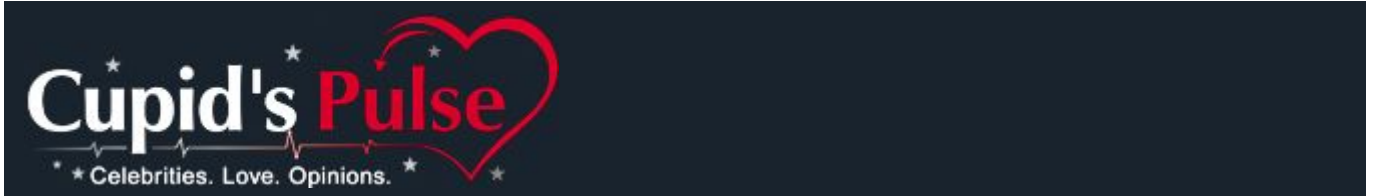
2. Dirty Dancing: The movie that launched a thousand dance programs, this sizzling dance-floor drama defined Patrick Swayze’s career through his dynamic moves, along with his chemistry with his dance partner (and future *Dancing With the Stars* contestant and winner), Jennifer Grey. Watch it and be amazed at how much grace and passion is in one summer movie romance.

3. Body Heat: William Hurt is a womanizing lawyer and Kathleen Turner becomes his vice. When they meet, sparks fly and things begin to burn – including their chemistry. A reminder of the all-encompassing – and sometimes dangerous – nature of passion and romance, *Body Heat* depicts what happens when a torrid affair turns into “all is fair in love and war” during a dry and unforgiving summer.

4. How Stella Got Her Groove Back: For every woman who needed a vacation and found so much more, *How Stella Got Her Groove Back* centers around Stella’s (Angela Bassett) summer fling with an exotic islander (Taye Diggs). It’s a reminder to every lady that love can be found in the most unexpected places.

5. The Notebook: This tried-and-true tale of mismatched love between Noah, a lowly country boy with a modest upbringing and Allie, a girl from the upper-crust of society with the world at her feet, is a movie-interpretation of romance king Nicholas Sparks’ bestseller. This 2004 hit proves that happiness with your soul mate trumps sticking to class ranks any day!

The Dating Double Standard



By High Yield Hottie

Ever thrown a drink in a man's face because he said something piggish? I have (and highly recommend it). However, while recently out to dinner with a male friend – let's call him Master Key – I curbed my natural reflex and listened to what he had to say. As we cocktailed, our conversation turned to how many intimate partners were acceptable for men and women in this day and age. Master Key crudely summed it up as follows:

"It's a key/lock situation. Well, a man is naturally the key. The woman is the lock. A key that opens many different

locks is an amazing key. But a lock that is opened by many different keys isn't worth anything at all."

Cue my desire to give him a martini facial and poke his eyes out with the plastic olive skewer.

Yet despite my disgust for his sexist point of view, he has a point. While women have been tirelessly shattering glass ceilings and income bracket double standards professionally, there's one area where the double standard seems to persist, and that's in dating. Even as adult women, in the eyes of many men (and women, too), we're still held to the binary categorization of "slut" or "nice girl." So what's a gal like you to do with this infuriating double standard? Take a cue from some of our celebrity friends and choose to own it, call it out, hide it or accept it.

1. Own It: In the words of Rihanna, "I might be bad, but I'm perfectly good at it!" You're comfortable with your sexploits and prefer to flaunt them.

Ex. Madonna: Not only was she the "material girl," but she was the ultimate alpha female. She embraced her sexuality and made a whole career out of it, which has since been emulated by many.

2. Call It Out: Not quite rising to the level of an "Own It" woman, you operate in a gray area between "nice girl" and "slut." You prefer to fight the double standard with verbal double entendres, rather than with double Ds in people's faces.

Ex. LeAnn Rimes: Labeled a home wrecker, she spoke out against this double standard. While I certainly don't approve of dating a married man, her comments are right on the mark; a cheatin' woman is always lambasted more than a cheatin' man. This woman might slink around, but she never slinks away in silence.

3. Hide It: This woman seems to be your classic “nice girl” on the surface, put together and demure looking. While she might not show her naughtiness to the world, someone has seen it. There might even be irrefutable proof!

Ex. Natalie Portman: Knocked up. Is there any other way to say it? Despite her good girl image, she shocked us when she got herself prego (sans ring) with her *Black Swan* co-star.

4. Accept It: If you can’t beat ‘em, follow along. You’re the type of woman who adheres to the Sandra D 1950’s nice girl code: “Keep your filthy paws off my silky drawers!”

Ex. Jessica Simpson (well, before Nick Lachey): She took Master Key’s lock/key theory to heart and kept her own lock key-less until marriage.

While Master Key may disagree, there’s no universal right choice when it comes to how you feel about the dating double standard and how many keys unlock your lock!

High Yield Hottie is an independent (and sometimes intimidating) woman. Originally from a flyover city in the Midwestern United States, she now lives in a major metropolitan city and has spent the last decade pursuing both her romantic and career goals. Her blog, Six Figure Siren, explores dating as a successful professional woman. You can friend Six Figure Siren on Facebook or follow her on Twitter: @SixFigureSiren.

Love Wedding Marriage

featuring Mandy Moore, Kellan Lutz and Jessica Szohr



A marriage counselor, Ava (Mandy Moore) is thrown for a loop when her parents decide to get a divorce in [Love, Wedding, Marriage](#), which hits theatres June 3rd. Ava, who has recently married Charlie (Kellan Lutz), is now questioning everything for which her marriage stands. To counter that feeling, she decides to get her parents back together by moving her father in with her and her new husband, much to Charlie's dismay.

Through laughs and tears, this family finds a way to make it work despite all the emotional struggles they're going through.

What are the benefits of marriage counseling?

Cupid's Advice:

Marriage counseling does not guarantee a lack of divorce, but there are definitely benefits to the process even if it doesn't work:

1. Communication: The main thing that counseling does is provide a place to air all of your grievances. You can tell your partner all of the things you've been holding in. That way, everything you need to work on is on the table ready to be tackled.

2. Solutions: Whether the solution ends up being a divorce or getting back together, a decision is definitely necessary when you're at odds with your spouse. Marriage counseling provides a neutral place to decide.

3. Last shot: Marriage counseling comes before a split so that if there's any chance whatsoever that you may be able to work out your issues, you can do it. It's the last stop shop before making the decision to call it quits.

Have you had experience with marriage counseling? Share your experience below.

5 Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat





By Terri Orbuch PhD, The Love Doctorâ„¢

As a researcher and psychologist who's been studying marriage and divorce for more than 25 years, I'm interested in the motivations of men who seem to "have it all" and then throw it all away, facing public humiliation in the aftermath and subjecting their families to the same.

Here are five ways to understand why men like Arnold Schwarzenegger, Tiger Woods and John Edwards risk it all to have an affair:

1. The illusion of invulnerability. Often, powerful men have affairs because they think they won't get caught. And even if they do, they believe they won't get in trouble because they have the resources to cover it up. These men often don't worry about the long-term effects of their actions on others, only the short-term gains for themselves.

2. Ample opportunities for temptation. Wealth, fame and power are attractive to many women, who make themselves available to powerful men, sometimes aggressively and without scruples.

Then such men are away from home for days at a time, and the loneliness and the desire for female companionship can trigger infidelity.

3. Adrenaline dependency. Many powerful men have positions that require a lot of responsibility and authority. They perform well under high stress and continually need and enjoy excitement or challenges to drive them forward. An affair gives them the same type of exhilaration in their private life.

4. Enabled by yes men. Powerful men tend to be surrounded by people who protect them, idolize them, and even “enable” their vices in order to remain inside their influential orbit. Being surrounded by people who don’t challenge your decisions or give you honest feedback has an effect on your ego and your sense of propriety and limits.

5. Desire for change. Let’s not forget that powerful men are still men, and usually an affair signals an internal need for change. Something in the man’s life or his relationship isn’t okay – and the affair creates the trigger for change. Boredom and relationship ruts are common reasons couples cite for infidelity.

While influence, wealth and celebrity may present some additional challenges that are unique to powerful men, the fact is that not all such men succumb to infidelity. And the explanations above are certainly not excuses for the behavior of those who do.

Terri Orbuch PhD, known as The Love Doctor, is project director of longest-running study of married couples ever conducted, funded by the NIH and ongoing since 1986. A practicing marriage and relationship therapist for more than 20 years, she is also a popular love advisor on radio, TV, and peoplemedia.com, most recently seen on NBC’s Today. Her new book is 5 Simple Steps to Take Your Marriage from Good to

Great (Random House). Learn more at www.drterriithelovedoctor.com.

Experts Say There's No Hope for Arnold Schwarzenegger's Marriage



By Diamon Hall

Juggling a career and relationship in Hollywood is one difficult task; between the flashing cameras of the paparazzi and the constant stream of gossip, there's just too much to

live up to. To top it all off, men can be easily caught off guard by the plethora of eye-catching women in Tinseltown, causing some stars to take their gaze off their wives and dive into an affair. Arnold Schwarzenegger is the most recent man to fall into this category.

The 38th governor of California is currently facing backlash from the media after his extramarital affair with his housekeeper was made public. If that wasn't enough, a 13-year-old son erupted from the incident, adding to the drama of his separation from his wife of 25 years, Maria Shriver.

Schwarzenegger's case is far from unusual considering his fame status. As a former professional body builder, actor and politician, he's among the many celebrities before him that have succumbed to marital infidelity. We decided to dig deeper into exactly why he may have had this affair and how it resulted in a love child.

Sex expert and clinical psychologist Dr. Victoria Zdrok Wilson is the author of *The 30-Day Sex Solution*, which was co-written with her husband, John Wilson, a marriage and family therapist. The couple said the decision to write this book came from their own personal relationship problems. In addition, they knew they weren't the only couple having troubles and believe their book can help.

"We felt there was a real need for couples to reconnect," said Victoria. "Couples are more disconnected now than ever before." The book is a guide for couples to build intimacy, enhance their sex life and strengthen their relationship in one month's time.

The Wilson's offered detailed reasoning about what they thought caused the Schwarzenegger affair. For starters, testosterone may have been an issue.

"A lot of body builders are high on testosterone," said John.

"Before he even met his wife, he wanted immediate gratification. People who have those traits have problems with commitment."

Victoria also thought his political career made him egoistical, causing him to want more attention from his wife.

"Politics seems to draw a certain kind of male and testosterone is a very important factor in this," she said. "Their marriage suffered from them being consumed with social life."

She also brought up the fact that after women give birth, they start paying more attention to their children. In turn, husbands feel left out when the mother and child are together while he is on the other side of the fence. In addition, she said many women may become conservative and less sexual after having children, making the man feel as if their wife is now boring and no longer adventurous.

"We think Arnold was very egotistical and felt that when he wanted attention, he was going to get it any way that he could," said Victoria.

Neither of the experts believes that Schwarzenegger's reasons for cheating are true for most other affairs. Their explanation: Not everyone is in front of the cameras every day. Arnold is.

"I think this relationship was going downhill for awhile," said John. "He should've read our *30-Day Sex Solution!*"

However, Victoria stressed that producing a child from this affair made matters much worse.

"It was just an act of recklessness and carelessness," she said. "Not only did he have this affair, he slept with someone unprotected, which is the ultimate level of disrespect."

Schwarzenegger's mistake has not only hurt his wife and children, but has also hurt himself, with ABC News reporting that he's needed to put his movie career on hold to focus on these family issues. Furthermore, the Wilsons don't believe these two will get back together anytime soon.

"Arnold needs divorce mediation and I'll be happy to work his case," said John.

The Wilsons reside in Pompton Lakes, N.J. where they will open a divorce mediation office. For ways to keep a healthy relationship, pick up their book, *The 30-Day Sex Solution*, on Amazon .

Maria Shriver Seeks Advice After Arnold Schwarzenegger Affair





By Dr. Judy Kuriansky

After 25 years of marriage to Maria Shriver, Arnold Schwarzenegger revealed that he had been hiding a love child from the public. Arnold's behavior is a serious insult – and the ultimate betrayal – to Maria, especially having this affair in her household and keeping it a secret for so long.

It will take a long time for Maria to rebuild trust in any relationship, and we now have a deeper understanding of her request on the web. Uncertain transitions in life can be traumatic. As stated in a video shared on YouTube, Maria says, "As you know, transitions are not easy. I'd love to get your advice on how you've handled transitions in your own life. It's so stressful to not know what you're doing next. People ask you what are you doing and then they can't believe that you don't know what you're doing."

Maria is reaching out to others for advice on how to transition to the next phase of her life. For many women, Maria's outreach is reassuring. For a public figure to express that her future is unknown is both a positive and comforting example for those experiencing similar turmoil.

Maria now has the opportunity to stand for the empowerment of women by respecting herself, having a high self-esteem, trusting her independence and not tolerating bad behavior.

Dr. Judy Kuriansky is a world renowned radio advice host, clinical psychologist, certified sex therapist, popular lecturer, newspaper columnist, author of many books, including *The Complete Idiot's Guide® to a Healthy Relationship* and saw Arnold and Maria's love bloom firsthand at their engagement party. To help Maria and women everywhere, she has offered three suggestions to handle transitions in life:

1. Dream big: Allow yourself time to be quiet and meditate. Think about your ultimate dream. Do not add qualifications or possible inhabitants. Let your mind run free. Imagine without any hesitations.

2. Re-focus your energy: Try out the following exercises:

- Picture your future by drawing a matrix. Put yourself in the center and tasks you are completing now in bubbles around you. Look at those tasks and think of how you could turn them into a substantial activity focus.

- Host a gathering of friends. Have each of them brainstorm something that you are good at, or what you could be doing in your next stage of life. When you do this, be sure to write down all of the suggestions.

- Browse a college course brochure. Look for something new that you've always wanted to learn, but never had the time.

3. Anxiety into action: Transitioning can translate to both stress and excitement. Once you accept the stress and anxiety, you will gain the courage to face the unknown.

How have you have handled a new transition in life? Share your stories with Cupid below.

Joe Gumm Gives Husbands a Helping Hand with '150 Secrets to a Happy Wife'



By Loren DeLand

A sports enthusiast and former ESPN anchor, Joe has spent the majority of his career entertaining male audiences. When the work day ends, however, he heads home to a wife and four daughters. Needless to say, he has learned a thing or two about how to make women happy, and is now sharing this precious advice in *150 Secrets to a Happy Wife*. Both comedic and touching, this book is a must-read for all couples looking

to share a laugh and better understand one another.

We had the privilege of interviewing Joe via about his new book last month. Here's what he had to say:

You've become something of an expert on women and relationships. What is it about this particular subject that appeals to you?

I love talking about it because I think marriage is a funny topic, especially when you throw in kids, pets, in-laws, marriage counselors and weird siblings. There are topics about marriage that are more serious, like divorce, but that's the whole point of being married – making sure it never gets to that point. As couples, we start off as being the number one priority, but then over the years we become number two, three and four. This book is perfect for all men, especially young men just starting out. It gives a humorous, upbeat outlook into the minds of women and what makes them really happy in life.

You and your wife have four lovely daughters. Do you think this has shaped the perspective you take when writing about how men interact with women? Would you have written the same book if you'd had four sons?

Yes and no to your first question because the book is actually about women, written for men. Do I think Bubba, down on the construction site, is going to take off lunch early so he can go buy it to show all of his friends? No, and I don't think men like being told by another man how they should act around their wives. I live with five females and grew up with two sisters, so I think I know a little about what women want. Of course, living with five females, what they want changes on a daily basis. I would say yes to the second part of the question. I would have written the same book for my boys, knowing this is the perfect book for young men getting married.

Many of your secrets don't advocate for grand, sweeping gestures, but call for men to take part in daily, mundane tasks, such as doing the laundry, replacing the toilet paper roll and carrying in the grocery bags. Can you elaborate on why the small details matter the most?

I could get a speeding ticket, burn the house down because I left a candle burning and curse my mother-in-law and my wife would really not care. But for some reason, if I don't wipe off the two scraps of food left on the plate from dinner the night before and put it in the dishwasher, my wife acts like it's Armageddon. I think most women love the little things and depend and expect them. As far as the larger, sweeping gestures, I think they appreciate them when they eventually happen.

You're quite an accomplished TV/radio broadcaster in the sports world. Can your fans look forward to a sports-themed book in the near future?

Actually, I have written a sports-themed book called *From Humor To Hormones*. It's a book about birth, and for those who don't think the process of birth is a sport, you need to read this book. For example, you have a baseball team (a pregnant wife expecting). That team has practice (three trimesters). That team has coaches (husbands). The game will have umpires (doctors, nurses, midwives). The game will have points (centimeters dilated). During the game, baseball players will grab their crotch in front of thousands of people on live TV (women deliver a baby from the crotch area in front of a lot of people in the delivery room). The team sweats during the game so they drink water to quench their thirst (the mom-to-be definitely sweats more, but instead of drinking water, her water actually breaks). The team has fans cheering them on (the wife has her husband and others cheering her to push). The team has uniforms (the wife has a hospital gown). The team holds up the championship trophy (the parents hold up their baby). Actually, there are a lot of sports analogies

in the book, but NO, it's not a sports book and I don't see myself writing an official one anytime soon.

Is there any advice you can share with women about dating?

There are 10 types of men women marry. I'm going to give you five now and then your female readers can buy the book I'm currently writing to find out the other five. You have the ATHLETE, the NERD, the BUSINESSMAN, the ACTOR and the the WANNABE. In my book, it explains who the perfect man is to marry. He may be in this group or he may not. The point of the book is to literally breakdown everything each type brings to the table, as far as marriage. As far as advice, I would tell women to make a list of what makes them truly happy and start with the number one thing.

150 Secrets is now officially available nationwide. What is the next project you're excited about tackling?

I wrote a book about how couples not only deal with children with ADD/ADHD, but how they deal with each other's ADD/ADHD. It's a fun, humorous look about a man who not only had dyslexia when he was younger, but had a speech impediment as well. He had a seventh grade reading level when he graduated high school, was accused of cheating through college, and was rejected for his first book by 70 literary agents. Despite his dyslexia and ADHD, he went on to graduate college after 9 years, became an award-winning author of three books, has worked for companies like ESPN and Fox Sports, and ended up doing a fun online interview with the greatest website on the planet called CupidsPulse.com.

Cupid thanks Gumm for his time! You can find *150 Secrets to a Happy Wife* on Amazon. For more on the author, visit his website at JoeGumm.com or follow him on Twitter: @JoeGumm.