

Happy Valentine's Day from Cupid's Pulse!



Happy Valentine's Day

To all of our visitors!

Visit us hourly for everything you need to make your
[Valentine's Day](#) fabulous!

Valentine's Day Special: Find Your Five-Star Celebrity Relationship



Wouldn't you like somebody to love? It seems most of Hollywood thinks they do. So many celebrities jump in and out of relationships that we need a scorecard to keep track. Just when we they've got it right, Cupid's pulse hits a flat line.

If celebrities can't keep their relationships together, we wonder: can we? Take beloved Sandra Bullock, left standing at the altar of her professional accomplishments, Oscar in hand, gushingly thanking her beloved Jesse James – only to find he has been screwing around behind her back. Naturally, she instantly dumps him. We also keep hoping that Jennifer Aniston will find her special love. Her ex, Brad Pitt, appears to have a great thing going with Angelina Jolie – at

least for now. Then, there's David Arquette, who was dumped by Courteney Cox. One celebrity couple who appears to have it all is Sarah and Matthew Broderick (if we disregard the pre-marital tabloid fodder). And at least we've got Jeff Bridges, Helen Mirren, Meryl Streep, Kyra Sedgwick and Kevin Bacon as beacons of hope.

How do we avoid the heartbreak of loss and pain to go after long-term love?

First, you need to learn to follow your own Cupid's pulse. Here are 10 tips to your own five-star celebrity relationship this [Valentine's Day](#):

1. There are plenty of fish in the sea: Stop depending on celebrities to teach you how to have a successful love life, and start swimming in your own pond. Sitting home expecting prince or princess charming to magically appear at your door means living in fantasy land.

2. Get out there: Dating takes courage, research, smart thinking, a cautiously open heart and the willingness to learn more about yourself en route to your future. Like Nike says, "Just do it."

3. Be pragmatic: Dating is like job hunting. You might get lucky the first time, or you may have to invest some significant time and effort into sorting through the possibilities.

4. Think of dating as an education: Learn, go after what you want, and don't settle. Just because someone wants you, doesn't mean you need to want them back. Take charge of your own life.

5. Move on from the past: Whatever your dating history, be it a long-term relationship that ended or a series of short-lived affairs that didn't last, every dater remembers enough prior

heartbreaks to make a grown elephant cry. So what? You never know what's around the corner. Surprises come wrapped in the most unexpected packages.

6. Don't ever utter the words "I'm too busy to date": No one is too busy to date! Making time for yourself and your future sweetheart is important. Start looking for ways to free up some time so you can get out there and find the love of your life.

7. Images are illusions: If you feel insecure about something, odds are that the other person does as well. In fact, most people you date are far more worried about how they look to you than how you look to them. Remember, most glamour photos are airbrushed.

8. Remember that you are a catch: Focus on your positive qualities. Shifting your attention to your best features, both physical and otherwise, will make you more confident and attractive. Sure, you may have some low self-esteem issues. So does everyone else.

9. Keep a wish list: Jot down general values you want in a mate. What are your deal breakers? Is smoking unacceptable? Is religion an issue? Knowing where you draw the line can save you tons of time and heartache later.

10. Keep a dating journal: It will help you learn about your likes and dislikes, as well as your own patterns.

Celebrities are just like you. Follow these tips and you just might be able to teach *them* a thing or two. Dating can lead to your own-five star romance ... and a love that lasts!

Valentine's Day Special: Speed Shrinking for Love Event



By Lavanya Sunkara

The best way to attain what you seek is to make the effort and take that first step. At last night's Speed Shrinking for Love party at Housing Works Bookstore Cafe, organized by bestselling author and journalism professor Susan Shapiro, New Yorkers of all ages and walks of life flocked to find what they were in search of, whether it was love, a book deal, or psychoanalysis.

Enthusiastic participants lined up for their speed meeting – think speed dating, but with literary agents and relationship

experts. The jam packed space buzzed with curious newcomers, mingling friends, therapists dolling out advice three minutes at a time, and literary gurus advising writers on pitches. Free wine and [Valentine's Day](#) chocolate cupcakes were plentiful.

But Speed Shrinking isn't just a witty name for a networking event. It is also the title of Shapiro's debut novel about a self-help author who sees eight therapists in eight days to deal with her cupcake addiction after her best friend, as well as her shrink, suddenly move away. What started out as a one-time party idea to promote her book, Speed Shrinking has become a social phenomenon, entertaining a series of television appearances and parties on both coasts. Last night's event was Shapiro's 10th party, and she said a producer is interested in turning it into a reality show.

When asked how therapy changed her life, Shapiro said, "It's my secret weapon. I have everything I want in life because of it – a husband I've been happily married to for 15 years and two careers I love. Therapy really pays for itself. I tripled my income, thanks to my last shrink." The participating psychoanalysts agreed, and said they want to expose people to therapy and show that it is indeed a smart life choice.



Susan Shapiro (center) with psychiatrist Sheri Spirt and

Jungian astrologist Bob Cook.
Photo courtesy of Susan
Shapiro.

Among the participants are devoted Shapiro-ites – students, literati friends and work contacts. Kiri Blakeley, author of *Can't Think Straight: A Memoir of Mixed-Up Love*, said it was her first time at a Speed Shrinking event. "I'm thrilled people recognize me from my online interviews," said Blakeley, who added that she came to spend time with friends and talk to editors about possible projects. Her experience is the norm for a Shapiro networking event. Everyone is connected to one another, either through an acquaintance, an agent, or Facebook. But the mutual link between all is Shapiro.

One participant, Daniel Berman said, "Shapiro is like a full-time operator – always available and willing to connect you to an editor, agent or romantic match. She is very supportive and I got published because of her."

Former student Alyssa Pinsker shared her thoughts. "Like most of New York, I consider Sue Shapiro my mentor. I believe in her message and good karma. What better way to spend Valentine's Day than to help others and find help?" Like many others, Pinsker wooed the editors to whom she pitched her ideas. "I always find what I need here."

Shapiro's next book, this time in collaboration with her former addiction therapist Frederick Woolverton, is titled *Unhooked* and is about how to get off addictions. For upcoming free events, please visit www.susanshapiro.net.

Lavanya Sunkara is a freelance writer whose work has appeared in Time Out, NY Resident and online magazines. For more information, visit www.lavanyasunkara.com.

Valentine's Day Special: Love the One You're With



By Sherry Richert Belul, founder of Simply Celebrate

Whether you're madly in love, still looking for love, or are in a snit with the one you love, these 14 tips below are surefire ways to jump start more luvin' feelings in your life, just in time for [Valentine's Day](#). Just choose one of these suggestions and try it out – on your spouse, your beau, yourself, or a friend. Or for those who crave a larger dose of feelin' good, try one a day for the next 14 days!

– Make a Love List full of silly, sweet, funny, poignant

reasons why you love someone. When you're mad or disappointed, read this list! When you're happy and in love, add to this list. If you're sad or lonely, make a Love List for yourself, a relative, or a friend.

- Share the things on your Love List with the person for whom you wrote 'em. Mail 'em in a card. Send one text message every hour. Write them on notes and hide them in their shoes or coat pockets. Make a poster. Leave voice messages on their phone.

- Pretend you are meeting your spouse or beau for the first time. Choose someplace new, where neither of you have ever been. Arrive separately. Catch eyes across the restaurant or café. Introduce yourselves using names you just made up that suit your mood. See them (and yourself) anew.

- Surprise them on an any-ole-day. It's not his birthday. It's not your anniversary. It isn't Valentine's Day. It is Tuesday the nothingth. Make a candlelight dinner, buy him that gizmo he's been drooling over, or offer an hour-long massage and kissfest.

- Be the dashing, witty, sexy, romantic, fun person you have always longed to be in relationship with! Dress up in sexy clothes, tell funny jokes, focus on the positive, talk to strangers, be dynamic and magnetic.

- Listen. Focus all of your attention on them. Try reflective listening, in which you actually repeat back verbatim each sentence they say. It's amazing how good it feels to the recipient to know someone hears every word!

- Try something new together that you've always wanted to do. Now.

- Find a way to transform your anger or snits into something fun. Buy and wear big puffy coats so you can smash into one

another. Put on your favorite music and dance. Have a sword fight with foam swords. Speak in feigned accents. (When my beau says, “Hey Boo Boo” like Yogi Bear, it is impossible not to laugh!)

- Collect and print out your 10 favorite photos of the two of you in which you’re both truly happy. Hang them someplace you’ll see them often. Let yourself feel the joy again and again and again.

- Be vulnerable. Tell him or her something you wouldn’t tell anyone else, or something you’ve been afraid to say.

- Choose connection over being right or proving a point. (Ooh, that is hard. But wow, does it pay off in spades!)

- Get those unmet needs met – someplace else. Don’t expect anyone in your life to be everything to you.

- Be present. This is the number one best way to connect – and the very best gift you can give.

- If you don’t have a partner – or even if you do – do all of these things for yourself. Loving the one you’re with starts with YOU. If you love and enjoy yourself, you’re well on your way to loving whatever wonderful and imperfect Valentine is in your life or about to show up in your life.

To help you get started on creating more love in your life, download the free Love List template at simplycreate.net and make one for yourself, your spouse, a friend, or relative.

Sherry Richert Belul is mom to a witty and wonderful 10-year-old boy. She is also founder of Simply Celebrate and author of Present Perfect: It Really is the Thought That Counts – an ebook that includes dozens of creative-not-crafty gifts that are fun to make and are full of love. Find her books or sign up for her free newsletter at www.SimplyCelebrate.net. Email Sherry to tell her your Love List experiences, ask questions,

or learn about the one-of-a-kind tribute books she makes at celebrate@Madmoon.com. For more, follow her on Twitter: [@simplycelebrate](https://twitter.com/simplycelebrate).

Valentine's Day Special: How to Have an Irresistible Online Dating Profile



By Julie Spira, online dating expert and the bestselling author of *The Perils of Cyber-Dating*

test

February may be the shortest month of the year, but for those anticipating [Valentine's Day](#), it's critical to ramp up your online dating search. There's no quicker way to find a date on the Internet than by starting with a cyber face-lift of your existing dating profile.

With more than 116 million members worldwide viewing online dating sites, the odds are in your favor that you'll be able to snag a date by Valentine's Day with these tips:

1. The Lady in Red: Everyone knows that red is synonymous with love and passion. We're reminded about Valentine's Day as soon as New Year's is over. I always say the color red will attract a man. Grab a friend and your digital camera and start snapping some photos wearing your favorite red dress or sweater to grab his attention. Post three to five photos: one full-length shot, one close up and an activity or vacation shot. Not sure what to use? Check out your own Facebook profile and scan through your photos. There might be one on your favorite social networking site to post on your online dating profile.

2. Create a Catchy Screen Name: When I create irresistible online dating profiles for singles, I'm always amazed at how many singles just use the screen name assigned by Match.com, eHarmony, or on the free online dating site. There's nothing catchy about it at all. Think about a newspaper with a great headline and an interesting photo. If it captures your attention, you're more than likely to skim or read through the article. The same theory holds true for online dating. It's a competitive digital landscape out there – Suzy115279 isn't going to impress him, but ArtLover4U or HikingGal will show him what your interests are. This will make it easier for him to approach you.

3. Change your Settings: Typically, women like it when a man does the pursuing, but February is already here. You need to

let him know you're available and ready to meet. How do you do this? Change your privacy settings to show you're online and open up your live chat or instant messaging service.

Online dating is a numbers game and men are rejected all too often. Make it easy for him to find you. It's a crowded digital landscape and the squeaky wheel *does* get the deal.

4. Shorten your Profile: There's so much to say and so little time, but time is your friend. Don't tell your entire life story in your profile, or there's no reason for him to contact you. Shorten your profile to a simple paragraph with enough information to pique his curiosity.

5. Cast a Wide Net: So what if he doesn't look like your dream guy? If you have enough common interests, take a chance and accept a date. You never know if a great friendship will develop or if he'll have a friend to introduce you to, even if it's not a love connection. Women *do* fall in love with their best friends, so don't be too quick to judge the book by its digital cover.

Julie Spira is known worldwide as The Cyber-Dating Expert. She's the author of the bestseller, The Perils of Cyber-Dating: Confessions of a Hopeful Romantic Looking for Love Online. Julie creates irresistible online dating profiles for singles on the dating scene. Follow her on Twitter: @JulieSpira. Like her at Facebook.com/CyberDatingExpert.

**Valentine's Day Special:
Men's Health and TheKnot.com**

Report: 1 in 4 Brides Didn't Love Their Wedding Proposal



Regardless of whether we're receiving it or making it, most of us would want to have one perfect proposal in our lifetime. As a significant moment in any person's life, the proposal should be memorable for both parties involved – a memory the two of you can treasure years after you've been married.

But according to *Men's Health* and TheKnot.com, one in four brides were unhappy with their wedding proposal. The men's magazine and online wedding planning resource partnered together to ask more than 3,000 men and women about what couples are thinking during one of life's most talked-about moments – just in time for [Valentine's Day](#). With more than half a million men planning to "pop the question" this season, the results of their fourth annual proposal and engagement

survey is a source for men and women to learn about wedding proposal do's and don'ts. So before you plan *your* proposal to that special someone, take a look at what this survey had to say:

One in four brides were disappointed with their proposal:

Twenty-six percent of brides wished their proposal was more romantic, original and personal, private, or thought it was way too fancy. Perhaps the 76 percent of men who planned the proposal on their own should have asked someone for advice.

Proposing without a ring: According to 33 percent of brides, the worst proposal mistake a man can make is proposing without an engagement ring. Yet half of the men surveyed beg to differ; they believe that blowing the whistle ahead of time and letting everyone in on the plan is the biggest proposal crime.

Men choosing the ring by themselves: Thirty percent of men said they chose the engagement ring without any help, but brides insist that it was only 18 percent. In fact, 40 percent of brides went ring shopping with their future spouse, or chose the ring by themselves. Overall, 96 percent of brides said they love their ring or it was exactly what they wanted (lucky them!).

Men are traditionalists: A majority of the men (76 percent) said it's necessary to propose on a bended knee, while only 49 percent of women agreed. However, when it came to asking the bride's parents for their daughter's hand in marriage, 57 percent of men and 63 percent of women say it's a proposal do.

Sharing the news: Both men and women are on the same page when it comes to sharing the news. Eighty-four percent called their parents first, followed by telling friends via email, a phone call or a text message. Afterward, 72 percent of brides-to-be and 64 percent of grooms-to-be announced it on Facebook. But when it comes time to post a photo of the

engagement ring on Facebook, 29 percent of men agree that it's tacky.

Men would propose to Jessica Alba, while brides would say "I do" to Jake Gyllenhaal: Statistics show that 43 percent of brides would accept Jake Gyllenhaal's proposal. And if given the chance, Jessica Alba topped the list, with 26 percent of men choosing to propose to her.

Well, there you have it! It doesn't get better than receiving advice from those who have already gone through it. Now that you know what some of the proposal do's and don'ts are, perhaps you'll consider taking your significant other ring shopping, or figure out how to ask her parents for her hand. Unless you want to be like Elizabeth Taylor or Mickey Rooney, who both received eight marriage proposals during their lifetime, all you've got is one shot – make it count!

If you'd like more input on how to pop the question, check out the TheKnot.com's proposal guide. The site is filled with engagement ring shopping tips, suggestions for a wedding proposal, and includes an engagement announcement e-card to share the exciting news with everyone.

Waiting for Forever with Rachel Bilson and Tom Surridge





Childhood friends Emma Twist (Rachel Bilson, *New York I Love You*) and Will Donner (Tom Surridge, *Like Minds*) may have drifted apart as they grew up, but they always kept a special place for each other in their hearts. When Emma returns to her hometown to be by her ailing father's side, she reunites with Will once again. Confused and distressed about her failing career and rocky love life, can Will remind Emma that what they had growing up was more than best friend material? *Waiting for Forever* tells the unique love story of two best friends separated by life and brought back together for a second chance.

When is it okay to go from being just friends to something more?

Cupid's Advice:

Taking your friendship status to the next level is often tricky and can lead to sticky situations. After all, it can be hard to go back to being just friends after dating doesn't work out:

1. It's mutual: Sometimes feelings between friends can go unreciprocated. Make sure that you both want to take your relationship to the next level and that it's not just one-sided.

2. The timing is right: First he was in a relationship and you were single, then you had a boyfriend when he got dumped. If you two finally find yourselves in a situation where you are no longer obligated to be just friends, move right on ahead.

3. Ease into it: One day the two of you are spending Sundays watching old movies, and the next thing you know he's taking you out to dinner on Friday night. When you don't realize you're in a relationship, that's when it's the most right.

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Cupid's Kiss Rating: 4 out of 5 kisses

Melissa Malamut Discusses Her Guide to Loving Sports





By Jenna Barbieri

With the Superbowl right around the corner, people all over the country are wearing their lucky jerseys and making their usual party arrangements, while others are looking up rare diseases to use as their newest excuse not to attend. To those in the second category, the thought of a room full of crazy fans screaming about things they don't understand is a living nightmare. They see the words "touchdown," "goal," and "strike" as nothing more than signs to immediately excuse themselves from a conversation. If you're one of these people who consider "sports talk" another language all together and are desperate for a translator, we found the expert. Melissa Malamut's book, *She's Got Game: The Woman's Guide to Loving Sports (or Just How to Fake It!)*, guides you through the rules, slang, history and even appropriate apparel for sports events in a way that's fun and easy to understand. Malamut was kind enough take some time out of her vacation to talk to us about her book via email. See what the accomplished author had to say:

What inspired you to reach out to girls and teach them about the world of sports?

This idea has been in my head since 2004. I grew up very “sports spoiled” with season tickets to many pro and college teams. I thought every kid grew up like me. So while I know more sports than half your guys friends, I’ve also always been very girly and into makeup, fashion and skin care. My mom is very feminine and fortunately, it rubbed off on me. It was a great balance. I brought most of my female friends to their first pro sports games and taught many of them everything they know about the games. A few girls have gone on to be huge fans. I loved teaching people about sports and I loved seeing them develop a passion for the games. On two separate occasions at two different sports games I was explaining things to a friend in our seats and the person in the row in front of us turned around and asked me if I worked for the team. I wanted to put everything I’ve learned into a book to answer the questions I hear all the time.

What are some topics you touch upon in the book?

The book covers all the history and rules of the major sports in the USA. Then, infused throughout the chapters to break up the text I added things that women would want to know, like what to wear, when the best time to leave your seats will be, when the bathroom lines are shortest, best movies, tailgates, who to know in history, personal stories, and all kinds of quick tips. I interviewed fashion editors from across the country, front-office personnel, sports writers and more.

Was it challenging to talk about sports in such a way that would sound appealing to girls?

No, not at all. I just talk like me. When a good friend of mine started reading the book, she called me laughing and said, “it totally sounds like you.” So even in reading the text, it sounds like I’m just having a conversation with a

friend.

How do you think this knowledge about sports will benefit girls when it comes to dating?

I cover this in the introduction of the book. Because of the title, people always get confused and think its a "man getting" book. But the "just how to fake it part" is just a play on words since we females know how to fake a thing or two ☐ hehe... They think I'm trying to say, "nab a man by learning sports" which is SO NOT the case. Once you pick it up and read the 300 plus pages of sports info, you realize it has nothing to do with men at all. It's about learning and developing a passion for sports for yourself.

A lot of guys say they want a girl that likes sports. It is definitely a great way to MEET men. I meet guys in sports bars and at games all the time. But in the end, it has been my experience that being one of the guys doesn't always translate into then being one of the guy's girlfriends.

Would you recommend a sports event as a good first date? Why?

It depends on the sport, the game and the guy. I love games as dates (even first dates!). There is plenty of time for conversation. You are pretty much expected to drink because there's alcohol everywhere (great for calming the nerves).

But if the conversation gets dull, at least there is a game going on so you can just watch the game. Lulls in conversation are okay because there is something else to do! But if a guy is an uber-fan and it's a big game, then I wouldn't recommend it as a first date or a date at all, unless you are also a big fan and will enjoy it, too. Otherwise, a big game is not the time to be peppering your date with questions about what's going on. He'd prob[ably] have more fun with a friend that wants to be there for the game and not for him.

What would you say is the most important thing sports has

taught you about other aspects of your life?

A lot. I mean, there are probably at least 10 baseball phrases used in every day life by people that aren't sports fans and don't even know where the phrase came from. For life lessons, it's about working as a team and good sportsmanship.

For me, it's about learning that it really is just a game.

But I have a really (sometimes nasty) competitive drive that probably stems from growing up playing and watching a lot of sports.

What is the best advice you can give to women out there who are intimidated by sports and sport events?

To just go and have fun! In the end, it is just a game.

Cupid thanks Malamut for her time! If you're tired of being confused and intimidated by sports, visit Amazon to purchase your own copy of *She's Got Game: The Woman's Guide to Loving Sports (or Just How to Fake It!)*. And for more on Malamut, you can follow her on Twitter: @melissamalamut. Happy sports watching!

Which Celebrity Couples Will Show Up at Super Bowl XLV?





By Tanni Deb

Get ready to rumble! On Feb. 6, the Pittsburgh Steelers and Green Bay Packers will face off in Arlington, Texas to battle it out for the Super Bowl XLV title. But don't think sports junkies will be the only ones in the stands – the football extravaganza is an event many stars attend. Which celebrity couples will make it to Cowboys Stadium on Sunday?

Five-time Grammy winner Christina Aguilera will perform the National Anthem. Since the singer's recent divorce from her husband of five years, Jordan Bratman, she has been dating *Burlesque* set assistant, Matthew D. Rutler. We can count on the couple to arrive together, since their relationship is said to be getting "serious."

Another serious couple sure to attend the Super Bowl is Fergie and her husband, Josh Duhamel. Her Grammy Award-winning group, the Black Eyed Peas, will take the stage during the Half-time show. According to USMagazine.com, the couple renewed their wedding vows earlier this month. But will Duhamel be in the stands or in the fields during his wife's

performance?

Other performers include *Glee*'s Lea Michele, singing "America the Beautiful," while Keith Urban and Maroon 5 will perform during the pre-game show. Will Nicole Kidman make an appearance with daughter Faith Margaret? After all, Keith has been by her side during this year's awards season!

Other celebrity couples in the stands may include Demi Moore and Ashton Kutcher. Although Kutcher is a die-hard Chicago Bears fan, Moore has been seen rooting for the Packers at their games. Faith Hill and Tim McGraw, who is friends with former quarterback Brett Favre, are also fans of the team. And Justin Timberlake, the former 'N Sync band member who brought sexy back, loves the Packers. We're all curious to see who'll be by his side if he shows up – Jessica Biel or Olivia Munn?

Let's not forget about the Pittsburgh Steelers fans who we can count on to be there for their team: Bret Michaels, Rush Limbaugh, Jeff Goldblum, Snoop Dogg and Adam Sandler – who played a former quarterback for the Steelers in the 2005 movie, "The Longest Yard."

While the big game is obviously the main attraction, celebrities will also indulge during the many Super Bowl parties happening over the weekend. In addition to performing, the Black Eyed Peas will team up with *Sports Illustrated* to host a Super Bowl Bash. "It will be the kick-off to an amazing weekend in Dallas and we can't wait to get it started," said Fergie. While guests are sure to include some *SI* models, like Genevieve Morton and Julie Henderson, Fergie's own supermodel bod will keep Josh Duhamel in check.

Pamela Anderson will also be in town, throwing a pre-Super Bowl Party on Feb. 4, called SuperBash 2011. Past guests included Kim Kardashian, John Travolta and Carmen Electra.

And Diddy, the master of being the master of ceremonies, will

host multiple parties during game weekend. Event tickets range from \$500-\$25,000 (yes, that's correct; \$25,000!). Last year, rumors flew that Diddy was dating Nicki Minaj. Current reports say that the rapper is single, but it'd be nice to see someone at his side during his parties.

Too bad we have to wait to see who ends up at the game! Don't forget to tune into FOX on **Sunday, Feb. 6 at 6:30 PM ET** to watch Super Bowl XLV.

When Friends Have Babies and You Have Your Career



Statistics show that many people are getting married later in life, and many are questioning whether they want to get married at all.

If you're a twenty or thirty-something who has put your climb up the corporate ladder (in Louboutin heels, of course) or achieving your personal dreams, ahead of the traditional 3-step plan—get married, get pregnant, and live happily ever after (or get divorced), you will see married couples with kids or newlyweds with babies on the way, everywhere you look.

And, if you're anything like me—an unmarried thirty-something who loves her career, lives with her boyfriend, and whose biological clock only ticks to adopt a dog right now, then you understand the questions it raises when surrounded by those who have made starting and raising a family their business of choice.

I've worked through this biological paradox and have helped hundreds of my clients do the same. Here are my top four suggestions:

Embrace Your Freedom

After every first, second, or third birthday party for our friends' children, my boyfriend and I do something spontaneous to remind ourselves how great it is that it's just the two of us—for now. Enjoy every moment of your life. There's no need to rush. Plan a safari to Africa, go back to school to get a degree, write a book, buy an expensive and impractical handbag, and live on your own. Get excited about your life, and live with no regrets! Too many new mothers say, "I wish I would have done that before I was married and pregnant."

Get Healthy

No matter how feminine we are on the outside, we all have masculine energy. Masculine energy is the force behind our

goal-setting process, the direction we take in life, and the one-track thought process that gets us to where we want to go.

Many women have a challenging time getting pregnant because they do nothing to nurture their feminine energy after they start dating. The more you can create a space in your life for your feminine side to shine through, the more you will attract men who could be the father of your children. This energy can also make it easier for you to conceive. Begin preparing your body for pregnancy or start building the 5-star accommodations your unborn child will be living in. Cleansing your body can take months. Become more self-aware and learn as much about yourself as possible.

Prepare with Positivity

A positive response can make all the difference. If you feel fine with your decision to wait to get married and have kids, then this will translate in your face, voice and expression.

But, just because YOU are happy with your choice, you will still be asked why you are waiting to start a family. For me, it comes up in every conversation with the grandparents, the parents, the parents' friends, and now even our friends.

People can't help themselves—so I chose to forgive them!

It's better to answer their questions with a positive response and with a commitment to your decision.

Women's Wisdom

I love the fact that my friends all have had kids before me.

I respect them as women and as mothers. I feel so confident knowing that I can reach out to them when it's my turn. The lesson here is to learn from your friends' experiences. Try on their choices and see what works for you and what doesn't.

Their experience can be your greatest teacher.

Remember, you can have everything you want: the accomplished professional life and the fulfilling personal life. Consider how you would be able to enjoy both if they didn't happen at

the same time. Try these suggestions and let me know how they work for you.

Stephanie Florman is a Relationship Coach and Advice Expert for Master Matchmakers, the company behind VH1's Tough Love Series. Stephanie is most passionate about teaching people how to have a healthy and happy relationship with themselves because she knows it is the starting point for developing a meaningful and rewarding relationship with another. Visit her online at www.StephanieFlorman.com or at www.mastermatchmakers.com.

Celebrate Being Single with Celeste Friedman's "Single 101: 101 Reasons to Celebrate Being Single"





By Krissy Dolor

If you're single, February might be the month you dread your family's seemingly harmless (but nevertheless annoying) questioning of your lifestyle, asking if you have a special someone to spend "that holiday" with. Or, it may be the month you take out your reserved pints of Ben and Jerry's ice cream and watch sappy movies, wishing you had someone to cuddle with. Either way, the "love" month shouldn't be for couples only – singles need some love, too! And who better than yourself to give you the love you need? That's the idea Celeste Friedman hoped to inspire with her book, *Single 101: 101 Reasons to Celebrate Being Single*, which explains why you should embrace your singleness, instead of looking at it like a burden. The Grammy-nominated singer/songwriter claims that she has achieved more success flying solo than when she was married or dating. A fun, easy read, along with personal anecdotes anyone can relate to, *Single 101* shows you that you can do it alone (and enjoy it – really!) if you want to. In addition, Friedman has created a *Single 101* music CD, including original songs that were inspired by her book. She even has a one-woman show that celebrates the single life live

on stage.

I had a chance to speak with Friedman via email about her book, as well as her partnership with the American Heart Association's Go Red for Women campaign, which launches on Valentine's Day. Take a look at what she had to say:

The one thing I really loved about *Single 101* is that the list is backwards. Why did you decide to present your list that way?

I wanted to create a countdown format. However, it doesn't necessarily mean that reason 101 is less important than number one. They all have their own significance. Even though Reason Number One holds great importance to me personally, Reason #24 is the one that I really hope everyone keeps in their heart – You Never Have to Be Afraid to Go It Alone!

Throughout the book, you sprinkle in not only advice, but personal anecdotes of people in relationships. Where did you find these people, and why did you include their stories?

Over the past seven years of writing the book, the stories have sprung from conversations I've had with friends or people I've met. Whenever I would just mention choosing to live single, men and women both would want to share their own stories, struggles and achievements. I never really had to search for them, their stories were finding me at times and in places where I would have never expected.

Being single isn't just about not being in a relationship – you also mention siblings and roommates. What was important about embracing the idea of being single in other aspects of life?

The greatest desire in being happy as a single person is all about independence and so many people seek opportunities to break out completely on their own, especially those who have

been forced to share their habitat and belongings with siblings or roommates.

Many books like this are targeted towards women, but you did a great job of including the other sex as well. How important was this?

Very important. I didn't want the book to be considered another chick lit work. Both men and women have distinct views of the world as they know it and it brings so much more to light about what we believe will make us happy.

I received this review from a man who bought the book just before Christmas:

"Never having been married and never having lived with a woman, left me looking at single life from a slightly different perspective as those who have. *Single 101* gave me great insight and some hardy laughs at the lighter and funny aspects of living life "together". Things I had never thought about or imagined. If I never meet the woman of my dreams, I certainly have enjoyed the perks of the single life very much, and *Single 101* helps me count the ways."

What's the most important piece of advice you've learned from your past relationships?

To understand that you cannot change someone else or believe it will all get better when they change. No matter how hard you try or work on your side of the relationship, it is still a matter of compromise and unconditional love.

Can you talk a little bit about your partnership with the American Heart Association?

It's very exciting to be a part of the team and supporting the Go Red for Women campaign. As you'll read in my latest blog on Single-101.blogspot.com, I sincerely believe we find true freedom and happiness when we protect our hearts in love and

with a healthy lifestyle.

On Valentine's Day, I launch my own campaign, donating a percentage of the sales of my book, *Single 101: 101 Reason to Celebrate Being Single* to my own local chapter. As I travel, I'll do the same for local chapters in cities where I'll be appearing for book signings. The first will be in Hilton Head Island [in South Carolina], followed by Savannah, Georgia, where I'll be exhibiting at the Savannah Book Festival on February 19th.

You can get more in-depth information at www.GoRedforWomen.org. Don't forget to wear red on February 4th!

What other projects do you have coming out that we should be on the look out for?

In between book signings, I'm back in the studio and working on another music CD to be released later in the fall. Over the past two years, I've been writing a book for adolescent girls and hope to find the right publisher this year. It's an inside look at diary entries of tweens and teens, their struggles, hopes and dreams, called *Locked Inside*.

Is there anything else you'd like to add?

Just a final thought – Valentine's Day never has to be sad when you're single, whether you choose the single lifestyle or you're in between relationships. It can be a great day when we reach out to others who need our time, love and attention.

Cupid thanks Celeste Friedman for her time! You can purchase *Single 101: 101 Reasons to Celebrate Being Single* on [Amazon](https://www.amazon.com). Visit *Single 101's* official website, where you'll find reviews, Friedman's touring schedule and a calendar of her upcoming radio and TV appearances. You can learn more about her music and work as a singer-songwriter/composer at Songs For Charlie Music (her music is dedicated to Charlie, who was

her dog and road companion for 19 years). Check back next month for a special Valentine's Day post from Friedman herself! Now go out there and celebrate your singleness!

Even Jesse James Deserves a Second Chance



Right now, it seems the internet is a buzz with the news of Jesse James and Kat Von D's engagement. I was fairly surprised at the intense debate their announcement fueled, but then I got to thinking about second chances and leaving the past in the past. We all know what transpired between Jesse James and Sandra Bullock. America's sweetheart was left

betrayed and left to adopt a son alone, so who wouldn't be on her side? Now there's Jesse, the resident bad boy now starting a new life with Kat Von D, who is about as opposite from a Sandra Bullock type as you can get. Same story, different couple.

The thing is, nobody really knows what goes on in a relationship, but the two people who are in it. Jesse James and Sandra Bullock are no more, but does that mean that Jesse doesn't deserve happiness with someone else? I'm not saying Jesse and Kat will last forever, but who can you really say that about, as nothing in life is guaranteed, anyway?

People can change, although to what extent, nobody knows. People also do really terrible things in relationships and hearts get broken ... but life goes on and hearts continue to beat. I don't believe someone should be punished for the rest of their life after one mistake. It's so easy for us to write someone off as a horrible person; in fact, it's too easy. It's more difficult to give someone the chance to redeem him or herself, and second chances can be so worth it.

Should Kat be aware of what she's getting into? Heck yes! I am not suggesting one should disregard the past actions of another. I'm fairly certain there are tons of people just waiting to tell her, "I told you so!" But if it feels right in her heart, then really, who are we to judge?

Speaking of judgment, what do you guys think of this announcement? Comment below.

And The 2011 Oscar Nominees Are...



By Krissy Dolor

With today's crack-of-dawn announcement of the 83rd Academy Awards nominees, the Oscar race has officially begun! This year's big contender is *The King's Speech*, leading the pack with 12 nominations. *True Grit* comes in second, with 10. *Black Swan*, *The Social Network*, *The Fighter* and *Inception* all received multiple Oscar nods as well, and like last year, there are 10 nominees for Best Picture. But all I can think about are the celebrity couples that will dazzle us in their designer gowns and dapper suits.

While we have to wait until **Sunday, Feb. 27** for the big day, here are the five celebrity couples that should strut their

stuff on the red carpet:

1. Natalie Portman and her soon-to-be-hubby, Benjamin Millepied: He was the choreographer of *Black Swan* and they shocked the world last month with their engagement and baby news! Need I say more?

2. Leonardo DiCaprio and Bar Refaeli: While Leo has been spotted with the likes of Blake Lively, there hasn't been any mention of a breakup between him and his longtime supermodel girlfriend. Also, the actor is famous for staying away from red carpet events like the Oscars, so it would be nice to see him there – with anyone – at his side!

3. Justin Timberlake and Jessica Biel/Olivia Munn: Rumors from as recently as this month are flying that the actor/singer is still texting Munn, telling her that his relationship with Biel, his girlfriend of four years, “is basically over.” Will he – and a new woman – show up next month to support David Fincher and Aaron Sorkin's nominations for *The Social Network*?

4. Sandra Bullock and Ryan Reynolds: Despite Bullock's denial of any relationship with close friend and former castmate Reynolds, it's hard not to secretly wish for the two of them to date, regardless of his recent split from actress Scarlett Johansson. But if Jesse James can find love with Kat Von D, Bullock should get out there and snag a new romance for herself, too! Or at the very least, some really hot eye candy.

5. Tom Hanks and wife Rita Wilson: Hanks' second wife is the constant pillar of support that the actor and voice of *Toy Story 3*'s Woody has chosen to lean on for the past 20 years. Check out this picture of them at the 1989 Academy Awards. Why stop now?

Check back next month as we recap the top celebrity couples of the 2011 Oscars, which will be hosted by James Franco and Anne

Hathaway and will air on ABC! And in case you missed this morning's live stream, here are the nominations:

Leading Actor

- * Javier Bardem, *Biutiful*
- * Jeff Bridges, *True Grit*
- * Jesse Eisenberg, *The Social Network*
- * Colin Firth, *The King's Speech*
- * James Franco, *127 Hours*

Leading Actress

- * Annette Bening, *The Kids Are All Right*
- * Nicole Kidman, *Rabbit Hole*
- * Jennifer Lawrence, *Winter's Bone*
- * Natalie Portman, *Black Swan*
- * Michelle Williams, *Blue Valentine*

Supporting Actor

- * Christian Bale, *The Fighter*
- * John Hawkes, *Winter's Bone*
- * Jeremy Renner, *The Town*
- * Mark Ruffalo, *The Kids Are All Right*
- * Geoffrey Rush, *The King's Speech*

Supporting Actress

- * Amy Adams, *The Fighter*
- * Helena Bonham Carter, *The King's Speech*
- * Melissa Leo, *The Fighter*
- * Hailee Steinfeld, *True Grit*
- * Jacki Weaver, *Animal Kingdom*

Animated Feature Film

- * *How to Train Your Dragon*
- * *The Illusionist*
- * *Toy Story 3*

Directing

- * Darren Aronofsky, *Black Swan*
- * David O. Russell, *The Fighter*

- * Tom Hooper, *The King's Speech*
- * David Fincher, *The Social Network*
- * Joel Coen and Ethan Coen, *True Grit*

Foreign Language Film

- * *Biutiful* (Mexico)
- * *Dogtooth* (Greece)
- * *In a Better World* (Denmark)
- * *Incendies* (Canada)
- * *Outside the Law* (Hors-la-loi, Algeria)

Adapted Screenplay

- * *127 Hours*, Screenplay by Danny Boyle & Simon Beaufoy
- * *The Social Network*, Screenplay by Aaron Sorkin
- * *Toy Story 3*, Screenplay by Michael Arndt. Story by John Lasseter, Andrew Stanton and Lee Unkrich
- * *True Grit*, Written for the screen by Joel Coen and Ethan Coen
- * *Winter's Bone*, Adapted for the screen by Debra Granik and Anne Rosellini

Original Screenplay

- * *Another Year*, Written by Mike Leigh
- * *The Fighter*, Screenplay by Scott Silver, Paul Tamasy and Eric Johnson. Story by Keith Dorrington, Paul Tamasy and Eric Johnson
- * *Inception*, Written by Christopher Nolan
- * *The Kids Are All Right*, Written by Lisa Cholodenko and Stuart Blumberg
- * *The King's Speech*, Screenplay by David Seidler

Best Picture

- * *Black Swan*
- * *The Fighter*
- * *Inception*
- * *The Kids Are All Right*
- * *The King's Speech*
- * *127 Hours*

- * *The Social Network*
- * *Toy Story 3*
- * *True Grit*
- * *Winter's Bone*

For the complete list of nominations, visit [E! Online](#).

Is Sandra Bullock Heading for Heartache Again?



By Dawn Maslar, author of *From Heartbreak to Heart's Desire: Developing a Healthy GPS (Guy Picking System)*

Just about everyone loves America's sweetheart Sandra Bullock.

She showed such grace and charm winning the Golden Globe Award just months after filing for divorce following the devastating cheating scandal with ex-hubby Jesse James. Bullock maintained her dignity while her husband's tawdry affairs were displayed on just about every magazine cover. Most of us couldn't image the pain she was going through.

Now the grocery store checkout lane is displaying Sandra Bullock and Ryan Reynolds in a rebound romance. Bullock divorced Jesse James in June 2010, while Reynolds' marriage with Scarlett Johansson just ended a few weeks ago.

Besides the fact that rebound relationships usually lead to heartbreak, neither of the stars have very good partner picking skills. Bullock's past attraction to a bad boy biker (who just announced his impending fourth marriage to Kat Von D) shows an attraction to men with questionable loyalty. And Reynolds' past relationship choices aren't much better. His marriage to Johansson only lasted two years, which is actually record breaking for the young actress, since her previous relationships usually lasted less than a year.

If we take a look at who Johansson dated prior to Reynolds, we see many red flags. She dated Justin Timberlake, who has a string of affairs with women who are attracted to the wrong men, including Britney Spears and Cameron Diaz. Diaz's is currently dating Alex Rodriguez, whose dating history is one of a classic player (and I'm not talking about baseball). Diaz also dated Chris Angel, and the relationship seemed to evaporate into thin air. The point is, by looking through this cycle of relationships, it's easy to see why both Bullock and Reynolds should probably keep their distance ... at least for now.

Spokespeople for both of the actors claim the pair are just friends, and we hope they keep it that way. Their relationship histories and current rebound states indicate

that a potential relationship could end in heartbreak.

No Strings Attached featuring Natalie Portman and Ashton Kutcher



Emma (Natalie Portman) and Adam (Ashton Kutcher) have been close friends for as long as they can remember. One morning they make the mistake of a lifetime; they sleep together. In an effort to keep their friendship intact, Emma proposes something that Adam would be a fool to refuse – a relationship

with no strings attached. They can do whatever they want with whomever they want with no consequences whatsoever. It sounds great, right? Only one small problem: what happens if one of them actually falls in love? Filled with a cast who are hard not to love, *No Strings Attached* brings humor to one of life's most often debated questions. Can a friendship survive a relationship?

Should you date your best friend?

Cupid's Advice:

It can be really tough to decide whether to take a friendship to the next level, because there's a lot that can be lost.

Cupid has a few tips on how to decide:

1. Attraction levels: In order to actually date someone, you need to be physically attracted to him or her. Although this is one of the shallower things to base the decision on, there's no point in risking your friendship unless you're sure there's more than a platonic spark there.

2. Matching morals and values: It's easier to be friends with differing values than it is to be partners where that's the case. If you plan on taking the next step with a close friend, make sure you talk about those basic things you never really thought about discussing before.

3. Future goals: Don't risk the friendship for a relationship if you don't both plan on being serious about the outcome. It's simply not worth it to put yourselves out there for a casual fling. Make sure you're on the same page about that.

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How to Have a Relationship with Yourself



Maybe you've never been to rehab and maybe you've never been accused of assault while in aforementioned rehab, but you must know what it's like to be in over your head. You know what it's like to nearly have a panic attack when things are going wrong. We've all made mistakes, and we've all grimaced at the fact that life is not turning out the way we wanted. Once you reach that point of regret and self-awareness, you'll hopefully come to one solid conclusion: before you can move on to your next relationship, you must work on yourself.

But how do you do it? There's no internal switch that makes

you focus on personal development. You have to find the motivation within yourself! Perhaps your inspiration comes from the desire to be with someone special, but many of us aren't in the right place to meet that person, yet. If you don't have your most basic issues analyzed and set on the road to recovery, then how do you expect any relationship (romantic, friendly, or familial) to work out? Self-improvement—a relationship with yourself—must come before all others.

Since leaving rehab, 24-year-old actress, Lindsay Lohan, has been busy. In fact, she can teach us a few lessons. Several sources for celebrity news refer to her as “newly sober.”

1: Once personal development begins, you get a clean slate: In this context, every day can be the first day of your journey to self-improvement. The best part about unlimited fresh starts is that you have numerous chances to succeed.

2: You need an overarching goal: Figure out what you're working towards, and never forget it. In Lohan's case, staying sober might be her main objective along with sub-goals, possibly including a shoe line or a successful movie in the future. Maybe she's even keeping her eye out for a new and healthy relationship.

The paparazzi have been keeping a close eye on Lohan. Their pictures allow us and the rest of the world to speculate about whether she's on the right path.

3: Only value the advice of people who truly know and care for you: Those who don't have your best interest at heart should be ignored. Lindsay Lohan should stay focused on herself and those close to her.

You might have minor issues to work on, or you may need to completely restructure your life. That said, you no longer have to worry about your answer to the question, “Are you

seeing anyone?" Now, you can hold your head up high and say, "No. I'm just working on a relationship with myself."

Dawn Maslar Talks About Her New Book, 'From Heartbreak to Heart's Desire: Developing a Healthy GPS (Guy Picking System)'



By Kari Arneson

Have you ever felt hopeless when it comes to dating? Do you feel like you are doomed to date men who are wrong for you? Do you look back on past relationships and cringe? According to professor, author, speaker and life coach Dawn Maslar, the solution to all your dating problems is simple: You have a broken GPS, or Guy Picking System. Failed relationship after failed relationship, Dawn knew she had to make a change. She decided that in order to fix her broken “picker,” she needed to go on her own journey of self-discovery – without a man. In her book, *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)*, Dawn outlines a plan to help women discover why they pick the wrong men and how to stop in order to go “from heartbreak to happiness.” See what the author had to say about her experience:

What was your goal in writing *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)*?

The goal of writing of writing the book is to help other women like myself find their heart’s desires. For years, I went from one painful relationship to the next, while it seemed as everyone else had been given the secret to happiness. Finally, after one more failed relationship, I searched for answers, but became frustrated with the lack of available information. I finally found help – I found some in therapy, some in one book, and something else in another book, but I never found all the information in one place. *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)* takes all the available information and puts it in one easy-to-follow guide. It explains what causes you to be attracted to the wrong men and allows you to customize your own journey from heartbreak to happiness.

Why do you think so many women pick the wrong men?

There are several reasons women pick the wrong men. Anyone with a broken guy picking system has at least one of these and

some people may have two or more. The main causes of a broken GPS are:

- Unresolved pain
- A believe in a lack of love
- Negative programming
- Not defining what you want

The most common cause is unresolved pain. Unresolved pain is when you get stuck somewhere in the grieving process. The grieving process has five stages:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

You need to go through each step to reach acceptance. If you try to skip a step, or get stuck somewhere in the middle, you have unresolved pain. For example, Katherine was divorced two years ago. She insists that she is ready to date, but at the same time she seethes with contempt when asked about her ex-husband. Obviously she is still stuck in the anger. In order to heal, she needs to continue through the grieving process until she reaches acceptance. It's only after she reaches acceptance and finds the blessing in the experience will she truly be ready for love again. Katherine's example is fairly obvious, but not all unresolved pain is so evident. *From Heartbreak to Heart's Desire* helps you to discover what your unique block to love is, then provides you with a step by step guide to heal and find the love you desire.

In the book, you outline an easy-to-follow plan for fixing your broken picker, including swearing off men, meditation, exercise and journaling. What do you think is the most important step in the plan?

I believe all the steps are important. However it is critical that you take time off to work on yourself. If you don't take

the time to work on yourself you will continue to keep picking the wrong person. But just taking time doesn't work by itself. You need to take the time and do some work. The internal work helps you heal so you are no longer attracted to the same type of relationship. When your relationships end with heartbreak, that means your heart is broken. Your heart needs to be healed. Taking time off is giving your heart the time it needs to heal. So in other words, if you leave a relationship that breaks your heart, you don't want to jump into another one – you need time to heal.

What about your own experiences with dating prompted you to write this book? Did following the plan work for you?

I spent many years stumbling from one painful relationship to the next. When the pain and frustration became great enough, I decided to stop the madness. Everything I wrote about in the book is exactly what I did. And yes, the plan works. It worked for me and for many others. I meet a wonderful man about four years ago and have been living a life of my dreams.

How did you manage to stay optimistic after so many dating disappointments? What is your advice to other women who feel hopeless?

The good news is when you are at the bottom, there is no place to go but up. What I tell all the women I work with is, you can have the life you desire if you are willing to believe and do a little work. Not only will you find love, you can have a life beyond your wildest dreams.

Cupid thanks Dawn Maslar for her time! To buy the book, check out Central Recovery Press.

Miss America 2011: Harvard Graduate and Miss Massachusetts Loren Galler-Rabinowitz is Much More than Just a Pretty Face



By [Lori Bizzoco](#)

The women of ABC's *The Bachelor* may be competing for a man's heart, but the only thing Loren Galler-Rabinowitz wants to win is this year's Miss America crown! But don't think that the Miss Massachusetts contestant is just another pretty face. The 2010 graduate from Harvard University has a degree in English and just finished a 10-year figure skating career as a

U.S. Champion ice dancer. In addition to her dreams of becoming a published poet, the Brookline, Mass. native received an \$8,000 scholarship from the Miss America Organization as Miss Massachusetts, which she will put towards pursuing a medical degree. If all this wasn't enough, the 24-year-old won an additional \$250 for winning the talent portion of the competition (nope, not for ice dancing – she's a classically-trained pianist). And this Saturday on ABC, Galler-Rabinowitz will show the country just why she deserves to win not only the Miss America title, but the \$50,000 academic scholarship that goes along with it.

One reason is her devotion to her philanthropic cause, fighting childhood hunger. In fact, Galler-Rabinowitz, who spent a lot of her childhood in Barbados where her mother runs the center for malnourished children, was awarded the Harvard's English department's Le Baron Briggs Traveling Prize for her humanitarian work. Her goal is to work in the area of pediatrics.

How does this non-stop woman find time to accomplish all this – and manage a happy and healthy relationship with her boyfriend of three years? Cupid was lucky enough to speak with her and find out:

After all that you have accomplished, what encouraged you to participate in the Miss America Competition now?

I knew that I wanted to take a year off between undergrad and medical school and I wanted to use that time to give a year of service. I figured that this was the last opportunity in my life where I don't have financial obligations to anyone other than myself. I wanted to do something that would encourage people to help others and Miss America gives me the platform to do that.

In what ways has your title of Miss Massachusetts already started to impact people?

One advantage of being Miss Massachusetts is that I get to go to schools and give talks. Sometimes people think kids don't listen, but they do. I've received hundreds of email responses. Whether it's someone saying, "Because of you I started a UNICEF chapter at my school," or, "This weekend I am going to be nicer to my little sister."

Miss America is a beauty contest, no doubt about that. There is an aesthetic element to it, but it's not girl who is the most beautiful girl on the outside who wins – it's the one who is most beautiful on the inside. As Miss Massachusetts, I've put in up to something like 70 hours a week of public service. I'm not paid to do this. Being Miss America is even more intensive, but I think that I have the heart to do this job.

What do you say to inspire people?

I usually talk to people about what's *not* on my resume. I worked for 10 years to make an Olympic team, and unfortunately, it didn't turn out the way that I wanted it to and I was really disappointed. I started to volunteer in a hospital as a way to observe how *other* people were dealing with loss, and see if I could learn how to get through a tough time in my life. Also, my grandmother, who I was very close to, passed away around that same time. So I dedicated time each week to caring for others and it was so unbelievably rewarding. Now, I get to talk about the fact that you can take a bad situation and make the best of it by helping others who may be in an even worse situation. Doing the littlest things for someone can brighten their day.

How important do you think beauty is in a relationship?

I think that I would use the word "attraction" rather than "beauty," because everyone finds something different to be beautiful. In my own life, I have always looked for someone who has the same passion for giving back and doing good.

Ultimately, we all end up with wrinkles and gray hair, and saggy in places that we wish we weren't. But at the end of the day, you want to make sure that you are actually in love with the person – and not what they look like.

How did you and your boyfriend meet and what keeps you together?

We met at school and we've been dating for three years. He has a similar commitment to being in public service and that's the thing that we have really bonded over. It's that feeling that your life just isn't complete unless you are doing something good for someone else every single day.

How do you make time for a relationship when you're so busy? And what can you say to others in the same situation?

I think that's the challenge in today's world. As women, for the first time in history, we are as busy, if not busier, than our spouses, husbands, or boyfriends. How do you make a relationship function with two working people? I am in awe of my parents and feel lucky that I grew up in a household where my parents were both incredibly busy, but were able to build this incredibly strong bond and love for one another. Even with three children, they still managed to find the time to communicate. They were engaged after only 24 hours and they just celebrated their 40th anniversary.

I think for anyone to feel fulfilled, you want to have a personal life, too. Work is wonderful, but there's nothing like having time for relationships and family. You have to schedule time, even if it's 10 minutes, just to make sure that you're in sync and on the same page.

You are celebrating a birthday only a few days after the competition. Would winning the crown be the best birthday present ever?

Yes (laughing). I can't really think of anything better –

except for maybe a cheesecake and a fork!

Cupid thanks Ms. Massachusetts for her time! And remember to watch her this Saturday, Jan. 15 at 9 p.m. EST on ABC at the 2011 Miss America Pageant – you can even vote for her to be a finalist! Text MAMA (which stands of Massachusetts for Miss America) to 24470. Voting ends at 11:59 p.m. PST tonight, Jan. 13. And for more on the Miss Massachusetts contestant, you can follow her on Twitter: @missmass2010.

Good luck!

Prince William at War with the Queen Over Wedding Plans





By Vicky Sullivan of aspiringsocialitenyc.com

According to E! Online, the War of the Roses has once again taken to the British Isles. After details of the much-anticipated royal wedding between Prince William and the lovely Kate Middleton were announced, Queen Elizabeth II was less than enthused. In fact, she was livid. Apparently, her royal highness learned of her grandson's wedding plans just as the rest of us did, by watching the news. The traditional matriarch steeped in the tradition of the British crown was enraged at the couple's plans for Middleton to arrive at Westminster Abbey in a car rather than the traditional horse drawn carriage. According to witnesses of her breakdown, the Queen made it very clear that buffets have no place at Buckingham Palace. Though the royal wedding craze rightfully glamorizes Prince William and Middleton as the world's most fascinating couple, this family feud makes the impending royal wedding almost familiar. As the bride and groom stress over the guest list, an overbearing grandmother has already pulled the plug on their breakfast buffet and dance party. Royalty or not, weddings can be a royal pain. Perhaps, the couple should do away with their trendy plans or it's off with their

heads. Plus, the Tower of London isn't much of a honeymoon suite!

How do you keep your family from messing with your wedding plans?

Cupid's Advice:

Anyone who has been involved in planning a wedding knows how difficult it is to please everyone involved. People tend to forget that weddings are really about the couple getting married and less about the flower arrangements and catering plans. Cupid has some advice on how to handle the situation diplomatically:

- 1. Explain your reasoning:** Your close family and friends may lay off for a bit if you explain why the details of your wedding are important to you. Perhaps you're trying to save money or are honoring family traditions.
- 2. Remind them that it's your wedding:** Sometimes critics just need a reality check. Once you remind them that this is a celebration of you and the person you love, they should back off.
- 3. Meet in the middle:** It may be necessary to compromise with family members, especially if they are contributing the festivities financially.

Forbes: What Do Powerful

Celebrity Women Really Want From a Relationship?



By Krissy Dolor

Forbes may be a money magazine, but that doesn't mean that they don't love celebrities, too! Last week, the magazine reported on a recent study conducted by the University of Abertay Dundee in Scotland, which found that as women earn money and financial independence, their attraction to good-looking, older men increases. In addition, these women hold a man's looks to a higher standard. The university has dubbed this "The George Clooney effect."

Previous studies have found that women care more about whether or not a man can provide for them, while men were more attracted to lookers. This new study showed that when a

woman's income increases, her taste in men change.

"We'd assumed that as women earn more, their partner preferences would actually become more like those of men, with a tendency towards preferring younger, more attractive partners rather than those who can provide and care for children," said lead researcher Dr. Fhionna Moore, a psychology lecturer at the University of Abertay Dundee. "However, the preferred age difference did not change as we'd expected – more financially independent women actually preferred even older men. We think this suggests greater financial independence gives women more confidence in partner choices, and attracts them to powerful, attractive older men."

Forbes analyzed 12 celebrity couples, posing this question: What is each woman in the celebrity couple attracted to? They say that Angelina Jolie, as one of the highest-earning women in Hollywood (\$20 million), wants a hot, older man. Hubby Brad Pitt is 12 years older than the starlet. Think Demi Moore's marriage to Ashton Kutcher is part of the cougar effect? Think again. She told *Harper's Bazaar* she does not like the term – and Kutcher's Twitter presence seems to garner enough fame on its own. We can even look at Ellen DeGeneres, who earned \$55 million last year, and is married to Portia De Rossi – a woman 15 years her junior.

In addition to the UK study, lead researcher at dating site [eHarmony](#), Gian Gonzaga, said in the *Forbes* article that high-earning women are attracted to successful men who have established careers – and typically, these men are older. "In the data I've seen, women always want higher earning men," said Gonzaga. He also said, "the Cougar thing is likely a myth."

Well, there you have it: money only begets more money. If only there were a slew of George Clooney and Brad Pitt look-alikes up for grabs...

Vince Vaughn & Kevin James in 'The Dilemma'



From Academy Award winning director Ron Howard comes a tale of friendship in the January release of *The Dilemma*. This particular friendship, a bromance between Ronny (Vince Vaughn, *Wedding Crashers*) and Nick (Kevin James, *Hitched*) is stretched to the limit when Ronny catches Nick's wife, Geneva (Winona Ryder, *Black Swan*) with another man. Should Ronny tell his BFF the truth of his wife's indiscretions, or keep his lips sealed and wait for Geneva to come clean on her own?

Packed with a star-studded cast, *The Dilemma* promises to bring bros closer than ever before in this year's winter rom-

com.

Should you keep secrets from those you love?

Cupid's Advice:

It may be easier said than done when it comes to obeying the age-old rule that "honesty is the best policy," but nine times out of ten, it may be best to forge ahead and be upfront with the one you love:

1. Switch roles: Ask yourself how it would feel if your positions were switched. If you would want the truth no matter what, then your loved one deserves the same treatment. It may be hard to get the words out, but you'll feel better once you do.

2. Avoid piling on the lies: Little white lies can come back to haunt you. One untruth can turn into another, which can then turn into an even bigger lie. Instead of trying to continuously cover your tracks, come clean from the beginning.

3. Look at the big picture: If you picture yourself with your partner for a long time, you owe it to him to keep secrets from ruining your relationship. A little fib isn't worth destroying your happiness.

Release Date: January 14, 2011

Kevin Spacey Doesn't Need an American Beauty



By Jenna Barbieri

This weekend at The Times Center in Manhattan, famous legends of film, theater, music and dance will join together to express their shared love for the arts at the 10th Anniversary of Arts & Leisure Weekend. Kicking off the spectacular event tonight will be none other than two-time Academy Award-winning actor-director-producer, Kevin Spacey.

Though currently starring as disgraced former lobbyist Jack Abramoff in *Casino Jack*, Spacey has a much bigger responsibility serving as creative director of The Old Vic theater in London for the last seven years. So what makes it so easy for Spacey to drop what he's doing and hop an eight-

hour flight to New York? Perhaps it's because he has no "ball and chain" to hold him back.

That's right, the 51-year-old film legend's ring finger bares no band. In fact, it never has! Yet Spacey continues to squeeze out every ounce of creative energy he has in him year after year. Which begs me to question, can being married to the arts act as a healthy alternative to being married to a significant other?

Spacey has never been known to go out of his way to get serious with another person, but he moved to another country to take the job at the Old Vic theater. When first questioned about his feeling on the big commitment Kevin would say, "I'm living my dream." Not being married gives him the opportunity to give full attention and devotion to his number one love – the arts. In a way, the the theater plays the role (pun intended) as his wife: a wife whom he is completely passionate, happy and more than content with.

And Kevin Spacey isn't alone in this category! Among other passionate art lovers who have never walked down the aisle are Diane Keaton, Oprah Winfrey, Al Pacino, Sheryl Crow, Bill Maher and the legendary Coco Chanel. These stars are living proof that something that while some people get married when they're in love to have someone who will be there to hang out, listen to music and laugh with them for the rest of their lives, others can depend on their stage, their guitar, or their audience to fulfill the same feeling.

Want to read more about Kevin Spacey's hosting gig? Follow Cupid to The Times Center's 10th Anniversary of Arts & Leisure Weekend event page.

Most Romantic Movies of 2010



By Erika Mionis

2010 has been a big year for movies. Sequels like *Iron Man 2* and *Toy Story 3* have ruled at the box office, while animated films like *Despicable Me* and *How to Train Your Dragon* have made their marks as well. Those aside, the year was also particularly crammed with many a chick flick. From romantic comedies (*When in Rome*, *Knight and Day*) to romantic dramas (*Dear John*, *Remember Me*), nearly all of the movies have had easily identifiable themes and laughs that we learned from and enjoyed. Out of all the great romantic movies we have seen this year, the following have had lessons that effortlessly apply in the real world:

Easy A: This romantic comedy had us rolling in the aisles.

Emma Stone masterfully portrays Olive Penderghast, the teenage protagonist whose sarcasm is as razor-sharp as it is endearing. After pretending to lose her virginity to help out a friend, Olive's reputation begins a downward spiral as nasty rumors circulate around her school. Eventually, her childhood crush helps her regain her reputation and her happiness. Though based in high school, the film manages to support an overarching theme; the idea that those who really care about you will stick by you, no matter what.

Blue Valentine: This drama will have you on the edge of your seat. While the basic romance in this film is not immediately detectable, this tale of two troubled lovers is one of the most heart-wrenching films we've seen in a while. The film follows the now-broken couple of Dean (Ryan Gosling) and Cindy (Michelle Williams) over different points in their relationship. MTV's NextMovie.com calls the film, "A meditation on the nature of romantic relationships that's undeniably depressing yet incredibly insightful." It's safe to say that the flick is not a cheerful one, but it does present a viable warning. Be cautious when entering a relationship. Don't progress too quickly, and thoroughly examine your values before making a serious commitment.

Eclipse: The third installment in the *Twilight Saga* was also the most successful, both with critics and at the box office. Bella Swan (Kristen Stewart) is forced to choose between her steadfast vampire boyfriend, Edward Cullen (Robert Pattinson), and her best friend-turned-new flame Jacob Black (Taylor Lautner). The film gave us an important lesson about the dangers of jealousy (especially if you're caught in a tumultuous love triangle between a shirtless werewolf and a sparkling vampire). The movie is undeniably entertaining, and the sheer gorgeousness of the cast left us reeling.

Dr. Lillian Glass Talks 'Toxic Men'



By Krissy Dolor

You've seen them on TV, at work, or maybe in your own home. You've dated them, worked for or with them, and have screamed at them from the comfort of your couch. Yet, women everywhere *still* put up with their crap. That's right – I'm talking toxic men, the men who have you feeling sad, angry and confused about who you are. Even worse, you may not even know that you're dealing with a toxic man! Lucky for you, Lillian Glass, PhD is here to help. In her latest book, *Toxic Men: 10*

Ways to Identify, Deal with, and Heal from the Men You Make Your Life Miserable, Dr. Glass helps you figure out what types of men are toxic to you, and ways to handle them when you have to, and dump them when you don't. What's more is that her training in body language can help you see the warning signs that are often masked with words. After reading the book ourselves, we have to say that Dr. Glass is spot on – we've even figured out the types of toxic men we should avoid at all costs (aside from the scary-sounding *The Socio-Psychopath*)! Dr. Glass took some time out of her busy schedule to chat with us over the phone about her book. See what this best-selling author had to say:

In the introduction to *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men Who Make Your Life Miserable*, you mention that its predecessor, *Toxic People*, inspired you to write a book geared specifically to women. Do you think you will write a 'Toxic Women' book for men?

I tell you, in all honest, the book should have been called *Toxic Men and Women*. It's really for both sexes. Even the men who read it are surprised at how it relates to both men and women. I think I may write a 'Toxic Women' book. Right now, *Toxic Families* is coming out, and then maybe 'Toxic Women.'

When will *Toxic Families* come out?

Toxic Families will be published in November by Adams Media, the same publishing company as the other books.

You define 11 Toxic Types of Men. Aside from "The Socio-Psychopath," which just *sounds* awful, which of them do you think is the worst type and why?

It's different for different people. Some people, they don't mind certain types that others mind. I myself don't like 'The Sneaky Passive-Aggressive Silent-but-Deadly Erupting Volcano,'

I think they're sneaky and dangerous.

One of the things I do for people is make them write down, as an exercise, five men who absolutely, without a doubt, make your life miserable, since you were a child until now. Then, write down three adjectives next to them, and you'll see that there will be similar traits for each person. Like, oops – you know that's who to stay away from.

The checklists of each trait from the 11 types of Toxic Men are helpful! But how can you tell the difference between 'normal' and 'toxic' behaviors, as many people – men *and* women – exhibit some levels of toxic behavior?

It's consistency – how you feel around that person. If you consistently feel bad, or if your body starts reacting, that's how you know this is a toxic person.

What do you say to women who are in denial about their involvement with a toxic man?

You can be in denial, but the truth always, *always* prevails – it always prevails. Even if you think it's fine, it will come out in your behavior, health and other ways.

What's the number one piece of advice you have for women dealing with toxic men?

The number one thing is respect yourself. Don't let anyone abuse you, and don't think less of yourself!

In addition to your books, you were also recently featured on an episode of Millionaire Matchmaker. What other projects do you have coming up this year?

Well, definitely a lot more Millionaire Matchmaker with Patti this season, according to Patti, which is great! And I will also be doing a lot of media and doing a lot of projects, which will be very helpful to people.

Cupid's Pulse thanks Dr. Lillian Glass for her time! If you want to figure out which types of men you're toxic to, visit Amazon to purchase your copy of *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men Who Make Your Life Miserable*. To read more about Dr. Glass, check out her website: <http://www.drlillianguass.com/>. Stay toxic free!