

# Is Your Dating Profile A Movie Trailer or a Cereal Box?



I've read a metric bazillion dating profiles in my time as an online dating coach and about 90% are yawn-worthy. Do you think you're part of the other 10%? Think again.

Most people write a dating profile that reads a bit like a cereal box. Have you seen the following claims on a dating profile (maybe yours)?

## **The Cereal Box Dating Profile**

**Healthy:** "I like to take care of my body and you should, too."

**Balanced:** "I love to get dressed for a night out or wear PJs

for a movie at home.”

**Wholesome:** “Family is really important to me. I don’t know what I’d do without the support and love of my parents and siblings.”

**Mom-approved:** “Best of all, your parents will love me.”

Sure, these are all things that you might value in a date, but we eat cereal every day. It’s not exciting. It’s not unique. It’s not interesting. It’s just... okay. Pair a cereal box profile with photos of a regular Joe (or Jane), and what do you get? Not a whole lot of emails from potential dates, that’s what!

## **Learn A Lesson From The Movies**

The film industry knows what they’re doing. How many times have you seen a trailer and been totally psyched to see the movie? It has your favorite actor, it’s based on your favorite novel or it has lots of explosions. You know in a minute or three whether or not it’s a movie you’d be interested in seeing.

Previews work by showing you snippets of the best parts of the movie. You meet the protagonist, and you get a preview of their story. If it’s going to be a funny movie, there are some quick quips. If it’s going to be a summer blockbuster, there are cars exploding and people leaping away just in the nick of time.

## **What’s Your Trailer?**

Your life may not seem as exciting as a summer blockbuster (and I certainly hope there are fewer explosions!), but it’s interesting and unique. Think about the little things that make you who you are, and write those into your dating profile.

Even little things give a glimpse of your character. When I

was dating, my profile described me riding my shopping cart across the parking lot at Publix supermarket (you're never too old!). Many of the emails I got from men referenced that part of my profile as a reason why they emailed me.

Take your Cereal Box Claims and beef them up with specifics:

**Old:** "I like to take care of my body and you should, too."

**New:** "I'm not sure what I like most about my morning run – the heart-pumping exercise or the heart-stoppingly beautiful sunrises."

**Old:** "I love to get dressed for a night out or wear PJs for a movie at home."

**New:** "My best friend knows me better than anyone else. For my birthday last month, she got me tickets to the opera and a new pair of fuzzy bunny slippers."

**Old:** "Family is really important to me. I don't know what I'd do without the support and love of my parents and siblings."

**New:** "Now that we're adults, my sister and I are best friends. It might also help that our closets are 300 miles apart – she always stole my favorite clothes!"

## **A Movie Trailer Profile Always Does Its Job**

Not every movie trailer is going to thrill you and make you mark opening day on your calendar. If you re-write your dating profile ([or have my staff do it for you](#)), it's not going to magically attract every single on your dating site.

And it shouldn't.

If your dating profile is written like a good trailer, it will intrigue the kind of person who will find you interesting, attractive, and worth getting to know better.

## **Steps for Success**

1. Read your current dating profile and mark the boring cereal

box phrases. Make notes on how you can beef them up by being more specific.

2. Find little snippets of your life that show off your character. Write about those.

3. Don't be afraid to show yourself off. Self-confidence is sexy and will draw in exactly the kind of people that are good matches for you.

Need help? Check out the [Geek's Guide to Online Dating Success](#) on my site for more tips & tricks or [hire us](#) to write or re-write your dating profile.

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## Why I'm Rooting For Jennifer Aniston in 2011





By The Single Filez

2010 is drawing to a close, and the new year will soon be upon us. While this is usually exciting for me, I must admit that I'm not looking forward to watching the clock strike midnight this year. Let me explain. I turn 35 next year. If I'm being honest, I'm scared shitless. Luckily, I still feel and (thanks to great genes), look 25. But no matter how young I look, the fact remains the same: next year I will be 35 and still single. I'll be single with not even a whiff of any potentials and without ever having experienced a long term relationship. The older I get, the more worried I feel about my singledom.

Just like Jennifer Aniston (and many other single women out there), I'm notoriously unlucky in love. Although Jen has the distinct advantage of having been married to Brad Pitt, whereas I have the advantage of still being in my mid-30's (Aniston is in her 40's). Either way, I'm rooting for Jen because I'm sick and tired of the reaction in the media to her lack-of-a-man situation. Everything they say about Aniston are the same things my friends, family and co-workers say

about me: “but, she’s gorgeous,” “but she’s successful” and “why on earth can’t she keep a man?.” It’s frustrating, it’s tiring and it’s just not fair.

At first, I was going to write about why Jennifer Aniston and Halle Berry (another successful hottie who seems to be a serial douche bag dater) scare the hell out of me. I was going to say how nervous I am about still being single when I’m 40, but then I thought, “NO.” Actually, what I want to do is root for Jennifer Aniston in 2011. I want to do for her what I want my folks to do for me. Despite my bad luck with men, I feel confident that I will find the right man eventually. So, HAPPY NEW YEAR Jen! I hope you find a good love in 2011. Enough of the ‘Mr Right Nows,’ like John Mayer, Bradley Cooper, Vince Vaughn and Gerard Butler. Give us singletons the opportunity to look at you and say, “Hey, there’s hope after all. It is possible to find true love after a long bout of bad luck.” But most importantly, do it for yourself. Wouldn’t it be nice to stick your middle finger up and prove to the world that you’re gorgeous, successful and can keep a man?

Go Jen!

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**Little Fockers with Ben Stiller, Teri Polo, Robert DeNiro and more...**



Greg Focker (Ben Stiller) was fortunate enough to meet his soul mate (Teri Polo), fall in love and get married. He is living the dream, but there's just one problem – his father-in-law. Retired CIA Agent, Jack Byrnes (Robert DeNiro) makes Greg's life extremely difficult throughout the first two films before finally accepting him as a son-in law. Now, in the third installment of the hilarious Fockers trilogy, with a birthday bash for Greg and Pam's twins right around the corner, Jack must accept Greg as the man of the house. Will the inevitable accusations, fabrications and confusion finally get the best of Greg, or will his love for his wife and his Little Fockers shine through and prove his worth as the family's next "Godfocker?"

**How can you deal with difficult in-laws?**

## Cupid's Advice:

There is constant tension between Greg Focker and his father-in-law. But even though it knocks him down, he gets back up and overcomes it for love. If you find yourself in the same position, Cupid has some advice:

**1. Set boundaries:** Making the rules of the house is between you and your spouse. It's not between you, your spouse and their parents. Work as a team with your special someone to set limits and then communicate those to your in-laws. They don't have to agree, but make sure they understand.

**2. Communicate directly:** If something is bothering you about your in-laws, don't communicate with them via a third party. Don't ever get involve your spouse or kids. Go directly to the source, and they might even respect you for it.

**3. Always be kind:** Above all else, be kind and respectful. Even if it's extremely difficult, keep your friendly face on. When you really have nothing pleasant to say, hold your breath and smile.

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## Date Idea: Plan a Snow Date







Looking for date ideas as Valentine's Day approaches? Make a wintertime fantasy out of the coming weekend! As far as any of us are concerned, the magic of the holiday season lives on as long as it's cold. How else would we get through the low temperatures, right? So make the most out of the most romantic day of the year and spend some time basking in the beauty of winter before it's gone! Below, we share Cupid's [dating advice](#) for all the sentimentalists who just aren't ready to let the holidays go.

**Related Link:** [Dating Advice on How to Meet Someone for Valentine's Day](#)

Take advantage of your time off from work. There are so many outdoor activities that are going to expire come spring, so enjoy them before it's too late. Hit up your local ice skating rink before it's transformed back into a roller rink. For the more athletic, you can engage in a friendly game of hockey with your lover. If there's snow on the ground where you are, then have an end-of-season snowball fight. The playfulness is bound to bring the two of you closer together as you celebrate Valentine's Day.

# Dating Advice for an Unforgettable Valentine's Day Weekend

After all the wintry fun (or if you're just the indoors type!), you can stay warm and snuggle with your other half by engaging in one last round of sitting by the fireplace. Take some dating advice from famous couple [Reese Witherspoon](#) and Jim Toth, whose celebrity marriage makes staying home look like there's nothing more romantic in the world. Brew some hot chocolate and put on your favorite rom-com. If you'd rather *only* enjoy the company of your honey, then let your favorite love songs play in the background as you hang out.

**Related Link:** [Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day](#)

If you're the festive type, try another date idea and have one last holiday decorating party: String up some lights and paper chains to get in the spirit. The decorations paired with a home-cooked meal will be sure to stir that home-for-the-holidays feeling all over again. If you really want to go back in time, the two of you can make cards for each other – just like the old elementary school days!

**What's your favorite V-Day date idea? Let us know in the comments below!**

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## Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks



By Kari Arneson

Kristen McGuiness is your average 30-something woman – she has a great career working at a non-profit in Los Angeles and a great boyfriend who might just be The One. But what's different about McGuiness is how she got to where she is today. As a recovering alcoholic and addict, she knew she had to think outside the box to sort out her priorities. Single, newly sober and exploring a new city, McGuiness decided to try something crazy – but possibly brilliant – to find the new love of her life. A sympathetic boss, a spiritual healer and a handful of blind dates helped her reach her goal of 51 dates in 50 weeks, and which ultimately the unique experience depicted in her book, *51/50: The Magical Adventures of a Single Life*. Equal parts hilarious and heart-wrenching, this book takes readers on McGuiness' personal journey of self-discovery as she imparts valuable wisdom on life, love and the

pursuit of happiness. Cupid was lucky enough to talk to McGuinness about what those 51 dates were like, what it's like to date sober, and how while looking for a man, she ended up finding herself:

**What made you decide to embark on such an ambitious project of going on 51 dates in 50 weeks?**

Like all good ideas, it was basically born out of desperation. I had been single for three years, had only gone on a couple of dates in that time, I hadn't heard the words "I love you" from a man's mouth since the year 2000 and I knew something had to change. I decided I would go on a date a week for a year, and then when Britney Spears kept getting sent to the hospital under a 51/50 (California state code for forced psychological evaluation), I figured I would take a note from her and go on 51 dates in 50 weeks.

**How do you manage to keep a sense of humor after so many dating disappointments?**

Oh, the dates were filled with humor. I have to say, I was laughing with most of my dates, not at them. I discovered that most of the dates were looking for the same thing I was – a fun, loving, committed relationship that might one day produce children. And we could all laugh at the positions we were in – most of us 30+, still wondering when our partner was going to come.

**How did being a recovering addict make your dating experience different from other women's experiences?**

Well, for one thing, I couldn't drink, so I had to be willing to go in there, be honest, be funny, have a good time and not have a drink. But it also made it much more interesting, because a lot of my dates didn't drink either, so the conversation and the expectations were different. Back when I was drinking, most dates would end with a one-night stand.

And not that there's anything wrong with that, but I didn't really get to know anyone. Coming into these dates sober, I got to have a whole new experience with dating and with men.

**What would you say is the most important thing you learned about dating, love and relationships during those 50 weeks?**

Since the book wasn't just about traditional dates – the dates also include my mom, my father, and a spiritual healer I met throughout the course of the book – the journey was as much about finding myself as it was about finding a man. At a certain point, my boss asked me what constituted a date, and I realized that it was anything that brought me closer to true love. And I learned that healing my relationship with my father, learning to grow out of my insecurities and fears, were just as important as meeting the right guy. Because I had met the right guy before, and I was nowhere near ready. I knew that in order to meet the right person, I still had some work to do on me, and as much as the book was about finding love, it was also about my own inner-journey and healing.

**In your book, you say that you would always get the same reaction from people when they found out you were single: "It'll happen when you least expect it." What is your best piece of advice for single women who feel hopeless like you did?**

Don't give up. I ultimately did find the love I was looking for. It didn't so much happen "when" I least expected it, but "how" I least expected it. What I came to find through the book is that singlehood can be a great, magical adventure if you go out and live life. At the beginning I had begun to consign myself to nights where I went to the gym, came home, ate a salad and settled in to watch TV by myself with some Tofuti Cuties. By the end, I was riding horses through the woods, going to sweat lodges in the mountains, discovering my city and myself, and I was going out on lots of dates. And I also think that's key: date, date, date. Because I found what

I wanted through those dates, I learned what was important to me. And ultimately, when the right guy showed up, I was ready.

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## Why Should Women Buy Their Own Diamonds?



Everyone knows that diamonds are a girl's best friend. So why should men have all the fun in picking them out?

The answer is that they shouldn't! Who better to pick out your next piece of jewelry than, well, you? No woman should ever depend on a guy to buy her some bling. Don't just sit there

and wait for Prince Charming to spoil you – spoil yourself! You know you want to.

And what better way to give yourself a little love than by visiting Diamond.com for beautiful earrings, necklaces, rings and more – whatever your heart desires! From exquisite black diamond jewelry to extra special pieces in The Vault, you're sure to find something that's perfect for you. Can't decide? Diamond.com allows you to design your own special pieces. Make your friends jealous and show off something that showcases your unique personality. And when someone asks who bought those pretty bracelets for you, have no shame in telling them you bought it yourself. After all, you have great taste!

Cupid knows you're still out there snagging those last-minute holiday gifts. Do yourself a favor and buy something shiny and new that's just for you. After all, 2010 has been a long year, and 2011 will be more of the same – reward yourself for all your hard work. You deserve it!

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## **ABC's Bachelor Pad Winner David Good Gives Dating Advice to Women in his New Book 'The Man Code'**





**“Women have the power to control how men treat them,  
how we act and how we are in society.”**

By [Lori Bizzoco](#)

David Good got a bad rap when he appeared on *The Bachelorette: Season 5* ([Jillian Harris](#)’ Season) in 2009. Most infamous for his altercation with former contestant Juan Barbieri and the negative way he used the phrase ‘Man Code’, Good had the opportunity to redeem himself earlier this year on the all-star, spin-off competition Bachelor Pad. Not only did Good surface from the show as the house favorite (and leader), he won the grand prize of \$250,000 with partner Natalie Getz. Now, the 29-year-old first-time author is using a portion of his winnings to set the record straight about the true meaning of “Man Code” in his new book, *The Man Code: A Woman’s Guide to Cracking the Tough Guy*.

Good gave Cupid a view of his softer side, while opening up about his country boy roots in West Alexandria, Ohio, and the importance of bringing back more of what he calls the “John



Wayne" types. Of course the interview wouldn't be complete if we didn't ask about his relationship status, too. So, here's what he had to say:

**What was your objective for writing "The Man Code"?**

The whole point of the book is for women to realize how much power they have over how men in our country act. We conform to act the way you want us to in order to get your attention.

Think about this: 80% of women get the children after a divorce, so there is a high percentage of single women raising sons. Women have control right from the beginning.

**What is one way a woman can tell if she's with a "Man Code" man?**

Honesty and truth. A Man Code man will start out a relationship with nothing, but honesty. He won't lie about anything. Nothing. There's no reason to. If a guy's lying to you from the beginning, ditch him. It's fine not to disclose your deepest thoughts and secrets right away. But when those things do come up, it's important to be honest.

**How can a woman break down the wall of a tough guy?**

Don't break his trust. If a guy opens up to you and he confides in you and you run and tell your friend that he shed a tear or got emotional about something and it gets back to his buddies and they laugh at him, he's going to emotionally shut down from you for a long time. Once he confides in you, you don't want to embarrass him or break his trust. If your guy is finally opening up to you and showing his sensitive side and you run and tell your friends that he was crying in your bedroom and he hears that, he will not open up to you for years to come.

**When you used the term "Man Code" on the show, what did the other men think?**

A lot of them thought I meant the whole "Bros before Ho's" thing. That's the other side of it. I did use it in that way

when Juan was changing his clothes and being fake and not doing a shot. But, when they made a mockery of it, that's when I was like, that's not what Man Code is really about.

Where I'm from in the heartland of America, it's a very serious subject. Men take their work and the way they treat women seriously. They take pride in what they do. That's what provoked me to write the book, because it was taken all out of proportion.

### **How did the "Man Code" originate?**

It started when I was 23 and working with my father. I was in a grocery store in a small town where I'm from. I saw a guy who was manhandling his wife out loud and in front of other men in the store. Nobody was doing anything. So, I walked over to this guy and just deconstructed the guy right off his feet. The lady that he had pushed down on the ground got up and started screaming at ME. I was so surprised, I didn't know what was going on. So, I left my groceries because I didn't want to get in trouble, and I walked out. I told my dad what had happened, and somehow we started talking about Man Code. And that's kind of how it all originated. We would always kid around about writing a book about it.

### **We understand that some of the proceeds from the book are going to cancer research. Is there a reason you chose that cause?**

Yes. Last year, I was at my best (girl) friend's house on vacation, and I was asleep when she woke me up because her doctor just called saying that she had cancer. She was only 29 (she's 30 now), and to go through that experience with her really hit home. Then a few weeks ago, my grandfather was diagnosed with stage III cancer. A percentage of every book sold will go to cancer research.

### **The question we all want to know David is are you with Natalie? Were you ever with Natalie?**

Natalie and I had a great run on the show, and we were good friends before the show, but no, we aren't together. I would

never say that we were necessarily boyfriend/girlfriend, but we were put in a very unique situation. It's reality TV, but there's not a lot of reality about flying in private jets, staying in villas and driving Lamborgini's around. It's hard not to fall into all of that. I really like and respect her.

Obviously, she's beautiful, but I live 2,000 miles away from her. We're great friends still, and we still talk, but "no" we're not in a relationship.

Good is about to embark on a 120+ city tour. Dates and locations are still being determined.

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## Is Brad Pitt Ruining Your Love Life?





We know how effective media is in shaping our perspective and even our values, including our self-image. We know that being bombarded with images of beautiful men and women molds our vision of attractiveness. As we mature, we know it's fantasy, and that even Hollywood beauties don't look that stunning without professional hair, make-up, wardrobe and lighting.

By now, you've probably seen the Dove video called "Evolution." It shows how an attractive woman morphs into a fabulous knockout through professional hair, make-up, lighting, and yes, even Photoshop.

### **How do these unrealistic images affect your dating life?**

**1. They can influence your expectation of a man's looks.** Very few men, especially middle-aged men, look anything close to George Clooney, Brad Pitt, Johnny Depp, Colin Firth or Pearce Bronson. While we realize these men personify an unattainable ideal, some small part of many women want – and perhaps expect – their guys to look as yummy.

**2. The Photoshopped images of pencil-thin people on magazine**

**covers and in movies exacerbates women's feelings of inadequacy.** Actresses like Cher, Teri Hatcher, Vanessa Williams, Julia Roberts, Helen Mirren, Glenn Close and Ellen Barkin are sparkling in their perfection – with personal trainers, private chefs, and perhaps a bit of nip-tuck. How many real-life middle-aged women do you see looking like that? Just as women have unrealistic expectations of a man's looks, so, too, men have an idealized expectation that women should look like these air-brushed fantasy females.

So it seems like a lose-lose for both genders.

We think (hope?) that as one matures, people realize that these movie star looks are really just fantasy. But unfortunately, I've found both men and women hold themselves and their potential dates to standards that nearly no one meets in real life.

**So what can you do?**

- 1. Play up your own physical attributes:** Got beautiful eyes? Don't hide them behind glasses. Get a makeover if you haven't had one in years, or make an appointment with a free personal shopper at a department store to help you dress to look your best.
- 2. Realize that there are many good people underneath a few bags, sags and extra pounds:** While we know that goodness has nothing to do with outer appearances, we sometimes get caught up or put off by what we see. I've gone out with many wonderful men who aren't gorgeous. The thing is, they got more attractive as I got to know their kind hearts, senses of humor and caring natures.

*Dating Goddess is the author of the 13-book Adventures in Delicious Dating After 40 series. For information on her books and her blog, go to <http://www.DatingGoddess.com>.*

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# How Do You Know? featuring Reese Witherspoon and Owen Wilson



How do you know when you're in love? That's exactly the question new movie *How Do You Know?* is asking. Filled with an A-list cast, Reese Witherspoon, Owen Wilson and Paul Rudd promise to bring laughs and smiles to this romantic comedy.

When Lisa Jorgenson (Witherspoon, *Four Christmases*) begins dating Manny (Wilson, *Marley and Me*) she seems to hit a wall when presented with the opportunity to further their relationship. Bring in George (Rudd, *The Hangover*), a former

flame of Lisa's, and the three of them make for a little love triangle. Written and directed by James L. Brooks, *How Do You Know?* leaves Cupid wondering:

**How do you know when you're in love?**

**Cupid's Advice:**

It's touch to know when lust turns to love. Here are a few tell-tale signs:

**1. You aren't pretending:** When you're not afraid to be yourself and can talk to him about anything, that means that you really share a connection with this person.

**2. He appears perfect to you:** You can deal with his flaws. So what if he picks steak out of his teeth with his knife at dinner? That just shows you that he's comfortable around you.

**3. You see your mutual future:** Suddenly you're thinking about things that you never thought about before. You're concerned where life is going to take you and if he's going to be a part of it. Suddenly, it's not just yourself in your future plans.

Release date: December 17

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# Date Idea: Bundle Up for Fun



Just because the holidays are over doesn't mean the magic of winter has to end. Cupid's got some date ideas for those who love to embrace the colder weather. Temperatures are ice cold, so there's still time to sport your chicest coat or get all toasty warm by the fireplace. As your toes freeze, as icicles form on your eyelashes, and as the snow falls outside your window, you may be tempted to stay inside, but there's nothing more romantic than taking your partner out for some fun in the snow!

## Relationship Advice to Enjoy the Winter Weather

Related Link: [Date Idea: Rent a Cabin in the Snow](#)



Sure, there are always the classics: snowmen, snow angels, and sledding. Why not try something a little more exciting this holiday season? Follow this [relationship advice](#) by adding a twist to the snow day classics while surprising your neighbors with your creative front yard. Instead of the traditionally white snowman, why not make a colorful one? Take some food coloring, mix it with water, and place the mixture in a spray bottle. Once you build your snowman, squirt the color on, and watch the snow change colors. Try layering different colors for a rainbow or ombré effect. You can also make your favorite fictional character come to life with just a bit of accessorizing: Use a lightning-bolt scar and glasses make for a great Harry Potter, or you can style your creation with a wig and a crown to create your favorite Disney princess.

For a more social activity, try starting a couples' snowball fight. Invite your neighbors and divide yourselves into teams. Whether you're playing couples against couples or girls against guys, you're sure to bond with your friends who enjoy a little wintertime fun. Building snow forts is another great way to get the competition rolling. You could also challenge each other to a snow angel contest or teach each other how to juggle snowballs.

**Related Link:** [Date Idea: Have Fun in the Winter Sun](#)

If you're feeling particularly athletic, take a cue from Hollywood couple [Jessica Simpson](#) and hubby Eric Johnson and organize a football game in the snow. All you need are some friends and a football! A game of tackle is no big threat when your field is cushioned with snow. Plus, it's a great way to enjoy the beautiful white winter but also stay warm. You'll get so caught up in the fun that you won't even want to keep score!

**Share your best wintertime relationship advice in the comments below!**

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# Prince William and Kate Middleton Set Good Relationship Examples



By Roy Sheppard

Here in the UK, we are being drenched with Prince William and Kate Middleton stories in the media. They are *everywhere!*

Unlike the loved-up celebrities who can't wait to show off the latest in a long line of soul mates, what's different about Prince William and Middleton is their quiet togetherness. They already exude a sense of being an 'us,' rather than part

of a 'me + me' relationship. Their focus is on each other, and they're not trying to convince their friends or the world that they're together. They just are.

They royal couple each have what I describe in my book, *How to Be The One* – a well-developed Emotional Core, the emotional equivalent of a strong physical core stability known to anyone who has ever practiced Yoga or Pilates. The emotional 'muscles' they have developed in life include: a healthy self-esteem, an appealing attitude to life, a deep sense of inner happiness and kindness towards others.

Faced by the world's media at a press conference announcing their engagement, did you notice how William so gently reassured and supported his bride-to-be, knowing how nervous she must have been? That's classy. But you don't have to be royalty to be considerate. So, for the next month, commit yourself to the following:

1. Instead of focusing on what you want from a date, put some effort into being that sort of person for them. Adopt or develop those same qualities you value so much in others. You want someone loving, trustworthy, reliable and considerate? Well, how would you score on those same qualities?

2. William and Kate are best friends. Decide to be nice to everyone you meet and everyone you date. Just be friendly with *no* agenda. And forget the so-called 'dating rules.' Let's face it, they mostly encourage you to treat people like you dislike them!

3. Those who have exhausted "just having fun" are looking for someone special with whom to share their lives. There are men and women out there who create idealized fantasy figures in their heads, and no one can live up to them. My fear is that millions of people will keep looking, but will fail to realize that their wish list may be completely unrealistic. Happy, long-lasting relationships are based on trust, love and

commitment; but there seems to be a lot of confusion about the definitions of those qualities. In my book, I talk about how commitment has been diluted into “Commitment Light,” a diet cola version of the quality.

Invest time developing your emotional core. You’ll pass more ‘auditions,’ which will open up options. Plus, you’ll be able to share the limelight with an A-list partner in a Blockbuster relationship, rather than a low-budget soap opera!

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## Hunting for Love Later in Life



By KB in NYC

We all know that dating is a minefield, right? But here's the thing; getting older doesn't help. A lot of 40-year-old men only want to date 25-year-olds. And here's why: a woman in her 30's or 40's knows what she wants. She's been around the block a few times, and she's less willing to compromise. She's less easily impressed and she is, in a word, more discerning.

Now that's not necessarily a bad thing, but it does make dating harder. Also, when man hunting at an older age, you tend to want different things. At 24, a cocktail and a great make out session will suffice; at 40, not so much.

Hollywood is filled with fabulous women, all of whom have achieved enormous success and are finding themselves single in their mid-30's and 40's – think Jennifer Aniston, Charlize Theron, Sandra Bullock and Sheryl Crow.

The thing is, these celebrities are pretty much set: they have millions of dollars in the bank, they look fantastic and if motherhood tickles their fancy, there's always adoption. And yet, they can't get the man thing right. Famous or not, who doesn't want to get the man thing right?

Whether you're single by choice or on a serious manhunt, the parameters are kind of the same. Be honest with yourself and the men you're dating about what you want. If it's marriage and kids, then own that.

You may not be in your 20's anymore, but that's no reason to act desperate. Like Jen taking back John Mayer after he had publicly humiliated her? That had a whiff of desperation to it. Know what you have to offer, and never accept anything less than you deserve, no matter how desperate you may be to "put a ring on it."

Take a page out of Jen, Cheryl or Sandra's books and surround yourself with great people. Friends make the world go 'round, and being happily single is about having your emotional needs met.

It's such a cliché, but oh-so true: be comfortable in your skin, even if it requires Artefill to keep it looking as good as it once did.

We are a society obsessed with aging, and yet many celebrities are just getting better the older they get. From Halle Berry to Kate Winslet, Jenny McCarthy and Susan Sarandon, age certainly hasn't gotten in the way of dating fabulous men. Which leads one to contend that if age is just a number, attitude must be everything.

*PR maven KB is a self-proclaimed 'lover, dater, blogger, believer.' She is the author of KB IN NYC, a no-holds barred account of her dating hits and misses, and her search for love in New York. With a penchant for red nails, five star hotels and a sultry wit to match, she explores what it means to be in your woman perfect early-thirties navigating this brave new world that we find ourselves in.*

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## **Hard Sell Author Jamie Reidy Cooks Up Recipes in New Book, Bachelor 101**





By [Lori Bizzoco](#)

From representing pharma to cooking chicken parma, there's no telling what best-selling author Jamie Reidy will do next. One thing that remains consistent is that his books are results-oriented and focus on sealing the deal, whether it's in pharmaceutical sales or winning over a new love interest. Reidy's new book, *Bachelor 101: Cooking + Cleaning = Closing*, is a cookbook and lifestyle guide for "idiot single guys like me," he told Cupid in a recent interview.

A former pharmaceutical salesman, Reidy is best known for writing *Hard Sell: The Evolution of a Viagra Salesman*, the basis for today's movie release, *Love and Other Drugs* starring Jake Gyllenhaal and Anne Hathaway. Cupid had the wonderful opportunity of speaking with Reidy last month, and he filled us in on his new book, which boasts 30 idiot-proof recipes for men who want to wow" that special someone:

### **What's the premise of Bachelor 101?**

The premise is that single guys aren't just going to get off

their butts and stop ordering in Domino's, or learn how to clean their apartment without some sort of an incentive. The incentive is that your odds on a successful date go way up if you take the time and put in some effort that cooking requires. Women know how much work goes into cooking, so if a guy actually cooks for them instead of making a reservation, that should make a nice impression.

### **Why do you think most men don't like to cook?**

I think first of all, because it seems like a huge deal. "Oh man, I'm cooking." It seems like an entire process, and it's just scary, and that's because we are totally unfamiliar. It's just like anything else – if you don't know how to work the remote of your TV, you sit down for a while and you look through the directions and you figure it out. Then, you look back and say I can't believe that I didn't know how to do that.

Being in the kitchen is the same thing, knowing how to chop and dice and that sort of thing. I was terrified of the broiler. You couldn't get me near the broiler, but I had to do it for a few meals and it's pretty easy. Sauté seems like a scary, fancy word, but it means to heat up in butter or oil, so why is that such a fancy word? It's primarily the fear of the unknown.

### **After how many dates would you say that a man should cook for a woman?**

Well, that all depends. It depends on how old the people involved are. I would say that for people in their late 30s, they're a lot faster to do things like that, whereas if you are in your 20s, a woman may be gun-shy about going over to a guy's house. Who knows – if you met someone at a bar or grocery shopping or something and got a good vibe, and the guy said, "Why don't I make you dinner sometime?" the spontaneity could really wow you.



## **Where did you get the recipes for your book?**

A majority of the recipes I tested out came from women, but a couple of them came from some buddies of mine. I learned a couple of great lessons there. Every recipe is basically a paragraph that women give to each another. So I would read these paragraphs, and even though my friend who gave it to me would say, "it's the easiest recipe ever," I would be cooking and invariably I would miss something. My eyes would glaze over the items in the middle of the paragraph. I figured out that it must be something in our DNA. Guys need a list, a step-by-step list. My book literally has 1. Open oven door; 2. Slide out bottom rack. This way I can say, "Check, I did that. Yes, I did that." I can check things off as I go.

## **Were there any lessons that you learned while writing *Hard Sell* that helped when writing *Bachelor 101*?**

Yes, I guess there are two things; one is a personal encouragement thing and the other is as a writer. What I learned from *Hard Sell* is that I have a voice that people respond to – it's tongue-in-cheek, self-deprecating, with pop culture references. So when I started writing *Bachelor 101*, my voice was very clear and I didn't have any doubt that if people would only get their hands on it they would laugh and find it informative and entertaining. *Hard Sell* gave me the encouragement and validation to do that.

As a writer, what writing *Hard Sell* taught me is that you can't be half-assed about it. It took me a little over a year-and-a-half to write it, but I would walk away from it for a month or two. It wasn't like I was writing every day, or every week. My mom had a great point years ago. She said, "Ya know what? I think writers, I think they write...like everyday." It cut right through me. I realized that if you aren't writing everyday then you probably aren't serious. So I knew with *Bachelor 101*, I knew that I had to be doing something everyday, whether it was writing, cooking, or taking notes

throughout the process. I had to be much more disciplined, which I learned through writing *Hard Sell*.

### **What is your favorite recipe in the book?**

My favorite recipe is not the one that's gotten the most rave reviews. The crab cakes have been cooked the most often and have gotten just absolute rave reviews. My favorite recipe is chicken breast dipped in ranch dressing, dropped into a huge zip-lock bag full of cornflakes. There is another variation of that, with crumbled up Ritz crackers. It's a tremendous comfort food, but it's not the healthiest thing in the world.

### **What's on the horizon?**

I'm currently writing screen plays. Right now, I am doing a couple of different things, including a romantic comedy. I am also writing a collection of humorous essays about me and my dad.

Cupid thanks Jamie Reidy for his time! Check out *Bachelor 101: Cooking + Cleaning = Closing* on Amazon.com and see *Love and Other Drugs* today!

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## **A New Hollywood Trend: Dating with Kids**





By Kelly Seal

Considering dating someone with kids?

Celebrities without children are daring to date single parents these days, at least according to the tabloids. Rocker Matt Bellamy recently started dating single mom Kate Hudson. Brad Pitt became an adoptive father to Angelina Jolie's oldest son shortly after their relationship took off. And let's not forget Jake Gyllenhaal's romance with Reese Witherspoon, single mother of two.

I have to admit, I never thought I'd be dating a man with children, let alone marry him. I don't have any myself, and had never dated any single dads previously. It's one thing to figure out the twists and turns of being in a relationship, and quite another when you add children to the mix. And yet I decided to pursue this path, not only because I fell in love with my husband, but because I saw him as a compassionate, caring, and loving father with his kids.

Whether this is a new trend in Hollywood or not, dating a

single mom or dad comes with its own unique challenges. If you find yourself in this situation and are looking to navigate your way through, here are some considerations that may help guide you in the right direction.

**1. Are you looking for a long-term relationship?** Perhaps you've fallen for a single mom or dad, but you aren't really sure if it's just a fling or something more substantial. Until you decide that you are in it for the long-term, don't meet the children. They do not need more instability added to their lives, and it's more confusing when girlfriends or boyfriends come and go. Take your time so you really know what you want.

**2. Be flexible.** Single parents are going it alone, so remember if a child gets sick or has a change in schedule, the parent has to take care of things. If you planned a nice evening out or a trip with your beloved and it gets canceled due to the kids, recognize that sometimes you have to go with the flow.

**3. Do you want to form a relationship with the kids, too?** When you date someone with kids, you're also entering a relationship with his/her children. If you are uncomfortable with the idea of taking the kids places or getting to know them, you may want to reconsider.

*Kelly is a writer and former speed dating host. She writes regularly for Womens Online Magazine, Examiner.com, and DatingSitesReviews.com, and blogs about dating and relationships at [www.kellyseal.com](http://www.kellyseal.com).*

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# Love and Other Drugs Movie Trailer with Jake Gyllenhaal & Anne Hathaway



Based on the novel "Hard Sell: The Evolution of a Viagra Salesman" by Cupid's guest author this week, Jamie Reidy, *Love and Other Drugs* brings former *Brokeback Mountain* co-stars Jake Gyllenhaal and Anne Hathaway back together again on the big screen. When Jamie (Gyllenhaal), a charming pharmaceutical drug rep meets Maggie (Hathaway), a seductive free-spirit, the two can't seem to shake each other. Soon they find themselves bitten by the love bug ... a bite so deep that no prescription can cure it.

## How can you handle dating someone who is emotionally unattached?

### Cupid's Advice:

Being in a relationship with none of the emotional attachments that comes along with it may seem like a good idea, but it definitely poses some challenges. Here's how to deal:

**1. Have a game plan:** If you decide to involve yourself in a situation where it's all action and no talk, discuss the terms and conditions first. Meeting expectations is easier when you're both on the same page.

**2. Take small steps:** Chances are that your partner is emotionally unavailable for a reason. Try to be patient, and content with the small steps that they may be making towards a more emotionally stable relationship.

**3. Know when to call it quits:** If one of you starts wanting more from the relationship than the other can handle, it could be time to say goodbye. If you don't want the same things, there may be no other solution.

Release date: November 24, 2010

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# Gwyneth Paltrow Slams Celebrity Couples Who Teach

# Important Lessons

# Relationship



By [Jessica DeRubbo](#)

Recent *Glee* guest Gwyneth Paltrow is making headlines lately. Even though she's part of a high-profile celebrity relationship herself, she is speaking out against "unnecessary" celebrity couples. In fact, she went so far as to tell CNN, "It's just unnecessary to be a public couple, and to have your couple-dom or whatever be its own entity. It doesn't make sense to have that in the public world."

Alright, Gwyneth, I see your point. There are definitely famous couples who live for the spotlight, which is pathetic. One obvious example is former *Hills* stars Heidi Montag and Spencer Pratt.

I don't know about you, but I'm under the impression that their every move is to garnish media coverage. And then there's LeAnn Rimes and Eddie Cibrian. Has anyone else noticed their everyday presence in tabloids lately? They cheated on their respective spouses with each other and then they spend months defending their indiscretion to the media. Is that necessary?

Even Taylor Swift is becoming a constant presence in the celebrity relationship world. While she doesn't currently have an 'other-half,' I'd be shocked to see someone who *doesn't* know that Taylor Swift is single and loving it. I've read at least three interviews in the last month where she refers to her singleness. Okay, we get it already!

Yes, I see Gwyneth Paltrow's point. She even refers to her own relationship, saying, "When I see high-profile relationships now, I think, 'Oh my God' even though I'm technically in one. But we sort of don't do anything public, we try to keep it behind the scenes as possible (sic).

Because it just generates more interest...it just undermines the quality of your life." That being said, there's certainly a lot to learn from those high-profile pairs that Gwyneth Paltrow speaks about. Celebrity couples can teach us about our own personal relationships. Consider the following:

**1. Heidi Montag and Spencer Pratt:** You may roll your eyes at their publicity stunts, but through that negativity you realize that you want to avoid being like them in your own life. They convince you that it's probably best not to discuss every detail of your relationship to anyone who will listen.

**2. LeAnn Rimes and Eddie Cibrian:** This singer and actor duo made the mistake of cheating on their significant others and then defended their decision to do so, even though many would agree that infidelity is morally wrong. LeAnn Rimes and Eddie Cibrian help you realize that if you find yourself falling in



love with someone who isn't your current partner, you should call it quits and come clean about any wrong doings.

Apologize and move on. And whatever you do, don't rehash the past in public!

**3. Taylor Swift:** She's not only been linked to John Mayer, Taylor Lautner, Joe Jonas and Jake Gyllenhaal, but she's turned around and written songs about it. And right now, Taylor Swift is embracing the single life, calling it "wonderful." What have we learned from her? Being single is okay! Dating is okay! Instead of sulking in a dark corner and lamenting your current solo status, enjoy the experience while it lasts. If Taylor Swift can do it, so can you.

Gwyneth Paltrow may make a valid point in her rant on high-profile celebrity couples, but I highly doubt those who crave the limelight will leave the tabloids anytime soon. As long as they exist, we can use these stories to gain insight into the multifaceted world of dating and relationships.

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## Dating: First Impressions – Part II





By Alex V. of The Urban Dater

Reality. If reality was an actual person, I'd probably punch it in the neck. Why? Sometimes, or most times (depending on how much baby Jesus thinks I suck) reality really is a jerk. Only sometimes, though.

I'm a dork, I gigantic geek bag! It's true. No, really, it is! I was a nerd before it was cool, dammit! However, there's just no helping a person's uninformed perception aka ignorance. You see, being a dork and an odd ball, dating women was often lost on me. No women wanted to date a geek like me, I thought.

You never heard about Dustin Diamond dating a hot girl, now did you? If you did, surely you chuckled at such a ridiculous rumor. However, the coolness of nerds and geeks has sky rocketed over the years, with shows like *Beauty and the Geek* and the rise to stardom of actors, like my hero, Seth Rogen.

Seeing that, the king of chubs and geeks, Seth Rogen was dating super-hottie Lauren Miller, for, at the time, four

years, gave me hope that a geek like me could find a hottie of my own as well; and found one I did! The nerd wins!

My girlfriend, I tell my friends, is a lot prettier than a dork like me deserves. I'm sure Seth Rogen felt the same way, too! Once we get passed the looks and the superficial associations and self-stylings, we're all looking for love, ultimately. It's not just about looks, after all. Right?

There was something about this person that made me fall for her, many somethings, if you will.

– The person has got to make you laugh. No question about it. The women I've loved were the ones that made me laugh. No doubt about it.

– Are they open minded? Is your would-be partner in crime willing to pony up when you want to go on an adventure?

– Will they help you clean your place after a raging party at 3am? Just having the support is important.

– Do your friends like your significant other? This, by far, has been the biggest difference for me. Most of the women I've dated, my friends didn't get along with. With my girlfriend, now, all my friends simply adore her. They would probably dump me, if I dump my girlfriend!

– Do they make you believe you can do anything? My girl does. She's my biggest fan; my biggest cheerleader. The girl supports all of things I'm working on... That's huge. Seth Rogen? You better believe he needs a cheerleader after a box office bomb... I'm just sayin'.

It's pretty amazing what becomes clear once we set perceptions about beauty and status aside. No?

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# Best Selling Relationship Author John Gray Discusses 'Venus On Fire, Mars On Ice'



By Kari Arneson

It's no wonder that relationship therapist and healthy living coach John Gray, Ph.D., is the best-selling relationship author of all time. His enlightening, instructive and hugely popular Mars-Venus series has sold more than 50 million books, including 1992's groundbreaking *Men Are From Mars, Women Are From Venus*, which was the *New York Times'* number one best-selling book of the last decade. But Dr. Gray's quest to help men and women understand and appreciate their differences is far from over. The latest addition in the series is *Venus on*

*Fire, Mars on Ice: Hormonal Balance – The Key to Life, Love & Energy.* Dr. Gray says, “This is not only a fun book, but highly informative, explaining the importance of hormone balance in order to have good relationships.”

**How can hormonal balance help improve your relationships?**

**Cupid’s Advice:**

Hormones affect everything from your libido and moods to health and energy, and even stress levels. In his new book, Dr. Gray writes that the differences between the sexes and how they relate to each other are managed by hormones. See what Dr. Gray has to say on the topic:

**Can you explain the meaning behind the title and cover art of your latest book?**

The meaning behind the title and cover art of my latest book, *Venus on Fire, Mars on Ice*, is that the differences between the sexes and how they relate to one another are biochemically based. The differences can be explained by their hormones. Without an ample supply of these hormones, our bodies suffer both mentally and physically. In this book you will learn new tips and knowledge of how the stress hormone can harm our health and relationships, how achieving hormonal balance will improve our lifestyles as well as relationships, and the importance of superfoods and how good nutrition can replenish our hormones.

**In the book you talk about the importance of eating “superfoods” and avoiding processed foods. What impact does food choice have on hormonal balance, and in turn, on things like stress and happiness?**

Processed foods are deficient in the natural fibers that would normally slow the release of sugar into the bloodstream. Sugars that are added to products cause blood sugar levels to

fluctuate. Processed foods are deficient in minerals, vitamins and good fats. Superfoods provide the nutrients we need for optimal health and vitality. In order to enjoy more stable blood sugar levels, we need to cut back on the sugar and processed foods and eat more unprocessed foods. This will allow our hormone factor, the adrenal gland, to produce feel-good hormones and reduce stress.

**You talk a lot about stress and how to deal with it. What kind of effects does stress have on people and what is your best advice to manage it?**

Stress inhibits the product of healthy hormones resulting in sugar cravings, which causes excess free radical damage to the arteries, which results in strokes and heart disease. Avoiding processed foods and limiting sugar intake will help reduce blood sugar spikes. It is important to eat superfoods that work synergistically to provide the extra nutrition our brains require to cope effectively with stress. These superfoods also compensate for our nutritionally deficient food supply. Superfoods are those that have been used by different cultures for thousands of years and are known for their extra-nutritional benefits. They are super rich in amino acids, good fats, vitamins, minerals and medicinal phytochemicals.

**What kind of benefits can a person expect from hormonal balance and what's your best advice on how to achieve it?**

Getting to the root cause of hormonal imbalance is the key. When blood sugar fluctuates it uses cortisol to raise blood sugar. This causes adrenal burnout. When the adrenal gland is making cortisol it stops making testosterone, progesterone and estrogen. This causes women to have hot flashes, mood swings, depression and waking in the night. Along with PGX to balance blood sugar, maca, the Peruvian herb, will stop hot flashes in a couple of days. It will also lower stress in men and women and help balance hormones.

The body requires a steady supply of blood sugar to make serotonin. Stabilizing blood sugar is as least as important as balancing hormones. Blood sugar is the lynchpin in terms of understanding the effect of brain chemistry on relationships. We have found that blood sugar is more important to women than it is to men.

As the brain functions it needs to draw steady supplies of energy in the form of sugar or glucose from the blood. Without ready access to blood sugar, a brain under stress can't make the serotonin it needs to relax and feel good again. Any time blood sugar surges too high or drops too low, brain chemistry is immediately thrown out of balance.

The issue is most critical for women because they tend to deplete their supplies of serotonin more easily than do men. There's more women in the workplace today and they are making testosterone and less of the stress-busting oxytocin they need. This results in skyrocketing rates of cortisol, the stress hormone. It is important to maintain a diet that supports a steady level of blood sugar.

***Men Are From Mars, Women Are From Venus* was hugely popular and really seemed to resonate with a lot of people. What do you think it was about the book that people identified with? What would you say is the overall message and what can women in particular take away from the book?**

I wrote *Men Are From Mars, Women Are From Venus* to help men and women understand their differences. The genders come from worlds practically next door to one another, yet – in many ways – they may as well have come from opposite ends of the solar system. Men and women came away from the book accepting their differences.

**Do you have any more books, seminars, videos, etc. in the works?**

My PBS special, *Venus On Fire, Mars On Ice*, is still airing

across the United States and has been very well received by people. I also host three-day transformation weekends at my home in Mendocino, Calif. Stay tuned for a major motion picture to be released and another book soon.

To purchase Dr. Gray's latest book *Venus on Fire, Mars on Ice*, visit Amazon. To learn more about Dr. John Gray and his books, seminars, relationship coaching, and other upcoming projects and events, visit [MarsVenus.com](http://MarsVenus.com).

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## Dating: First Impressions – Part I





By Taylor Cast of The Urban Dater

First impressions are incredibly important, and even more so when it comes to dating. People make a snap decision when they meet someone if that person is going to be a friend or potential date. Instant decisions are an innate process in us, and most of the time we don't change our mind. I have met men who in theory are exactly what I want, but they failed to impress, and I lost the urge to pursue dating them. Or men who in their dating profiles are good looking, they have great "stats," and then they misspell something. For example, the last guy to message me said in his profile that he is "very intelligent." Afraid not pal.

When we first meet a person we size them up, make judgments and decide if this person is going to get us naked. My roommate will not date a man who shows up with dirty shoes. So if his white sneakers have the slightest tinge of dirt on them, she is done with him. I eliminate men based on their literary knowledge. It may be silly, but we all do it. A guy friend of mine wouldn't even entertain the idea of dating a brunette, because blondes were his "thing." We decide that a person isn't for us based on that first minute or so.

Now pretend you're a famous celebrity: a star whom the world knows. Every detail of your life is published for the masses to consume. Oh, and you're single. No, thank you. I can't imagine what it is like to date as a celebrity, where most of the public thinks they "know" you. To have all of those preconceived notions out there about you and then to meet someone and show them who you really are. How difficult must it be to be Jennifer Aniston? Most of the public pities her for the end of her marriage and inability to find a partner. Can you imagine what it's like for her to meet someone and go on a first date?

Dating is difficult enough, but to have the obstacle of being

incredibly famous must at times feel like an incredible burden. I'm sure Jennifer Aniston has her own ideas of what she wants in a man, and first impressions must count ten fold to her than any of the rest of us. That man has to follow in the steps of Brad Pitt. BRAD PITT. I don't know if there could be bigger shoes to fill.

*For the second part to this series, visit us on Thursday for The Urban Dater's male perspective from Alex V.*

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## My Love Relationship with Celebrities and Fame



By Royal Young of *Interview Magazine*

Charlie Sheen's recent escort escapades are good for a raunchy laugh, but they are part of a trend in bad celebrity behavior that has poisoned my own ideas about passion. I have always chased fame – which never seemed to match up with love – despite the fact that my devoted parents have been together for almost 30 years. While I'm sure there are plenty of Hollywood homebodies with happy marriages, we are constantly bombarded with the burning Bentley car wreck of celebrity relationships.

Growing up as a reserved Jewish boy already predisposed to solitude who would only come alive when performing, I decided I would never need to use my heart. Spotlights were flirtatious, and applause was better than the attention I couldn't get from pretty girls my own age. I turned into a hungry ghost, too self-obsessed to want anything but vague, vacuous fame – at any cost.

I was raised on the Lower East Side in the '90s (before its multi-million dollar reincarnation) and went to LaGuardia "Fame" High School. I chased gaudy glamour after graduation and skipped college for empty extra roles in music videos, sleazy modeling gigs, sex exchanged for money and promises of lines in movies that were never made – all which led to failed, fledgling relationships. I wore outlandish, revealing outfits for attention, and was thrilled when shutterbugs snapped my portrait for a street style section picked up by Gawker, where, to my glee, I received so much hate mail. Yet without any long-term girlfriend – since I pushed away every person who tried to get close to me – I felt empty.

At 24, I realized I hadn't been in a normal relationship for ten years. Sure, I've hooked up with models and had two seconds of screen time in some indie movies, Boy George once winked at me and I've partied with Yoko Ono, but I suddenly

craved the comfort of a real lover. For the first time in my life, I wanted the stability and support my parents seemed to have, working through their issues as a loving team. But I had no idea where to start. I no longer wanted to be a fame shark, get featured on Perez Hilton, or go dancing with the stars. I knew none of that would make me feel like I had a home or a heart, or allow me to be satisfied with who I was: a shy loner who longed to fit in with a loud, lascivious crowd. When it came to love, I realized there were no rules except for letting go; I just wish there were some tabloids that could teach me how.

Royal Young just completed his debut memoir *Fame Shark*. He works with *Interview Magazine* ([www.interviewmagazine.com](http://www.interviewmagazine.com)) and you can follow him at [Twitter.com/RoyalYoung](https://twitter.com/RoyalYoung).

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## Thoughts from a Single 30-Year-Old





By Jessica Downey of Chicago Now's All the Single Ladies  
Christina Aguilera recently divorced Jordan Bratman, and she is about to turn 30 in December. I am at the opposite end of things – I just turned 30, and I have never been married (read that as I am totally and completely single).

When I was 20, I thought that I would be married or at least in a really serious relationship by the age of 30. And it's not that I think 30 is old by any means or that I had some sort of timeline but at that time, 30 just seemed so far away.

I mean, 10 years is a pretty long time; plenty of time to meet a guy, fall in love and get married.

Obviously as I went into this year, I figured out that marriage probably wasn't going to happen. Technically, it didn't take me that long to figure it out, but I mean, you really never know what can happen. But as my birthday got closer and closer, I kind of liked the idea of having a boyfriend or at least a date by my side on that day.

When the day actually came, I honestly have to say that I wasn't all that sad that I didn't have a man by my side.

Actually, I wasn't sad at all. I looked around me and saw

all of the amazing friends and family that went out of their way to make the day special for me. I also realized that I have accomplished a lot in life since I was 20.

Now that I am actually 30, I can honestly say that not having a significant other really doesn't feel any different than when I was 20. I mean, things around me have changed. I now live in a completely different place. Certain characteristics about me have also grown and changed, but honestly being single doesn't feel any different for me.

I am not trying to take anything away from the whole concept of finding someone that you truly love. But I do believe that there are many other things in life that you can also be happy about. Things that are important as well. And while the once 20-year-old girl thought she would be married by this time, the 30-year-old woman knows that she just hasn't met the right guy yet.

*Jessica Downey is a freelance writer who writes about dating and single life in Chicago. All of her ramblings can be found on her blog on ChicagoNow.com. She also writes for badonlinedates.com and has written for examiner.com.*

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## Morning Glory with Rachel McAdams





From the screenwriter of *The Devil Wears Prada* comes this November's *Morning Glory*, which is sure to be a hit. Packed with a star-studded cast, TV hotshot Becky (Rachel McAdams) plays a role we can all relate to at some point in our lives.

Struggling with her career and her love life, nothing can ever go as planned. And when one area of her life is up, the other is down. Finally, Becky lands the role of a daily morning show producer, and she gives it her all to bring the last place show up front. She manages to grab a legendary, now-retired TV host, Mike (Harrison Ford), who doesn't seem to want anything to do with the morning show or his co-anchor, Colleen (Diane Keaton). With Becky's drive and determination, will she manage to get the show (and her love life) back on track?

**How can you incorporate more personal time with your beau when faced with a demanding career?**

**Cupid's Advice:**

Trying to figure out that perfect balance between love and work can be frustrating. If you spend too much time with one, the other gets annoyed. Although both prospects are vital, it's equally important to set some rules and boundaries for maintaining a healthy relationship:

**1. Make rules:** If you're able to leave work at the office early, do it. Make it clear that when you're home for the night, your partner has your undivided attention. Work is work, and home is home.

**2. Compromise:** If you have a job that requires extra work outside of the office, set time limits for when that work can be done. Tell yourself that you'll devote an allotted amount of time to work, and then the rest of the time is yours to do as you please.

**3. Hold the phone:** Make a rule about taking work calls at home; when it's acceptable to take them and when it's not. Nobody enjoys a work call during dinner and much less during foreplay!

Release Date: November 10

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## Celebrity Trademarks Offer Dating Advice for Singles







By Laurie Davis, Founder of eFlirt Expert and eFlirt Expert VIP

We've all heard the line "If you've got it, flaunt it." Now, some of the biggest celebrities in the business are proving that your best physical assets mean *everything*. To many of them, that's several million. Hollywood's finest are getting their vital parts insured – the physical attributes that give them star power – and it shouldn't come as a surprise that these body parts are often the things that we're most attracted to in the opposite sex. Whether on the silver screen or at the local watering hole, your trademark asset sets you apart for all of the other singles out there. Simply showing off your physical assets can help you snag that cutie sans cheesy pick-up lines. Celebrities have proved that our flirting assets can literally be one in a million. So, just how much are we talking?

Jennifer Lopez insured her booty for \$27M. Heidi Klum's legs are worth \$2.2M. Tom Jones' chest hair is insured for a cool \$7M. Frankie Jakeman, the British male stripper, insured his ... well, you know ... for \$1.6M. Troy Polamalu of the Pittsburg

Steelers had his hair insured for \$1M by Head & Shoulders. Dolly Parton's chest is worth \$300,000 per breast. And, Aquafresh White Strips insured America Ferrera's teeth for \$10M.

Some of these celebrities have literally made entire careers by paying attention to their strengths and flaunting it, so the bottom line is: you need to know what physically sets you apart when a match meets you! Which of your attributes do *you* enjoy the most? Playing up your trademark while you're flirting, whether it's shaking your derriere on the dance floor or flashing your pearly whites from across the room, will help get your crush's attention. If you're having trouble identifying that stand-out trait, ask your friends for some insight. Also, small enhancements can go a long way, too. If your eyes are your trademark, work on getting that perfect, natural makeup look that makes your lashes longer and eyes bigger.

But, now that our lives have gone digital and so much technology is involved in our day-to-day, you have digital flirting assets as well. Some singles spend all day on Facebook and others are addicted to announcing their every move on Foursquare. While celebrities aren't insuring their thumbs yet, they are certainly following suit. Ashton Kutcher is a Twitter-aholic. Steve Jobs is the king of apps. And everyone has a digital trademark, just like they have a physical one. Knowing what you got and how to flaunt it online will up your eFlirting game instantly. By determining where you enjoy your time online, you can structure your digital life to put yourself in the right virtual opportunity to meet matches.

The key is to make your online life work *for* you, not against you. For example, if you know that you are better with real-time flirting than you are over email banter, try to catch your crush on instant messenger whether you're communicating on Facebook or Match.com. iPhone addicts who are always out

and about might have a blast meeting matches via location-based dating apps like Meet Moi or Skout. If your best digital assets are photos, flaunt them in front of your matches on DailyBooth or Zoosk.

Using the right platform is half the battle and the other half is using the right language that allows your personality to jump off the virtual page. You want to sound like you would in person, but enhanced for the online black and white text. Exclamation points help send energy through the computer screen, terms of endearment used at the perfect moment can make things more personal and emoticons can show excitement. So whether you're injecting a darlin' into conversation or ending a sentence with a wink, know what will speak to your personality while resonating digitally with your potential dates.

Remember, your best assets are all right there in front of you, whether it's in the mirror or the computer screen. So if you got it, flaunt it!

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## **Celebrity Couples Make a Blessing Out of Interfaith Relationships**





By Erika Hymowitz Vujnovich

Chelsea Clinton/Marc Mezvinsky, Naomi Watts/Liev Schreiber, Tom Cruise/Katie Holmes and even Brad Pitt/Angelina Jolie are among the numerous celebrity couples attempting to make an interfaith relationship work. While it's nice to believe the old saying "love conquers all," there are often many challenges an interfaith couple faces. Speaking from experience, I entered into an interfaith marriage five years ago. It has taken a tremendous amount of respect and understanding between me and my husband to make our relationship work and to be able to provide a stable foundation for our children.

[ABC News](#) says that one in three U.S. couples is in a religiously mixed marriage. However, back in June, the [Chicago Family Law Blog](#) highlighted the issue and cited data taken from a 2001 American Religious Identification Survey, which show couples in mixed-religion families were *three times* more likely to be divorced than those who were of the same faith. The [New York Times](#) also wrote on the issue this past summer, following the high-profile marriage of Chelsea Clinton

and Marc Mezvinsky. Clinton, a Methodist and Mezvinsky, who is Jewish, pushed the issue of mixed marriage into the spotlight again.

**Whether mixed-religion marriages are becoming the new norm or not, if you are in such a relationship and are questioning whether or not it can work, here are a few things to consider:**

**1. Don't ignore the differences:** Religion often contributes to who we are. As such, it's crucial not to disregard religious beliefs. One of the top mistakes that couples make is that they believe their love for one another will conquer all interfaith marital problems. This is not always true. Take the time to discuss your beliefs. You may find that your partner feels the same way, or you may realize you come from completely different backgrounds.

**2. Look for clergy counseling:** If you're looking for that mixed marriage blessing, you'll want to consider speaking with clergy from your place of worship. When my husband and I first considered getting married, we immediately went to meet with my Rabbi. He was very open to the idea of us getting married, with the understanding that we will raise our children in the Jewish faith. A member of the clergy will help outline the challenges you may face as a couple as well as give advice on how to best approach your respective families, who may not be as accepting.

**3. Think of the children:** The last thing you'll want to do is make a child decide which religion they want to follow. Before you even have children, you and your spouse should decide how you want to raise them. Lay the foundation from the beginning, and be honest with each other about your wishes. You don't want to confuse your child, but rather give them a solid sense of faith and culture. There is nothing wrong with celebrating all holidays, but make sure that as your children get older, they have a belief system.