

Howard J. Morris Discusses 'Women Are Crazy, Men Are Stupid'



By [Stacey Small](#)

The road to love is sometimes littered with potholes, and the bumps don't always end once you've entered a committed relationship. From the beginning stages of courtship all the way through marriage, men and women often find themselves in conflict with their lovers. [Howard J. Morris and his partner Jenny Lee](#) were no different when it came to being brandished with insulting credentials like "major nut bag" and "total dunce." But they took the age-old claim that women are crazy and men are stupid, and examined its relevance in their own love life. The result? A laugh-out-loud, he-said she-said book that chronicles personal and identifiable love troubles in a completely honest, absolutely hilarious, and very practical way. In *Women Are Crazy, Men Are Stupid*, Morris and Lee take readers on a wit-filled journey to help them figure out things like why men suck at being romantic, and why women view even the most mundane events through some emotional prism. Ultimately, they reveal ways for couples to break dysfunctional patterns and become more happily in love together.

How can you avoid coming across as stupid or crazy in your own relationship?

Cupid's Advice:

When it comes to dating and marriage, communication is key – which goes beyond voicing frustrations about your partner's bad habits and annoying flaws! Cupid got the inside scoop from Howard J. Morris himself in a recent interview. Check out what this co-author had to say about how writing the book with his partner affected their relationship, and how communication, self-awareness, and a sense of humor are crucial factors to making any romantic connection last.

This book is written in a he-said she-said format between you and your partner, Jenny. Can you describe the actual writing process, and what you think were the advantages and

disadvantages (if any) of co-authoring this project?

The writing process actually ended up benefiting our relationship tremendously. Not at first! And yes, it was difficult and brought up issues we weren't always too keen to deal with. In fact, Jenny was positive writing the book together would break us up. As she says to me in the book, "It's not like a relationship isn't hard enough when you're just in *denial* about everything. But to actually bring stuff into the open and write about it –" And there were some tense moments for sure. But once we hit on the structure of the book we were on our way. I write the first half of the chapter, unedited by her, and she writes a response to what I've written for the second half of the chapter, unedited by me. So we got to go off and read the other's pages, which had the effect of *forcing us* to hear the other person's point of view. One of the big things we learned from writing the book was how incredibly different our brains worked: How we could literally hear two different things even when the same words were spoken out loud. But when you're able to *really* see something from the other's point of view – and not just give it lip service – suddenly everything isn't as stupid and crazy as it first seemed. For instance, I finally understood the subtext to all Jenny's crazy, no-win questions like "Am I fat?" or "Which one of my friends do you find most attractive?" or "Why did you do that mean thing to me in my dream?" What she was really asking was asking me was one simple question: "Do you love me more than anyone else?" And I know how to answer *that* question (for guys reading this who may still be unclear, the answer is "YES!").

***Women Are Crazy, Men Are Stupid* is a great read for couples in committed relationships. Would you say that there are also lessons to be learned for those involved in rocky romances or casual flings?**

Absolutely. Understanding that men are idiots and women are insane (when it comes to each other!) helps in any kind of

male/female interaction. Especially when trying to figure out on a first date if you're sitting across from an "Irredeemable idiot" or just a "normal numbskull": Or in a man's case, whether his date is "wonderfully nutty" or a "Total Whack Job." We have a whole chapter in the book about "signs" and how women see them in everything (crazy!) and men never see them in anything, even when they're staring them right in the face (stupid!). Being able to pick up on signs on a first date is crucial. But again, your ability to see from the other's perspective helps immensely. And this general rule for men never hurt in any relationship: "Don't get between a woman and her crazy." *Crazy will burn itself out.* I wish I had known this when I first started dating...

Were there any eye-opening revelations about your own romantic partnership that materialized in the process of writing this book?

Romance has always been one of our toughest issues. Jenny's a die-hard romantic and I'm no Richard Gere (in "Pretty Woman," "Officer And A Gentleman," "Runaway Bride"...). No man in America has done more to make regular guys look bad than Richard Gere. But one eye opening thing that we learned about this subject as we were writing the book is that I believed that love and romance were basically the same thing. I kept saying, "You know I love you! Why do you need all that carriage through the park and horses running on a sandy beach stuff?" I thought showing her I loved her was being romantic. Turns out it's not. Romance is a whole other thing that involves suspense, panache and possibly chocolate or flowers. Guys don't really understand because we never really wanted romance. At least not in the same way. When I mentioned that our minds are wired differently this is one of the things I'm talking about. A woman will often have romantic fantasies about, say, her wedding day, from a very young age. But most guys have never thought about the actual wedding part until they pop the question. And even then not so much. But

again, if you look at it from her point of view, it shouldn't matter that a guy doesn't need romance. In fact, isn't that one of the points of romance? That it's something you do unselfishly for someone else and not yourself? In fact, it's even more romantic when it comes at a cost to you! Why am I sitting here talking to you? I need to go plan something romantic! (Actually, I have something planned for August 14. Jenny doesn't know so don't tell her! But we had kind of a disappointing Valentine's day this year so I decided we're going to celebrate "Half Valentine's Day" on August 14. We're going to lunch at her favorite restaurant, then seeing a show and ending up at a hotel for the night. Shhhhh. It's a surprise!)

You have written for a variety of television sitcoms; did those on-screen prototypes of the dumb husband and nutty wife influence you to write this book?

What's interesting about your question is that on most sitcoms (certainly the ones I've written on), it's usually just the dumb husband and the woman plays the finger wagging, "I told you so" role. I've always felt that the crazy wife gets short shrift in these shows. Jenny and I sold a sitcom based on our book to ABC and promised to give equal time to the crazy. I think most sitcoms are written by men, who are stupid, yes, and more importantly terrified of their wives, so maybe that's the reason. But if our show ends up moving forward, we guarantee equal crazy opportunity. Crazy can be funny. It's an untapped market.

Have you received any opposition to the book or title, and what advice would you give to a reluctant reader?

Most people, with senses of humor at least, love the title and understand we're not saying women are crazy about everything, or men are stupid about everything, just each other. But some women, and initially Jenny too, were concerned about blatantly calling women crazy. Jenny still insists she's "situationally

crazy” not “blank check crazy” whatever *that* means... And I’ve noticed that none of these women who object to being called crazy are at all offended that we call men stupid! To anyone who is offended by the title, I would respond, “Lighten up! Read this and you’ll get some great laughs and maybe even learn something!”

Movie Review: Going the Distance





For a new twist on long-distance relationships, check out Warner Bros. new movie, *Going The Distance*. Garrett (Justin Long) and Erin (Drew Barrymore) fall in love one summer in New York City, but never meant for it to happen – especially knowing that Erin will be heading back to San Francisco in six weeks. The couple plans on staying casual, but it doesn't take long for their love to ignite a passion they can't escape. Follow these two real-life lovers on their coast-to-coast romance.

How can you make a long-distance relationship less challenging?

Cupid's Advice:

You can't control who you fall in love with, or where they live. If you unexpectedly find yourself in a long-distance relationship, Cupid offers a few ways to help shrink the distance:

1. Stay in touch: Technology has come a long way. Gone are the days when you could only use the postal service, or had to pay huge fees for phone conversations. Now you can text, email, Skype, and even talk on the phone for little to no money at all.

2. Old school: Although it's easy to spend hours chatting and texting, it can be much more romantic if you compose some old fashioned snail mail and send it to the one you love. The sentiment will not be missed.

3. Getaways: With the savings on communication, why not plan a romantic interlude with your sweetheart. Take a weekend getaway in your respective cities, or choose somewhere in between and meet halfway.

Release date: August 27, 2010

**Sherry Amatenstein Dishes on
'The Complete Marriage**

Counselor'



By Krissy Dolor

Everyone's seen the row of marriage self-help books on the shelves of the local bookstore. With so many to choose from, how can you pick just one? That's where Sherry Amatenstein

comes in. This license master social worker decided to take the guesswork out of picking just one expert, and combined the country's best marriage counselors into one place. *The Complete Marriage Counselor: Relationship Saving Advice from America's Top 50+ Couples Therapists* offers a one-stop shop for all things marriage-related, tackling 101 of couples' most-asked questions, getting to what America's couples are really thinking.

What should you do if you're unhappy in your marriage?

Cupid's Advice:

Before committing to a counselor, check out Amatenstein's book. With her comprehensive research and knowledge in the field, her guide is as inclusive as you can get in less than 300 pages!

Cupid chatted with Amatenstein on the phone last month. Take a look at what the author had to say:

Your third book, *The Complete Marriage Counselor*, came out in January. How did you come up with the idea?

I do couples' therapy myself, and just sort of thought about it. When you have a medical concern, you go to a second doctor for another opinion. With couples, I thought it would be really great to pull together from the best in the business. Each chapter highlights a different issue – sex, money, goals, infidelity, and so on. I asked the therapists what their most popular questions were. Then for each question, I went to two different therapists, and asked their opinions for each question. I was sure to ask therapists who practiced different techniques. Then I gave my own take.

How did you determine who would contribute to the book?

I knew people from doing couples' therapy. With my background as a journalist, I sort of knew who people were, and went for

my dream team. I was happy with everyone I got.

What were some of the most common themes in the questions that were selected?

The book is separated by issues, including marriage, house work, work, communication, handling rough patches, money, second marriage. What my book does is take a lot of typical patterns and issues that come up with couples. I took issues that hit home the most for couples. Also, parenting issues.

What is the number one relationship issue facing today's couple?

Trust. It's very hard to be vulnerable and really communicate what you're feeling. One of my sayings is, "underneath the anger is fear." When you can come to a place of empathy, and really understand the other person's point of view, it can really be a magical thing. According to a study, couples only hear only 30 percent of what the other person says. We often get caught up in ourselves. People forget a relationship should be a partnership, putting each other first, being open, and being vulnerable.

What's the most important concept you think your readers should take after reading this book?

I think, is it more important to be right, or is it more important to be happy? Instead of it being all about me, me, me, recall that John Kennedy quote – "ask not what your country can do for you – ask what you can do for your country," can be: "Ask not what your spouse can do for you, but what you can do for your spouse."

One exercise I use for when a couple is roadblocked is to walk a mile in the other person's moccasins. By seeing how others have to deal with you can really be eye opening. You are really seeing each other's point of view.

I think the book is helpful for any couples in any stage of the marriage. I am happy when couples come to me even before they marry. A lot of people have this fantasy about the idea of marriage. If you think about the issues of marriage that will come up *before* getting married, you can build skills on working through them together, and stop getting into patterns – even if this leads the couple to realize, ‘we shouldn’t be together.’

Julia Roberts In ‘Eat, Pray, Love’





Julia Roberts stars in this week's *Eat, Pray, Love* as a modern wife who realizes she's missing something in her life. Deciding that her soul is unfulfilled, she divorces her husband and takes a yearlong, life-altering journey. She first stops in Italy, where she finds ethereal joy in the art of eating. She then goes to India, where she studies with yogis at an ashram, finding strength through prayer, as well as gaining inner tranquility. Finally, she heads to Bali, where she meets her true love.

What can you do to lead a fulfilling life?

Cupid's Advice:

Eat, Pray, Love was adapted from Elizabeth Gilbert's memoir, where she chronicled her own personal choices to change her way of life. Below are some of Cupid's suggestions to help you figure out how to get your life where you want it to:

- 1. Assess your situation:** Categorize every aspect of your life, and summarize each section. When complete, read through it to see if there's room for improvement. With family or friends, figure out ways to work on what's missing.
- 2. Think of yourself:** Most people put others before themselves, leading to unresolved resentments that get tucked away in the subconscious. If you take a few moments each week to reflect on your personal choices, and how they have, or will affect you, you might find positive ways to resolve any conflicts that arise ahead of time.
- 3. Be true to your opinion:** This may sound corny, but if you don't believe in yourself, or if you let others provide your opinion for you, you'll end up miserable. Offer your insight to the conversation and make your voice heard.

Life can be a challenge. What you make from the cards you've been dealt is up to you and the choices you make.

Release Date: Aug. 13

Dr. Diana Kirshner Talks

'Love in 90 Days'



By Krissy Dolor

A deadline for love? According to Dr. Diana Kirschner, it's possible! This love expert, media psychologist, and author has helped both singles and couples on their road to love.

Based on clinical research and personal experience, *Love in 90 Days* guides you along your journey to self-discovery with good advice, and of course, tough love. The author also addresses common mistaken beliefs about relationships and dating, and shares stories from women who have been successful in their own 90-day path to a great relationship.

How can *you* find love in 90 days?

Cupid's Advice:

Love in 90 Days has step-by-step instructions, checklists, and homework assignments to aid those needing a little help in the romance department, as well as tips from women who have done it themselves. Cupid caught up with Dr. Kirschner via email last month to talk about the book. Take a look at what she had to say:

How did you come up with the 'deadline,' so to speak, of finding love in 90 days?

Because over the years, as I was helping more and more women find true love, they were able to do it faster and faster! Ninety days to change your love life became a real, doable possibility, and a reality for many women.

Are people skeptical of your claim that anyone can find love in 90 days?

Yes. But once I start outlining all the different steps you can use in the book to handle any dead-end-dating patterns and find lots of terrific men, they are convinced that it is possible!

There are exercises to use to stop yourself from being a "hermit," or getting involved with guys too fast (the "Flame-Out") so that it blows up in your face, and many more. I describe 13 of these Deadly Dating Patterns and what to do about them. And then we have dozens of ways to meet great

guys, including ways to optimize your profile so that it comes up first on online dating sites when men search! Also, places to go that are loaded with great guys where there is very little competition – and much more.

I have had women go from zero guys to having 200 to choose from!

Here's one secret: skyrocket the number of people you meet online by simply changing your profile a bit every day – you'll go to the top of the search engine on the site, and hundreds more will see you.

While writing your book, what was the most surprising piece of research you came across that you wanted to share with your readers?

That if you don't recover from the depression of a break up by 16 weeks there is decreased brain activity in regions associated with emotion, motivation, and attention.

The paperback now has as chapter entitled 'Dating Games Men Play.' What made you decide to include a new chapter – and a chapter on this topic in particular?

So often women choose the wrong guy to give everything to! And then when the relationship explodes, they suffer and tend to analyze what they did wrong to make it go south, and it wasn't necessarily anything they did. I wanted to give a clear road map to women to help them see who they are dealing with when they are dating.

Half the people in who are in relationships shouldn't be in them. There are 16 different sabotaging games men play in relationships. Three are completely unworkable, and call for an immediate dump! The other 13 are more workable. So if you're unhappy in a relationship, what you'll learn in the *Love in 90 Days* paperback is how to figure out what the guy's dead-end patterns are, and whether to keep him or dump him.

Best news of all – if you leave him, I can help you find someone new in 90 Days.

What's the one piece of advice you want your readers to come away with after reading your book?

Know that you can find true love no matter what your age, size, or baggage from the past is! You just need to learn how to do it.

Hulk Hogan Supports Ex's Engagement





Wrestler Hulk Hogan wishes his ex-wife Linda the best of luck with her engagement to 21-year-old Charlie Hill, [RadarOnline](#) reported last week. Though the exes have had troubles since their divorce, Hogan says he is “ecstatic” over his ex-wife’s engagement. Linda Hogan and Hill will reportedly marry next summer, and have been dating since 2008.

How should you react when an ex gets serious with someone new?

Cupid’s Advice:

>Although Hulk Hogan initially had some problems with his ex-

wife's new – and much younger – love interest, he eventually supported the situation. While you might not agree with an ex's new choice in love, it's important to be the bigger person, and at the very least, keep things cordial.

1. Hey! No technology: Cryptic tweets and Facebook statuses are still obvious to anyone who knows you or your ex. If you have something to say and can't tell your ex in person, then don't post it on your profile where anyone can see it.

2. Be open: In the event that your ex still wants you in his or her life, you'll most likely meet the new partner. Don't back down from this situation, and be as open-minded as possible when meeting him or her.

3. Back off: Once the first encounter has happened and the new relationship is in full swing, let your ex be the one to determine where things go. You are not the one in the potentially fragile new relationship. Be as supportive as you can, and as involved as your ex wants you to be.

Zac Efron In 'Charlie St. Cloud'





Charlie St. Cloud is a romantic movie based on Ben Sherwood's 2004 novel, *The Death and Life of Charlie St. Cloud*. The star of the movie, Zac Efron, plays Charlie, a young man grieving after a tragic car accident takes the life of his younger brother, Sam. Charlie remains connected to his brother's spirit, taking a caretaker job in the cemetery where Sam is buried so they can play catch and talk every night. The turning point is when Tess (Amanda Crew), comes into Charlie's life, and he's faced with the decision to let go of the past or move forward with his newfound love.

Does the past hold you back from falling in love?

Cupid's Advice:

When love comes into your life after a tragic loss, it can be hard to open your heart. The following are some ways you can begin to heal and love again:

- 1. Cope with the tragedy:** In order to move forward with your life, it's important to first deal with the emotional pain of losing someone close to you. When a family member or friend dies, seek guidance from a professional, or find a support group that can help.
- 2. Visualize the future:** Whether you walk alone or with a mate, positive visual exercises that focus on the future will give you strength as time goes by.
- 3. Refocus your energy:** The good news is that meeting someone new can be a positive influence, mentally. Falling in love can boost your spirits, help release the pain of your tragedy, and help you to start living in the present again.

If you're dealing with the loss of a loved one and don't know where to turn, follow Cupid for more information about Coping with Grief and Loss.

Release Date: July 30

Susan Shapiro Is 'Overexposed'



By [Krissy Dolor](#)

Rachel Solomon is a young Manhattan photographer who wanted

out from her Jewish Midwestern roots. Enter Elizabeth Mann: WASP friend, career mentor, and future sister-in-law, who's about to marry Rachel's brother, and fully integrate herself into the Solomon family – complete with four babies all named after Rachel's dead Yiddish-speaking relatives.

What's a girl to do when she realizes that the domesticated life she has shunned is suddenly the one she wants to live?

Cupid's Advice:

In [Susan Shapiro's](#) latest foray into fiction, you'll see how Rachel deals with Elizabeth being the daughter her mother always wanted, and now, envying the life she has tried to escape from. Based on a true story, the *Speed Shrinker* author and *Five Guys Who Broke My Heart* memoirist, Shapiro's dramedy, [Overexposed](#), shows the bonds of female friendship, and confirms the idea of finding love when you least expect it.

Cupid spoke with Shapiro via email last week. Take a look at what the author had to say:

You're known for your memoirs, but this book is listed under fiction. What was hard (or easy) about this transition?

When I first tried to sell OVEREXPOSED in the 90's, a critic told me, "You have an imagination, stop trying fiction." So I switched to memoirs, had a breakthrough with FIVE MEN WHO BROKE MY HEART, and sold four more books in a row. When SPEED SHRINKING, the last book I tried as nonfiction didn't sell, I turned it into fiction, got a two-book deal, and 15 years later I'm an overnight success.

You've done a lot about love and relationships. What about this topic draws you to continue writing about it?

Sex sells! And that same critic told me, "You write best about people you love." And I always tell my students to write about their obsessions, so I'm taking my own advice. Though

my husband hates being written about.

***OVEREXPOSED* is based on a true story. How much of the book mimics real life?**

I still don't have a great imagination. It's based on a true story about me and my sister-in-law switching lives. It's about 80 percent true now; instead of two writers, the main heroines are now two photographers, instead of Michigan (where I grew up) it's Chicago, and I switched the time frame. I joke that it took me until age 48 to write a happy successful 26-year-old character that my 26-year-old editor liked.

Also, it took a long time for *OVEREXPOSED* to come to fruition. What about the story kept you pushing for it?

My sister-in-law has been such a headache for so long – I thought I deserved to make some money, and get a book deal out of it.

What's the one thing you'd like readers to take away after reading your book?

The heroine Rachel is single and finally stops chasing men. She obsesses over her photography career instead. Of course, the minute she gives up chasing guys, they all come back. That happened to me in real life. Here's great advice from my shrink that I quoted in my first relationship memoir, *FIVE MEN WHO BROKE MY HEART*: "Love doesn't make you happy, make yourself happy." (Then you get love).

Cupid thanks Shapiro for her time! In addition to promoting [Overexposed](#), which hits the shelves on August 3, she is busy working on the screenplay for [Five Men Who Broke My Heart](#), her memoir on sex and relationships. For more information about the author, visit her [website](#). Can't wait to read the book? Pre-order it from [Amazon](#)!

**'The Kids Are All Right,'
Starring Annette Bening,
Julianne Moore & Mark Ruffalo**





If you like to watch movies with unusual plots on love, then *The Kids Are All Right* should pique your interest. In the favorite at the Sundance Film Festival last January, sperm donor Nick (Mark Ruffalo) aids Jules and Nic (Julianne Moore and Annette Bening, respectively) in having two children via artificial insemination. When the children are teenagers, they become interested in learning about their birth father, and decide to bring him into their family mix, turning everyone's world upside down. Jules – who is dedicated to her life partner – even ends up falling in love with man who helped create her children. This movie is a comedic look at a

not-so-ordinary home, and shows how you can find love in unexpected places.

Cupid's Advice:

This film has unusual plot twists that raise the flag of 'what if,' while including the growing trend of same sex parents. Here are three ways to help maintain a strong family connection when conflict arises in any family situation:

1. Maintain a line of communication: You often hear this when struggling with conflict in the home. Talking through disagreements and problems will go further in resolving them than simply ignoring the issues.

2. Open the door for suggestions: When you are up front with your partner and your kids with issues that could cause stress within the family dynamic, you can work together instead of against each other to come to a resolution that works for all.

3. Think of what the future holds: Whatever is causing turmoil now will eventually fade into the past. Working through it is the hardest part, but perseverance is the key to success in any arrangement.

Release Date: July 9

Date Idea: Cook a Romantic Dinner



Need a fun date idea for this weekend? Cupid's got you covered with some amazing [dating advice](#)! There's never been a better time to get creative in the kitchen. Cooking is a skill that can relieve stress and bring people together. Not to mention, it's a useful talent at any event, any time of year. No matter how you choose to perfect your skills, you're bound to benefit greatly; taking a class will allow you to truly master the

recipe, and cooking at home will ensure plenty of leftovers. You can take classes as a couple or in a group. No matter how you decide to go about it, you're sure to turn up the heat with this weekend date idea.

Related Link: [Prince William and Kate Middleton Take Cooking Class](#)

Dating Advice for Culinary Enthusiasts

Look at local colleges or culinary institutes for classes. Some restaurants even offer them right in their own kitchens. Consider your favorite spot in town, and see if they offer what you're looking for. You'll be sure to utilize the skills in the future if you're learning to create your longtime favorite dish. If you're interested in learning how to pair meals with drinks, you can find a class that covers it all! Need help? It's ultra-easy these days to research affordable classes online.

If you want to stay in, there are plenty of ways to work your magic around the stove. Check out the recipes for couples on Cooks.com, or just look up ideas for your favorite ingredient. Remember to go grocery shopping for everything ahead of time, and take into account any significant preparation time. You also want to be sure to create a romantic ambiance, so that all your hard work can be truly appreciated. Reality TV star [Khloe Kardashian](#) is an expert on setting a pristine kitchen scene, so be sure to check out some of her tutorials in order to make sure the night is just right.

Related Link: ['RHONJ' Star Kathy Wakile Talks Desserts in Celebrity Video Interview: "Indulge. It's Not Going to Kill You!"](#)

In the NYC area? Check out the New York City Travel Guide for

neighborhood restaurants that offer cooking classes and wine tastings for couples.

Have a romantic recipe or hot spot you'd recommend? Comment below and share your dating advice with our other readers!

Andrea Syrtash Says 'He's Just Not Your Type (And That's a Good Thing)'





By Krissy Dolor

Relationship expert and dating columnist Andrea Syrtash dishes out some non-traditional advice to singles trying to find a perfect match: simply date your “non-type.” After playing the dating game for several years, she says women tend to fall into a relationship rut, attracting the same type of guy that never seems to work out. Syrtash says that it’s not that she’s not into them – the guy is just not their type. In *He’s Just Not Your Type (And That’s a Good Thing)*, Syrtash entices readers to date outside their norm, discard their dating

rules, and start fresh. With stories from real women who found happiness with their non-types (NTs) and a practical approach to dating, Syrtash shows that true love can be found.

Cupid's Advice:

Sometimes it's hard to think about dating someone outside your own visual dating box, but Cupid caught up with Syrtash last week. See what the author had to say:

The advice you give goes against the norm of dating rules. What did people say when you told them the premise of your book?

My advice seems counter-intuitive at first but then many people have admitted that it's really logical! I'm asking the reader to break her dating pattern. Einstein said the definition of insanity is doing the same thing and expecting different results...so I'm trying to inspire the reader to date – and do – differently.

How hard is it for people to look outside the box and stay away from their "type"?

Most of us are creatures of habit and we do what we know. We think we know what kind of person is best suited for us, even if relationships with that 'type' have never worked.

To find success in love and in life, a certain amount of (smart) risks have to be taken. If you want to find new results, you have to be open to venturing outside your comfort zone.

What are the best ways to break that cycle?

The first key to breaking a cycle that's not working for you is to identify your pattern. In the book, I ask the reader to consider: If your dating life were a movie, what would it be called? How would it begin or end? What character would you

play? You'll likely see themes pop up, some of which you may not even be aware of.

A big pattern many women have is dating the potential – not the person. In this case, you may want to make a commitment ahead to pay attention to what the man is doing TODAY (not what he promises he'll do ahead). Also, more women need to put emphasis on a man's actions more than his words.

What will the reader learn about 'types' when she/he reads your book?

The point of **'He's Just Not Your Type'** is to stop typecasting and to start being open to possibilities! Each person is an individual, and it's important not to decide what someone is like before you know him. One woman who shared her 'nontype' story in the book swore she'd never date a guy in finance, and realizes now that she was assigning qualities to a person whom she had not even met yet! Her husband (a Wall Street broker) is philanthropic, artistic and thoughtful. She never imagined that those characteristics could come in a Wall Street package.

If you keep dating the same type of guy over and over again, your real 'type' may be the one you haven't dated yet! Another woman in the book thought she hated introverted guys so she often dated guys who were very gregarious and outgoing. When she fell in love with her nontype, a quiet cerebral guy, she realized that it worked better for her because parts of her personality that had never been expressed with other men were coming out in the new relationship. I'm a big believer that when you're with the right match, you rise to your best potential and are fully expressed...

What's the most important piece of advice you want your readers to come away with?

Stop 'shoulding' all over yourself! Replace the word 'should' with the word 'want,' and you'll make more authentic choices

in life and in love. I want readers to consider who they would date if nobody else was looking. I also hope the book inspires the reader to think differently about who will make her happy over the long-term (I've provided exercises so she can get clearer on that).

When you're with a good match you won't only consider who the guy is – you will look at who you are *with* him. It doesn't matter how great a guy is on paper if you're not the best version of yourself. Don't settle for less than that.

'Twilight Saga: Eclipse,' Featuring Robert Pattinson, Kristen Stewart & Taylor Lautner





The *Twilight Saga*'s new movie, *Eclipse*, opens on Wednesday, June 30. The third installment of the series involves Bella (Kristen Stewart) in the middle of a constant struggle between her love for vampire, Edward (Robert Pattinson) and best friend, werewolf Jacob (Taylor Lautner). Add the action of a redheaded vampire, Victoria, who wants Bella dead to the mix, and you have the perfect summer blockbuster.

Is there a way to avoid being in love with two people?

Cupid's Advice:

Bella, a mortal with her heart being pulled in two separate directions, finds the life choices she makes can have devastating consequences. Cupid has some helpful pointers to help avoid a love triangle:

- 1. Focus on one:** By staying involved with the love of your life, you have less of a chance of adding another love to the mix.
- 2. Discover what's missing:** If you find your hearts tempted towards loving another, it might be because your current relationship has something lacking. Talk to your partner to figure out what's missing.
- 3. Love is what it is:** If you've done everything in your power to prevent finding spark outside of your relationship, but still find yourself caught between two hearts, you need to make a decision for one or the other, and stick with it.

If you've ever been caught in a love triangle and have other ideas on how to avoid, prevent, or fix the situation, please share with Cupid! Comment below, and check out *Eclipse* to see how Bella deals with her romantic situation.

Julie Spira Discusses 'The Perils of Cyber-Dating'





By [Krissy Dolor](#)

More than 40 million singles are dating online. With around 2,500 online dating sites to choose from, how can you navigate your way safely and find love on the Internet? Julie Spira's tell-all memoir, [*The Perils of Cyber-Dating: Confessions of a Hopeful Romantic Looking for Love Online*](#), can help. You'll follow her on her 15-year journey – which included 250 online dates – as she navigated the web in hopes to find an Internet mate to replace someone she thought was the love of her life. Through her romances, heartbreaks, and personal rules of

“netiquette,” Spira shares invaluable first-hand knowledge on the best ways to date online.

Cupid’s Advice:

Online dating has its own set of rules. Remember to be safe and savvy when on the web. Cupid caught up with the Spira via e-mail this week. Here’s what the author had to say:

You were one of the first people to delve into the world of online dating. Were you scared? What were other people’s reactions?

At the time I created my first online dating profile in 1994, I wasn’t scared at all. I fully embraced the Internet both personally and professionally. But, since online dating was not mainstream at that point, I told very few people that I was meeting my dates from online dating sites. I told some close friends who I thought could benefit from online dating and helped them with their online dating profiles.

What’s different about cyberdating (as compared to traditional dating), and how can people adapt to it?

The main difference between cyberdating and traditional dating is that you are meeting someone that you haven’t met before in real life and you are getting to know them from behind their computer screen. Online dating, Internet dating, and cyberdating are all terms used for those using online dating sites, chat rooms, video dating, and social dating sites. This also includes social networking sites such as Facebook and MySpace. In order to completely embrace online dating, one needs to be comfortable using their computer. It’s also important to be very organized as you may receive hundreds of emails in the first day or two. In order to be successful, if you create a system that helps keep all of the replies and emails sent, you’ll be able to communicate with your dates with their background information. If you are already using

Facebook to communicate with friends, it's the next logical step.

What have you seen change about the online dating world since you started?

When I first started dating online, Match.com hadn't been launched yet. There were very few sites to pick from. It was a much simpler process without all the Web 2.0 bells and whistles. You weren't seeing video dating and text messaging wasn't an option in the U.S.

What is your relationship to online dating now?

As an online dating coach, I help singles create their irresistible online dating profiles and work with them to search the best possible matches. I also help them decide which sites to join and teach them how to craft and email introduction and response that will grab the attention of those profiles they select.

What are your top 5 netiquette rules for cyberdating?

My Rules of Netiquette from my book, [*The Perils of Cyber-Dating: Confessions of a Hopeful Romantic Looking for Love Online*](#), include:

- 1. The Google Rule:** If you Google your date before you meet them, don't let them know on the first date. You'd be surprised how some people actually print out the Google results and start questioning their date about specific entries. It's not appropriate first date material and no one wants to feel like they are on a job interview or under the microscope.
- 2. The Food and Beverage Rule:** If you ask a date out for coffee, be prepared to order a beverage for her and yourself. I have heard stories many times where either someone arrives with their own water, or simply does not order a coffee or tea for their date. You should assume that a coffee date includes a drink, and a dinner date includes some form of food.
- 3. The Ex Rule:** Don't talk about your ex-wife or husband, ex

girlfriend or boyfriend, or spend time talking about the past. You'd be surprised that some talk about their spousal support, or a relationship that didn't work out on the first date. Keep it light and leave the baggage at home.

4. The Send Button Rule: My mother always says, "If you don't have anything nice to say about someone, don't say anything at all." Too often someone gets mad and drafts an email and pushes the send button. When in doubt, send it to yourself. You might feel differently in the morning. Once you push the send button, you can't take it back.

5. The Break Up Rule: Never break up with a significant other in an email or a text message. It's just common courtesy to have a conversation and preferably in person. Do you really want to go down in history as the one who frequently dumps their dates in an email or text? Sure, celebrities are ending relationships in text messages and on Twitter these days. But is it right?

Most importantly, be authentic. Authenticity is really in style now. With over 400 million members on Facebook, it's easy for someone to see if your photo on your online dating profile does not match the recent birthday or vacation pictures on Facebook. We know that many singles lie about their age in their online dating profiles to fit into a search, but the truth will come out when you meet in real life. You start out on a bad foot if you are lying about your age, weight, and height. Enjoy the process and look at cyberdating as a way to increase your social and business networks in the event it doesn't turn into a romantic relationship.

'She's Out of My League,'

Starring Jay Baruchel



Here's a romantic comedy about a scrawny-looking TSA worker, Joe (Jay Baruchel, "Knocked Up") who meets a sexy event planner, Molly (Alice Eve, "Sex and the City 2") when he comes to her rescue at airport security. Surprisingly, the two break the rules of attraction and begin dating. Although

family and friends question their relationship, they ultimately stay together. Why? Because that's where they belong.

Do opposites really attract?

Cupid's Advice:

What one person deems beautiful may not be another person's definition of beauty. Find your opposite by doing the following:

- 1. Throw away that list of criteria:** Sometimes we put up a block and only allow certain people into our lives. Thinking bigger and broader about dating, will provide more options for finding someone special.
- 2. Don't be pressured by the opinions of others:** If your family and friends question your commitment to a man or woman who doesn't seem to measure up to you, remember that they aren't the ones dating him or her. Only you know what you feel inside.
- 3. It's the inside the counts:** Beauty fades over time, but a person with good intentions and character typically remains the same.

If you're dating a person who appears to be "out of your league," just remember that they may be feeling the same way about you!

DVD Release Date: June 21

Amy Spencer Talks About 'Meeting Your Half-Orange'



By [Krissy Dolor](#)

Single? Can't seem to find your *mi media naranja*, which is

Spanish for “my half-orange,” a phrase used to describe your other half? Maybe a change in attitude is all you need. [Amy Spencer's](#) new book, [Meeting Your Half-Orange: An Utterly Upbeat Guide to Using Dating Optimism to Find Your Perfect Match](#), focuses on positive thinking (aka dating optimism), which Spencer says is based on brain science and psychology.

Cupid's Advice:

A little science mixed with optimism may be just the solution singles need when looking for love. Cupid chatted with Spencer last week. Here's what the author had to say:

Your book was released after the *He's Just Not That Into You* phase – how is your book different?

I was a huge fan of the book when it came out. I was single at the time, and I found that *He's Just Not That Into You* released me, and gave me permission to cut off ties with relationships that weren't going anywhere. I believe this book was a gift to women at the time.

However, what my book does – not that it's anti-*He's Just Not That Into You* – but instead of putting the focus on him, it puts the focus on you. This puts more power and control in your hands. Rather than looking at a guy and asking, “Do we get along, does he like me?” it turns it back to you: “Do I feel I like him?” You need to know how you want to feel in your ideal relationship. People who are optimistic don't feel helpless.

Is this book targeted to women, or can men benefit from reading it?

Yes, men can benefit from this book, but it's not written from his point of view right on page one. However, the book is for everybody. I believe that everyone deserves his or her half-orange. I was writing this book for the woman who has been in that place in life where she just really wants to find a

relationship and is tired of dating – and is tired of *being* tired of dating. There have been men who have written to me and told me it has worked for them. If a guy is capable of looking past the pronouns, then it can work for everybody.

What other quirky ways are there to say “other half” in relation to love?

It’s funny that you ask that, I didn’t really think about that before writing. Actually, the reason the title came about is because my husband’s family is Argentinean, and I met him around the time that I was writing the book. They said to him, “This is your *media naranja*,” and explained to me what it meant.

I wanted people to be able to connect to the phrase; not some spiritual quote, and not “Mr. Right” – what you’re doing is you’re looking for a partner, a teammate. I wanted to come up with a new phrase that reflected what *I* wanted in a relationship. I mean, it’s perfect: if you take an orange and split it in half, you have a completed whole meeting equally in the middle.

Knowing what you know now, would you go back in time to help out your younger self and find your other half sooner?

I wouldn’t change a thing. Everything happens for a reason. Everyone I’ve dated and met along the way was all part of my big journey. You need to have each experience to build up who you are. This makes up who you are, and makes your partner who they are. So when you finally come together with your partner, you are in the right place at the right time for it to happen. I’m grateful that this is how it happened for me.

What are three main points you want readers to take away from your story?

1) this book is about becoming truly determined to end up in a great relationship, and believing that it is possible.

2) becoming so authentically happy in your own skin that you feel like your best self, whether you're with someone or not.

3) the idea that if you do those two things, you'll naturally draw the right person to you without working too hard at it. You don't have to drag yourself to singles events or on dates; if you do these things, your other half will land in your lap.

Anna Mouglalis & Mads Mikkelsen Get it On in 'Coco Chanel & Igor Stravinsky'





Coco Avant Chanel (Anna Mouglalis) is most widely known for the amazing fragrances for women around the world – specifically, Chanel No. 5. Igor Stravinsky (Mads Mikkelsen), a Russian Composer is known for his unpopular musical genius. In the movie, Coco offers Stravinsky the use of her villa in Garches so that he will be able to work. He accepts the offer and decides to move in with his ill wife and children. The attraction between Stravinsky and Chanel is intense and a tempestuous love affair begins. This leads him to compose inspired music, and Chanel's fragrances became immensely popular and in demand.

Cupid's Advice:

This movie is about a love affair but a relationship needs commitment and honesty in order to succeed. Here are five ways to avoid your partner from stepping out and cheating on you:

1. Being honest with each other is the number one method of staying together and maintaining a healthy relationship.

2. Communicating your needs and desires while listening to your partners will ultimately help you stay close.

3. Putting your significant other first when necessary will help your mate do the same.

4. Brainstorm together when you find yourselves at a crossroads. Often times, making the effort to stay on track works to iron out any difficulties along the way.

If you have ideas on how to prevent an affair and keep a relationship alive, we'd love to hear from you! We'll take your suggestions and create a poll where you can vote for the No. 1 reason!

Release Date: June 11