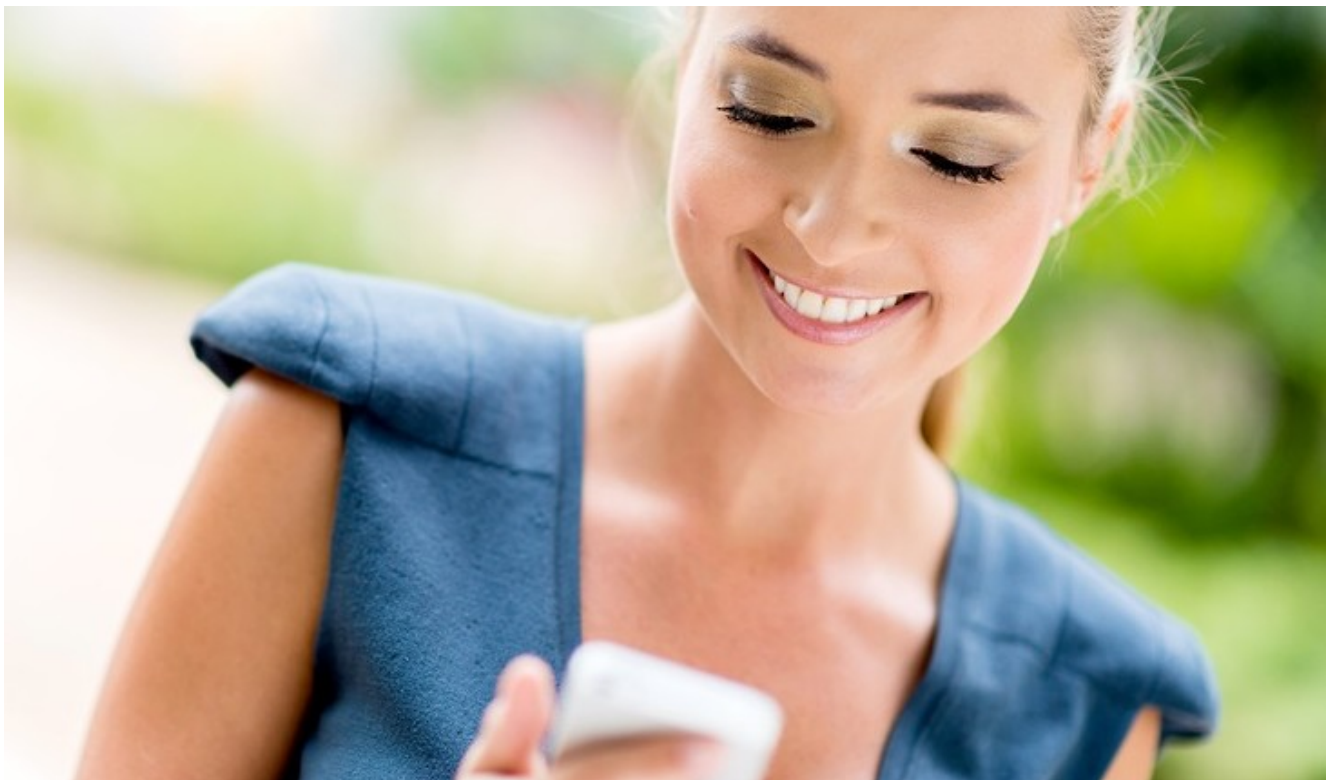


# Dating Advice: Find Out If Men Really Want the 'Cool Girl'



By Abbi Compel

When you ask many guys what they're looking for in a woman, they said they "just want the 'cool girl'." The problem is, everyone has their own opinion on what qualifications a girl must have to be the 'cool girl'. That being said, mostly this girl will be hot, smart, funny, and will love football. Of course, that's not an exhaustive list, and it totally depends on the guy in question.. Maybe he is just looking for a girl who has a great personality and who will love him. The question is, do men really want the 'cool girl,' or do they want bits and pieces of multiple definitions of a 'cool girl'?

# Cupid has some [dating and relationship advice](#) on what makes a 'cool girl' and what men are looking for:

**1. Understanding:** Guys are looking for someone who understands them. If they want to go out with their buddies for the night, they want you to be totally okay with that. They don't want a girl who is going to watch their every move and not trust them when they just want a night out with the fellas.

**2. Healthy:** They want a girl who looks good and has a nice body. That's a given, because being attracted to your partner is key in every relationship. Each guy has their own preference, but they are most likely looking for a girl who is healthy and loves her body just as much as he will.

**Related Link:** [Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'](#)

**3. Funny:** A great sense of humor is always a huge plus. They want someone who will laugh and joke with them. They don't want a girl who is going to get upset over a small joke. If you can dish the jokes back at them, then that is even better.

**4. Smart:** A guy always wants a girl who has not only beauty, but brains. He will always be looking to see if you can keep a conversation and have the smarts to hold your own. He wants someone who he can have meaningful conversations with when the time comes.

**Related Link:** [Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man](#)

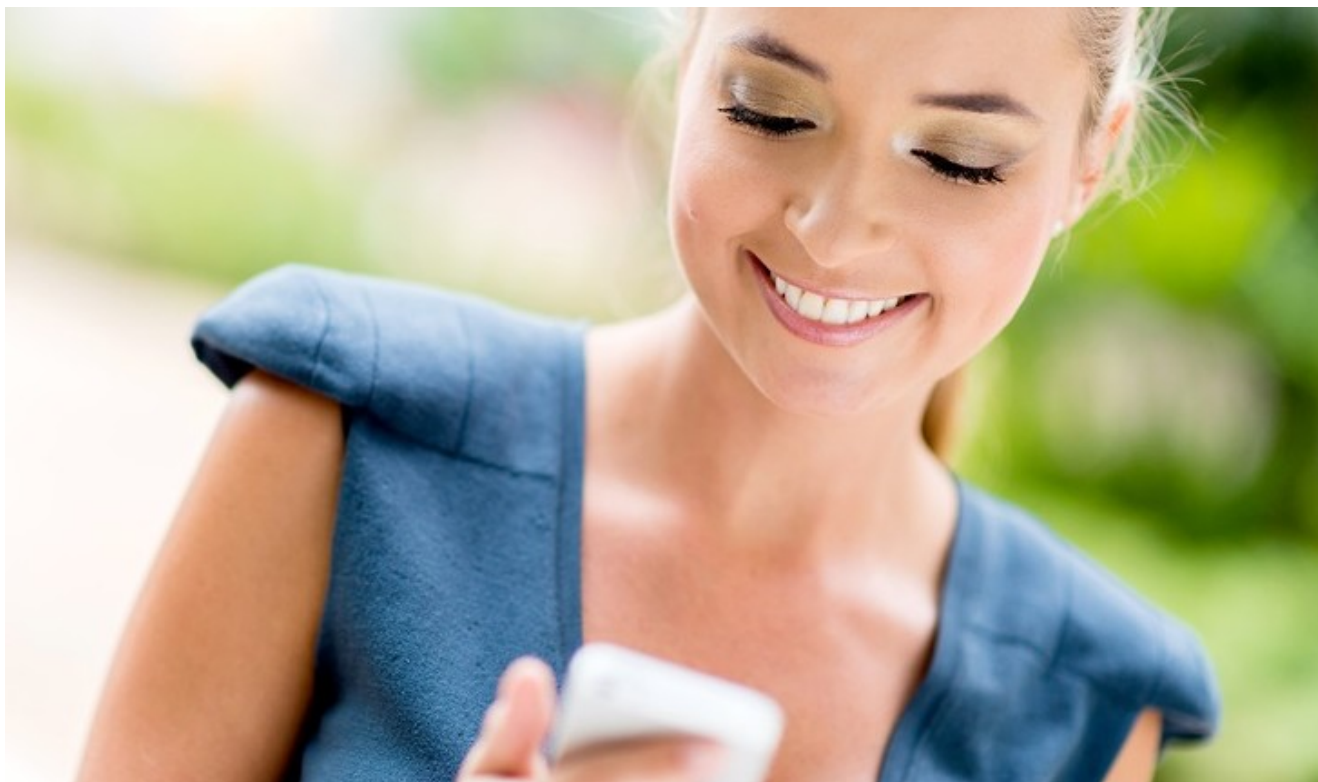
**5. Yourself:** Just be yourself. If you can be the best version of yourself, then that makes you a 'cool girl' no matter what.

There is nobody else like you, and that is what will make you unique for special guys. Be confident with who you are and always strive to be happy.

What do you think qualifies a girl as being cool? Comment below!

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## Dating Advice: Is Trick-or-Treating with Your Love Life a Good Idea?



By Mario P. Cloutier and Diane Sawaya Cloutier

Yes, it's that time of year again. Soon we'll have legions of little devils and princesses running high on sugar, banging on our doors and willing to put on their best act in the hopes of stocking up on more sweets. Quite frankly, we love Halloween. For us, it's an opportunity to bask in the excitement of the smiling faces at our door and share some love.

**But when it comes to love, is Halloween a metaphor for what your love life has become? Could trick or treating describe the type of encounters you have with romantic partners? We have some dating advice for you.**

If you keep attracting the wrong individuals or repeating the same mistakes in your choice of partners, you may be prey to the trickery behind this cast of characters and missing out on the treat:

**The desperate treat beggar:**

This one will keep his finger on your doorbell until you open the door... even if the lights are out! He is so needy, he'll do ANYTHING to seduce you—disguise his true self, compromise his values, lie, accept mistreatment, and more. This is a role nobody should ever take on. Disguising oneself to become love-worthy is not sustainable in a romantic relationship.

**The deceiving treat giver:**

This person appears to be nothing but giving, but she's only passing out rotten apples and stale candy. Do you know why? Because she loves the deception! She loves to cheat and oftentimes she'll pursue more than one relationship at a time.

Be wary, because this person can frequently be found offering her “treats” on multiple online dating sites.

### **The savvy treat seeker:**

This one has a specific strategy to her treat collecting. You’ll never see her knocking on a door with limited candy supplies. She’s after the big, opulent, flashy treats—the full-size chocolate bars and the like. As a result, she will completely disregard more modest offerings, even if they were lovingly handcrafted for the occasion. Such treat seekers find instant gratification, but rarely end up in a fulfilling relationship.

### **The leveraging treat giver:**

This guy gets a kick from negotiating and... he never stops! “Ok kids, who’s willing to count to 100 for these two candies here?” And, once you’ve performed it, he cranks up his request! “Alright, now do it backwards.” He’s the perpetual “I’ll give you this if you give me that” kind of person in his relationships. The ultimate “what’s in it FOR ME!” kind of guy. Even if you like the looks of his treats, the question is, do you really need that?

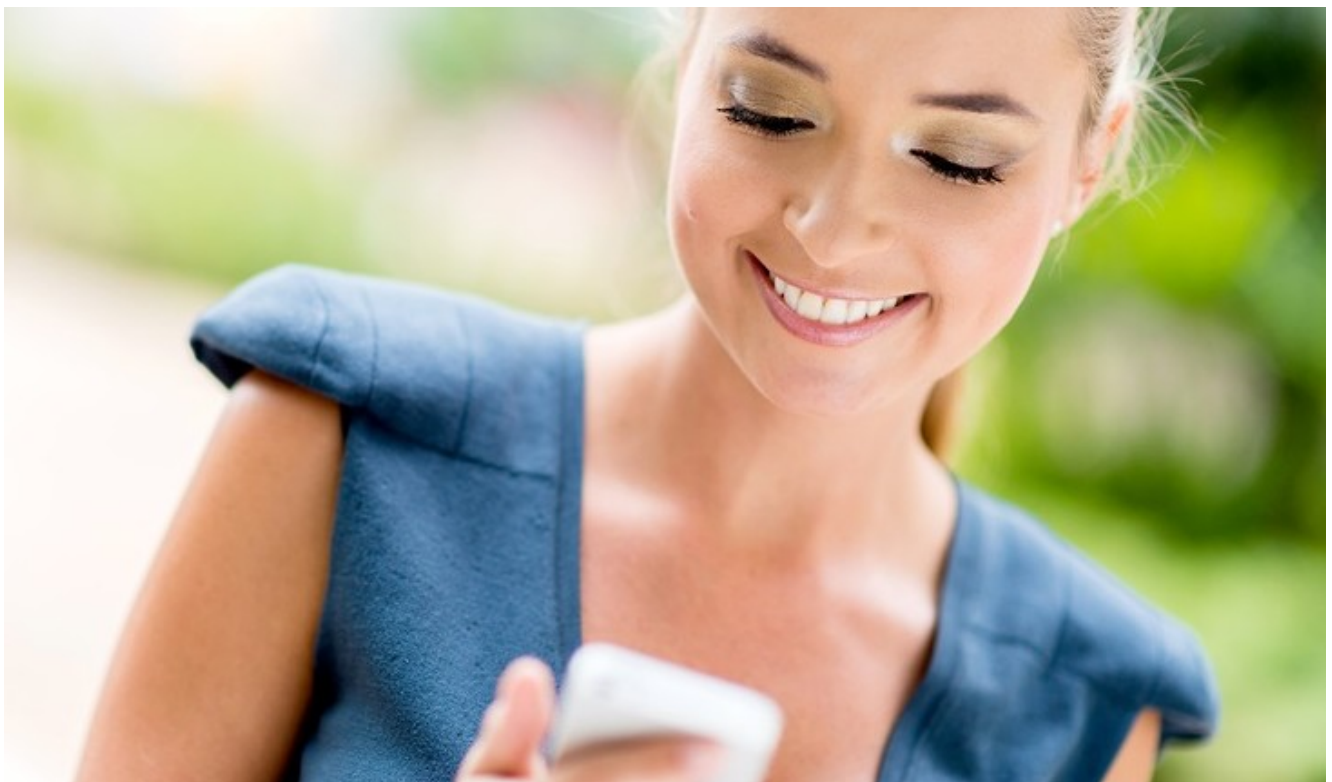
If you have known one or more of these characters, we have only one piece of advice to give you: Take control of your FEAR. Identify what it is that prevents you from slamming the door on these pretenders, and start to confront it. Don’t fall for the same tricks or settle for mediocre treats. Otherwise, you’ll end up trick or treating a lot more than just your love life.

*Authors and relationship coaches Diane and Mario Cloutier found each other in 1998 after they both had experienced unfulfilling relationships. Their new book, Relovenship™ – Look Within to Love Again (Xclamat!on Media, 2015) gives inspiration, hope and a step-by-step methodology to people who have had romantic disappointments and are still looking to find “the one.” Mario Cloutier is founder and chief creative*

*officer of Xclamat!ion Marketing. Diane Sawaya Cloutier enjoyed a successful career in managerial roles with Fortune 500 organizations before focusing fulltime on the couple's ReLovenship™ book and seminars. Learn more at [www.ReLovenship.com](http://www.ReLovenship.com).*

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## **Dating Advice: Dinner Date Dos and Don'ts**



By Jessica Tom

For most of my career, I've been immersed in two things: love and food. For years, I was the Community Director at an online

dating site, meaning I helped thousands of people in all things romantic. I'm also the author of *Food Whore: A Novel of Dining and Deceit*, a book about a young woman who secretly writes the *New York Times* restaurant review because the real critic has lost his sense of taste. Cue lots of drama.

**So, I guess you can say I'm an expert in dining and early-stage dating. Dating while dining? Well, I have a couple thoughts on that. Here's some dating advice:**

**Do:** Share some – if not all – dishes. It's more intimate. And, hey, if you like the person, you're sharing saliva anyway.

**Don't:** Eat off each other's plates. You're not a dog.

**Do:** Read up on the restaurant. A little background knowledge is a good thing and can help you both get situated.

**Don't:** Go overboard. You want some mystery.

**Related Link:** [Date Idea: Feed Your Heart with a Sushi Sampling](#)

**Do:** Have a drink to take the edge off and lighten the mood.

**Don't:** Test your limits. Tipsy is cute. Drunk, not so much.

**Do:** Order adventurously. Approach dates with an open mind ... and that includes with the menu.

**Don't:** Get something that's totally foreign. Maybe not the best time to get spicy alligator sweetbreads, ya know?

**Do:** Order courses that are subtly sexy: ricotta with honey and speck, dates stuffed with goat cheese, sticky toffee pudding.

**Don't:** Order cheesy "romantic" courses like chocolate fondue. (Though chocolate in general is always okay.)

**Related Link:** [First Date Outfit Ideas: Dinner and Movie](#)

**Do:** Tell him if you have a restaurant or cuisine in mind.

**Don't:** Try to run the show over multiple dates. Sometimes it's nice to be surprised (and let him do the surprising).

**Do:** Notice how he treats the waitstaff.

**Don't:** Pursue if he's an asshole to them, even if he's sweet to you. Red flag central.

**Do:** Get dessert!

**Don't:** Get so stuffed that you'll feel like a balloon about to pop afterwards. Especially if the restaurant isn't the last stop...

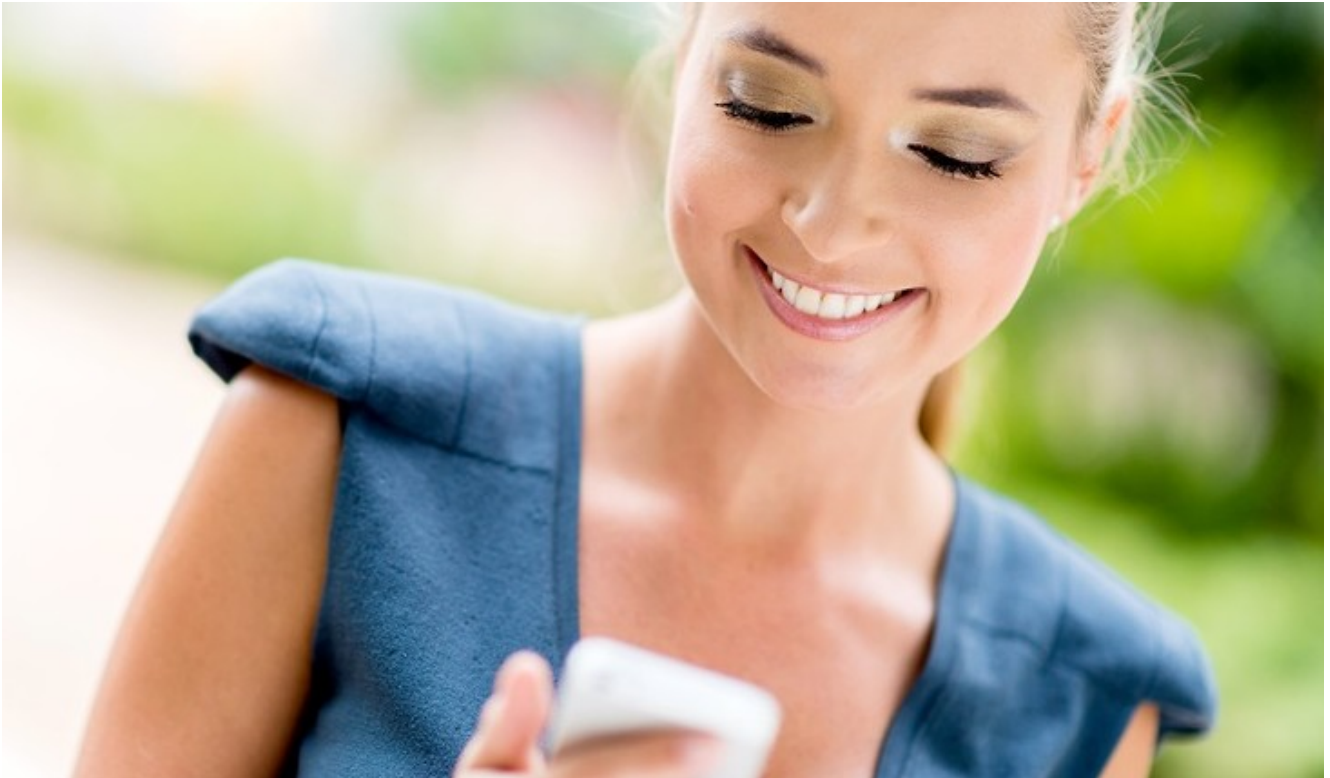
*JESSICA TOM is a writer and food blogger living in Brooklyn. She has worked on initiatives with restaurants, hospitality startups, food trucks, and citywide culinary programs. She graduated from Yale University with a concentration in fiction writing and wrote the restaurant review for the Yale Daily News Magazine. Connect with her at [www.jessicatom.com](http://www.jessicatom.com) and @jessica\_tom. "Food Whore" is her first novel. Order it on Amazon!*

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## Celebrity Couples Who Called It Quits in Summer 2015







By Abbi Compel

Some celebrity couples just couldn't handle the summer heat together. There were many celebrity break-ups in the summer of 2015.

## **See what celebrity couples did not make it through the summer this year!**

### **1. Zayn Malik and Perrie Edwards:**

So many fans thought this celebrity couple was going to last forever. But sadly, they broke off their two-year engagement in August. This was shortly after Malik made his split from former pop group, One Direction.

### **2. Nick Jonas and Olivia Culpo:**

The *Jealous* singer Nick Jonas and former Miss Universe winner Olivia Culpo split this summer in June. After two long years

together the celebrity couple called it quits. Jonas is taking time for himself and his work.

### **3. Scott Disick and Kourtney Kardashian:**

Sadly, the famous *Keeping Up With the Kardashians* couple Scott Disick and Kourtney Kardashian called it quits in July. Disick was found out and about with his ex-girlfriend. That was the last straw for Kardashian.

**Related Link:** [Celebrity News: Scott Disick Cries in Trailer for New Episode of 'KUWTK'](#)

### **4. Gwen Stefani and Gavin Rossdale:**

This summer Gwen Stefani and husband Gavin Rossdale finally ended things. The two have gone back and forth throughout their time together speaking about the struggles of marriage. They have finally called it quits, but will still have a happy and healthy relationship for their children.

### **5. Miranda Lambert and Blake Shelton:**

Famous country star couple Miranda Lambert and Blake Shelton divorced in July after four years of marriage. They surprised everyone with this news and their fans were heart broken. The two have gone their separate ways.

**Related Link:** [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

### **6. Avril Lavigne and Chad Kroeger:**

Celebrity couple Avril Lavigne and Chad Kroeger split in September after two years together. This couple has no bad blood though. They have chosen to remain close friends and will always be there for one another. That is a good break up!

### **7. Jennifer Garner and Ben Affleck:**

Long time hollywood couple Jennifer Garner and Ben Affleck

divorce after 10 years together. They announced their split in June. They are still friends and choose to co-parent in a healthy and happy way.

What other hollywood couples split up this summer? Comment below!

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# 10 Spooky Ideas to Strengthen Your Relationship and Love Life



By [Sarah Batcheller](#)

Halloween is one of the most anticipated holidays of the year. People of all ages decorate with faux-spider web, smear on face paint, and practice their best evil cackles, all in the name of an exciting fright! This is an especially thrilling time for lovers, who can not only comfort each other during the ghoulish hours of the night, but revel in the excitement of dressing up and going out. Many people spend the entire month of October building up to the suspense of Halloween.

## **Cupid has 10 pieces of spooky [relationship advice](#) you can use to strengthen your relationship and love life!**

**1. Carve a pumpkin:** The scarier, the better! Witches and ghosts don't seem so bad when they're etched into your favorite fall vegetable. Plus, you and your sweetie can add your own touch of personality to your décor- like funny eyes or a great, big smile- truly making it your own.

**2. Bake a pumpkin pie from scratch:** Only the most talented bakers make their desserts from scratch. It can be a long process, but it sure is a fun one, and the results are definitely a sweet reward!

**3. Attend a fall festival:** Think of it like a carnival date, but with creepy mirror houses and other activities and games. Usually, there are markets to purchase your favorite autumnal treats. You can easily research online a local Fall festival that your city is hosting.

**Related Link:** [Date Idea: Look into Your Future](#)

**4. Enter a costume contest:** A little competition may be just the trick (or treat!) for you and your lovebird to get into a team spirit. It's also an excellent way to show off your

personality as a couple.

**5. Have a horror movie marathon:** It's the best excuse for snuggling (as if you need one!). You can opt for classic childhood flicks, or ultra-haunting thrillers. Either option is sure to set the spine-tingling mood.

**6. Create a haunted house:** Deck out your house in horrifying gear, getting it ready for ghoulish guests. Not only will it make for a great way to get creative together, but you can involve your friends and neighbors in your favorite holiday.

**Related Link:** [Top 10 Celebrity-Inspired Halloween Costumes](#)

**7. Have a haunted tour:** Research stories about hauntings in your area, and go scope out the scenes. You and your sweetie can explore places, like haunted houses or woods, with particularly spooky myths attached. Just be sure to use the buddy system, and: no trespassing!

**8. Tell stories around a bonfire:** There are more ghost stories in the world than anyone can count, so bundle up by a nice, warm fire, and see who can tell the scariest ones. Plus, it's a great way to stay warm at the end of October.

**9. Host a haunted game night:** Add an eerie twist to your favorite board games, and have your friends over for a fun evening. Not only can the two of you bond over planning the night, but you can have plenty of laughs with your favorite pals.

**10. Last but not least...The Classic:** Trick-or-Treating! By now, you're probably too old to dress up and go knocking on neighbor's doors. But, you can dress up and greet all the little goblins and superheroes who come your way. Whether you prefer handing out sweet treats or healthy snacks, the trick-or-treaters are sure to gobble it all up...let's just hope no one's appetite is spoiled before Thanksgiving!

What are some other spooky ideas to strengthen your relationship? Share your thoughts below!

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## Celebrity Couple Kylie Jenner & Tyga: Is Fighting Good or Bad?



By Dr. Jane Greer

Current [celebrity couple](#) Kylie Jenner and Tyga recently revealed that they enjoy focusing on the fun things in life and “don’t really fight” in their relationship. They admit to

disagreements occasionally, but not all-out fights. One of the ways they do this, they said, is by ignoring negativity. While this can create a very enjoyable and pleasant relationship in the moment, if it means brushing disputes under the rug for fear of where they might lead, it is possible it can create difficulty down the road.

**It is important for all couples to address any concerns or differences of opinions so they can learn to work through conflict together. Here's some [relationship advice](#).**

**Focus on points of contention.**

Being hesitant to delve too deep might prevent people from being able to truly share their feelings and needs. With that in mind, the question becomes is fighting in a relationship good or bad? Arguing in and of itself can be very upsetting, so it isn't surprising that some people look to avoid it completely. The problem is that if you do that, you will close off an important channel of communication that can eventually lead to a better place. There are few couples who don't occasionally encounter a disagreement, feel annoyed with the other, or have concerns about something. When that happens and the issues are sidestepped and left alone, they can fester and grow into bigger problems that, if they go on long enough, can be destructive to the relationship.

**Related Link:** [Relationship Advice: When to Stop Wearing Your Wedding Ring](#)

**Establish methods and listen.**

In order to continue as a couple with a strong foundation, you

need to have methods to work out the clashes that inevitably arise between you. An intense fight might not be the way to do that, but often an argument is the first attempt at addressing what is bugging you. Being able to voice your concerns in a respectful way so that your partner has a chance to hear what's on your mind and not get defensive is a good place to start. This enables you to take an important step toward listening and understanding each other so you can reach a compromise that feels fair and balanced to you both. The key is working to get beyond that first intense burst of anger when your temptation is to lash out and hurt the other person. If you get stuck there it can work against you as a couple. The real goal of an argument is to problem-solve so that you can find a better way of handling things going forward.

**Related Link:** [5 Celebrity Couples That Fight Dirty](#)

### **Manage your anger positively.**

The first step is to steer clear of name calling, blaming, criticizing, or attacking your partner. While that lets your anger out in the moment, it can leave your partner feeling wounded and wanting to retaliate against you, which shuts down your attempt to work things out. The aim is to reach a point where you feel cared about and know that what matters to you is also important to your partner, so that you can trust that your needs will be met. Another tip is to pay attention if things are getting too heated and out of control. When that happens, take a deep breath and hit the hold button. Use this skill to take a break so you can both cool off before you broach discussing the topic again. One important aspect of hitting the hold button is that you agree on a time when you will resume the conversation so it is not left hanging, giving either one of you the chance to feel resentful.

When you resolve an argument it can play an important role in helping you feel closer and more intimate with each other since you're able to get beyond it and feel understood.



Although Kylie and Tyga's choice is not to argue, making room to do so could be a good choice for you.

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## Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'



By Katie Gray

The concept of having a “work spouse” is becoming more and more common in the workplace. In this day and age, people are typically working more hours than they used to. This means

that they are also spending more time with their co-workers, which includes the opposite sex. This type of relationship is similar to having a real spouse – it's someone to support you through life, but without the sexual benefits. Vault.com conducted a survey among a diverse range of industries and found that out of the 693 people surveyed, 32% said they have or have had previously, a "work spouse." This type of relationship is on the rise!

## **Cupid has some [dating and relationship advice](#) on how you can keep boundaries with your work spouse:**

**1. Don't share too much personal information:** While at work and interacting with your work spouse, don't overshare personal information. It's important to keep the relationship light and happy. If you overshare things from your private life, the relationship won't be strictly professional anymore. Be personable without crossing the line.

**2. Don't go out drinking together:** Dr. Phil's advice on this subject is, "Don't drink with your work spouse. When you drink, boundaries get blurred." Therefore; keep the relationship professional and no conflicts will arise.

**Related Link:** [5 Ways To Know Your Partner Is Lying To You](#)

**3. Be honest:** The most important thing is honesty when it involves this topic. Make sure your work spouse is aware if you have a real spouse or significant other. If you do, be sure to tell your partner about your work spouse as well so there are no secrets. Sources say that it's good to even have them meet, so there is no room for paranoia or tension.

**4. Avoid frequently talking about your work spouse at home:**

Although you love being around your work spouse and have many inside jokes and stories, it's best to avoid talking about them too much at home. There needs to be a distinction between your work life and your home life. It could potentially hurt your partner's feelings if you bring up your work spouse too much. However; it's good to casually mention them and share information.

**Related Link:** [Relationship Advice: Marriage Survival](#)

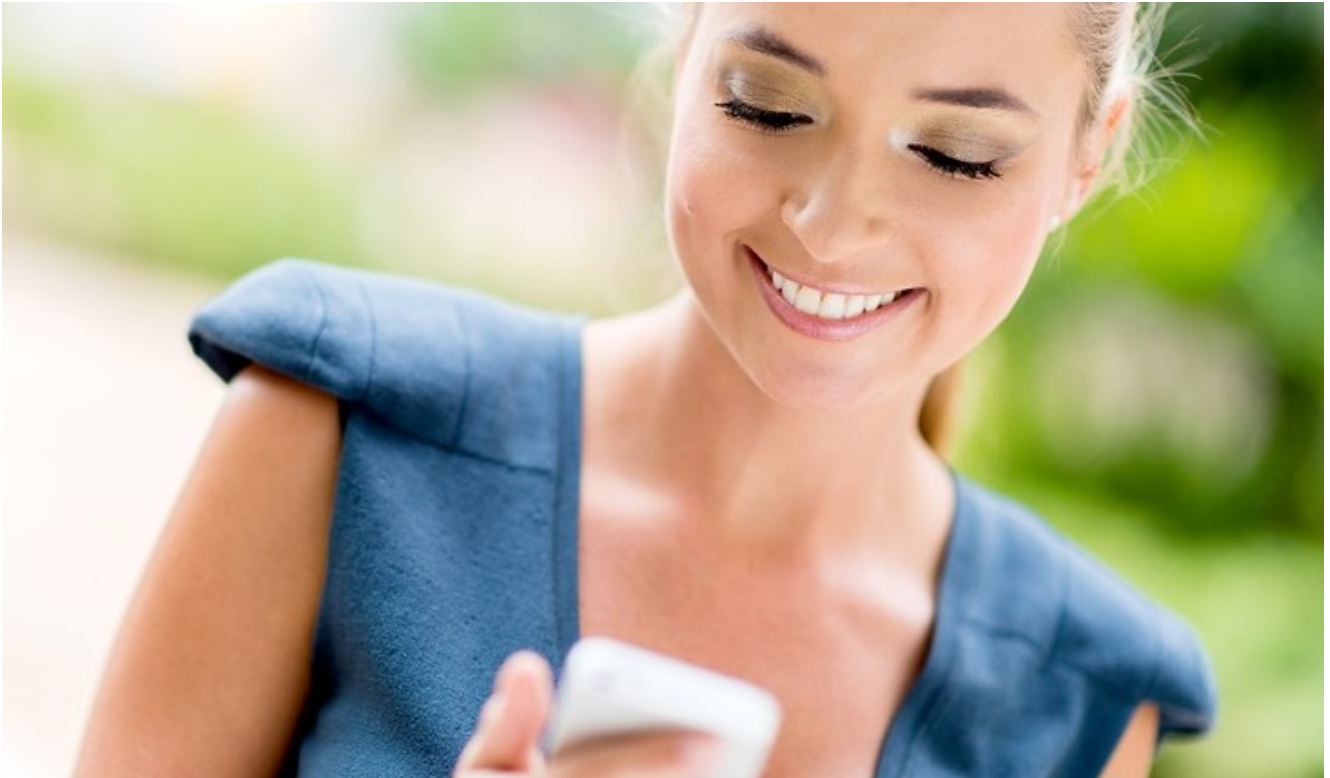
**5. Communicate appropriately:** Even if your work spouse is your favorite co-worker by far, make sure that you are still communicating and interacting with other employees. This way it won't seem like you and your work spouse are exclusive and like a clique. Your fellow co-workers and the people in your personal life should all be aware of this strictly platonic relationship in the workplace. With effective communication, everyone will remain on the same page.

**How have you maintained boundaries with your own work spouse? Share your stories below!**

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## **Relationship Advice: When to Stop Wearing Your Wedding Ring**





By Dr. Jane Greer

Actor Brian Austin Green was spotted making a trip to the grocery store, smiling and still wearing his wedding ring despite his split from Megan Fox. He appeared to be in good spirits. After five years of marriage, the couple decided to part ways about six months ago. Yet the fact that he is still wearing his ring brought a lot of media attention. There is so much to think about when you are separating and considering divorce that sometimes that tiny detail about when to take the ring off either falls to the bottom of the list or becomes too overwhelming to face.

**Deciding when to slip it off is a personal choice, with no right or wrong answer. Here's some relationship advice.**

The wedding band itself can hold a lot of meaning not only to the people in the marriage, but also to everyone around them

who sees if they are or are not wearing theirs. It is a marker to the world that says they are in a committed relationship, or possibly, if they have broken up but continue to wear it, that they are still dealing with aspects of their relationship and are not completely ready to let go.

When people keep wearing their ring post-split, it might be that they are not ready to transition their identity from being married and part of a “we” to being single and just a “me.” That shift can be challenging and daunting, and the ring itself can continue to give them a sense of security so they don’t have to be out there on their own in the world just yet. Or, it may be a simple signal that they are not ready to start dating and want to give a very clear message that they are unavailable. Or, when there are children involved as there are with Brian and Megan, continuing to wear a ring might be a subtle sign that the parents are still connected so the kids can have the ongoing sense of family.

### **When is the right time?**

All of this leads to the big question: is there a right time to take it off? That answer is different for everyone, and will vary greatly from person to person. It doesn’t matter when you do it, but what does matter is knowing and understanding what it means to you when you finally decide to stop wearing it. For most people, when they take their ring off it is a statement that they have taken a definitive step into their new single life. It can be a long road to get over a break-up or a divorce. It takes time for both partners to heal and recover, but first they have to accept it is over and begin to move forward. Removing your ring is part of the process of letting go. Only time will tell when Brian will be ready to do that.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays*

are *HuffPost on Call*, and the last Tuesday of the month is *Let's Talk Sex!* Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.

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## Relationship Advice: Don't Give Up on True Love as a Single Parent



By Diane Sawaya Cloutier (with Mario P. Cloutier)

A well-known proverb tells us: “Don’t judge a man until you’ve walked a mile in his shoes.” I’ve walked many miles in the shoes of a single parent trying her luck at dating, and my aim is not to judge, but to encourage and advocate with some important [relationship advice](#).

I know first-hand what it’s like to be a single mom. While I was fortunate to benefit from an amazing support group, I remember that phase of my life as one that brought many fears and questions, often in the form of self-doubts. I felt lonely, and I truly thought that few others could relate to my situation. This was some 25 years ago, in a world that was certainly different from today’s for single parents. For instance, the likes of “xyzSingleMomsMingle.com” had not yet arrived. Facetime couldn’t help me keep an eye on the little one when I went out. And less people were becoming single parents by choice. Still, when it comes down to the real anxieties and worries single parents face, has much really changed?

The troubling concerns that single parents say torment their lives today sound identical to the ones I wrestled with more than two decades ago: “Am I a good enough mom?” “Will we be okay financially?” “When will I be able to find some time for myself?” “Am I going to be alone for the rest of my life?” And, the BIG one: “Will I ever be able to love and truly be loved again?”

**I don’t pretend to have all the answers to these pressing questions, but, on the BIG**

# question, I do have some pieces of relationship advice for you. Here's what I've learned:

The journey of a thousand miles begins with a single step. Everything starts with a decision—a choice we make. What is yours? Are you just looking to meet someone, or are you seeking to love and truly be loved? This may sound simplistic, but it is the first step of any true love journey.

## **Decide not to settle.**

After my divorce, I found myself back on the dating scene as a single mother. It took me several failed relationships before I made a choice that changed my life. I decided I would no longer settle or compromise for anything less than a lasting, blissful relationship. And I was resolute in my decision, even if this meant remaining alone with my son for the foreseeable future.

## **Make it a B.Y.O.S.**

Party invitations refer to B.Y.O.B. My advice to you is don't jump into a new relationship unless you Bring. Your. Own. Self.

Early on, I was undermining what I really wanted from a relationship when I first started dating someone. I camouflaged who I really was just so I wouldn't have to be alone. To fill a void, I made the focus on what I thought the person I was dating wanted from a relationship instead of whether the person could fulfill my needs. Trust me on this: Once you make the choice to no longer settle or compromise on anything less than a lasting relationship, you are more likely to find your soul mate.

## **You're in charge.**

Make a conscious effort to figure out the non-negotiables, or



“personal laws” you require from a relationship. Once you’ve established your own needs and your own self-worth, you will have a clear picture of the shape your next relationship will take. Remain steadfast and unbending about your personal laws. This will help you avoid pitfalls in your quest to find your ideal relationship, and it will show others that you care enough about yourself to not compromise what you feel is important.

For me, my #1 personal law was: My son has to be embraced, not just accepted. I’d been in situations where I knew this wasn’t the case, and it didn’t feel right. This became a non-negotiable condition for me. Personal laws are by nature...personal! There’s no one set of requirements. But, if you fail to establish them—or worse, if you don’t implement them as you embark on your next relationship, chances are this will end up as a deal breaker later on.

After experiencing it firsthand, I strongly believe a single parent can love and truly be loved again. However, if you’re looking for a lasting, fulfilling relationship, keep in mind:

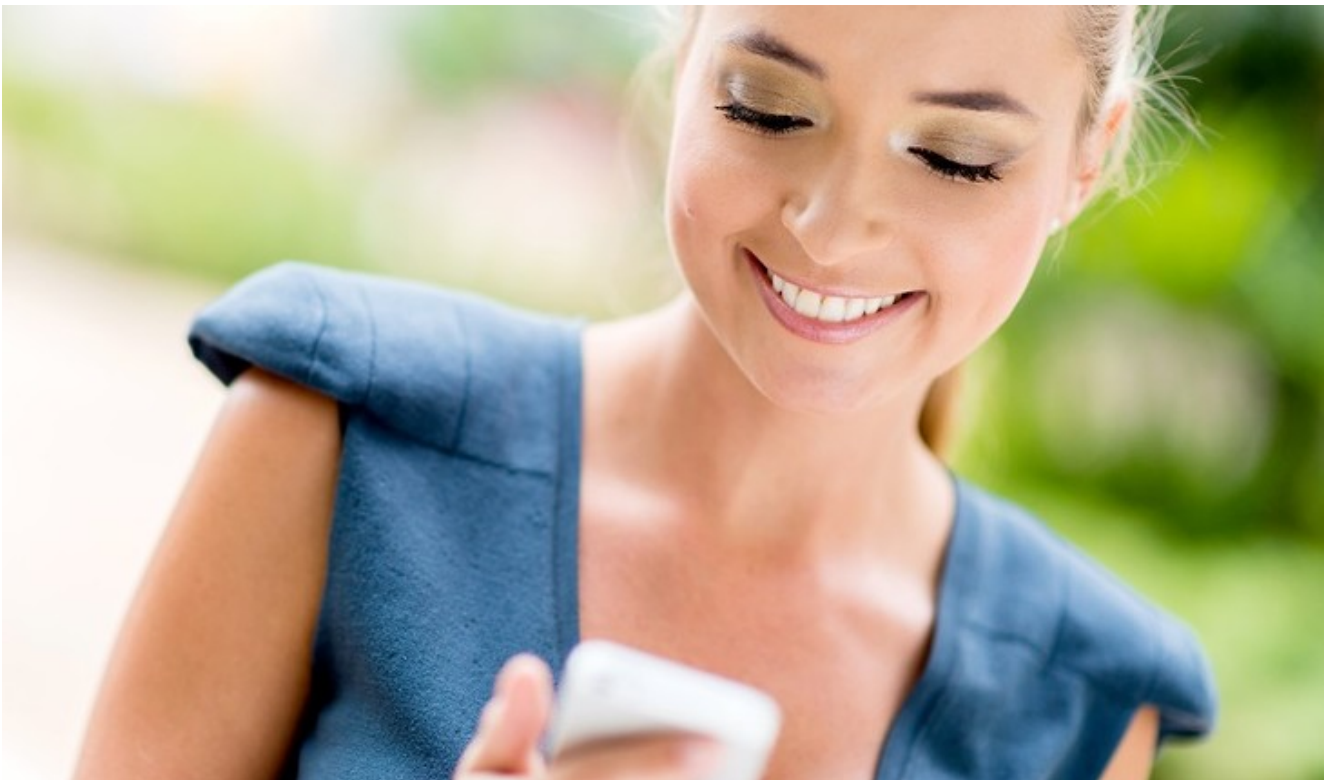
- When we continue repeating the same stuff, we can’t expect different results;
- Everything is a process, and anything of great value is worth the wait;
- Faith without work is a waste of time.

*Diane Sawaya Cloutier found her soul mate and husband, Mario Cloutier, in 1998 after they both had experienced unfulfilling relationships. Now, authors and relationship coaches, Diane and Mario Cloutier’s new book, Relovenship™ – Look Within to Love Again (Xclamat!on Media, 2015) gives inspiration, hope and a step-by-step methodology to people who have had romantic disappointments and are still looking to find “the one.” Mario Cloutier is founder and chief creative officer of Xclamat!on Marketing. Diane Sawaya Cloutier enjoyed a successful career in managerial roles with Fortune 500 organizations before focusing fulltime on the couple’s ReLovenship™ book and*

*seminars. Learn more at [www.ReLovership.com](http://www.ReLovership.com).*

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# Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man



By Mackenzie Scibetta

The only situation more traumatizing than discovering your man is with a secret woman, is realizing that you have unknowingly been the “secret woman” to a man and his wife or girlfriend. Devastating to a woman’s self-esteem, this type of

relationship needs to be stopped before it takes off into something more serious. The typical man who is already taken will be manipulative, uncommunicative and cautious. Watch out for those telling traits, as well as other signs that your lover may be in another commitment.

## **Look at Cupid's [dating advice](#) on the most revealing signs that your man is taken:**

**1. He's overly protective of his phone:** One reason your significant other doesn't want you to touch their phone might be because there are incriminating messages, phone calls or photos on it. If he keeps his phone hidden and becomes defensive when you ask about who he's talking to, that hints he's hiding at least something, whether it is another woman or not is for you to decide.

**2. He doesn't invite you to his place:** This could be for the fact that he has a wife, girlfriend, or even kids at home. To keep this other life veiled from you, he will likely always suggest heading to your home instead. All and any excuse will be brought out to mislead you from the real reason you cannot visit his place.

**Related Link:** [10 Body Language Signs That Mean He's Into You](#)

**3. He doesn't talk about his friends or family:** Opening up about his friends, or even introducing you, could potentially lead to you finding out details about his other significant other. Naturally, if your man is taken then he will keep you as distanced as possible from anyone who knows that he is deceiving you.

**4. He is not active on social media:** This sign is significantly important, especially in our modern age where

everyone and their grandparents have at least one form of social media. This lack of an online presence suggests he does not want to be found, tracked or followed.

**5. He stays quiet about past relationships:** A cheating man will not share many details about his past relationship because, technically, his past relationship is also one of his current. To prevent slipping up on information or accidentally giving clues to another woman he will likely completely avoid any topic about past romances and will become agitated at the mention of it.

**Related Link:** [Dating Advice: 7 Things All Healthy Relationships Require](#)

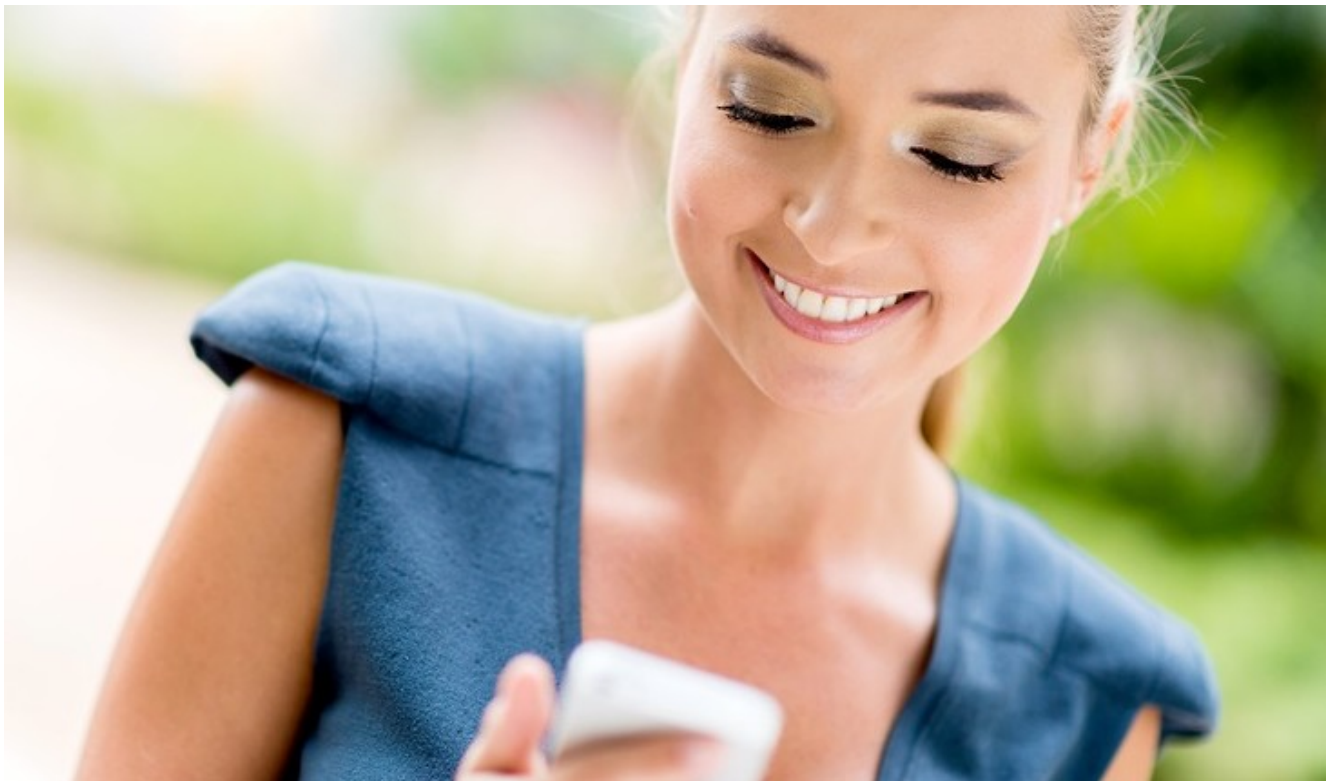
**6. He always calls you when he's out of the house:** Whether it's from the supermarket, post office, or sidewalk he will make sure that your voice is not heard inside of his home. He uses these outside places to avoid his home life, where a girlfriend or wife awaits him.

**7. He's always busy on the weekends:** It's hard to sneak in time with you on the weekend when his wife/girlfriend knows he is off from work. Attached men cannot afford to be spontaneous or adventurous. They can only stick to safe zones and days when they know they will have an excuse.

**How do you handle a cheating a boyfriend? Let us know below.**

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## **5 Celebrity Couples Who Just Made It Official**



By Mackenzie Scibetta

Celebrity gossip frequently makes comical combinations of [celebrity couples](#) that would never actually work. With rumors spreading false odd pairings, such as saying rebellious Rihanna and environmental activist [Leonardo DiCaprio](#) are together, it's difficult to know what to believe. However, these Hollywood relationships are no joke!

**Cupid has compiled a list of celebrity couples who are recently exclusive, together and 100% official:**

**1. Sandra Bullock and Bryan Randall:** The 51-year-old Oscar winner and 49-year-old photographer pair first turned heads in

the beginning of August. Things heated up when Bullock brought Randall as her plus one to Jennifer Aniston's wedding. Ever since then the duo has been spotted together all over Hollywood and are reportedly extremely smitten with each other.

**2. Gigi Hadid and Joe Jonas:** Nicknamed GIJoe, this young celebrity couple got together over the summer and have been inseparable. If they're not hanging with their massive group of famous friends, they're making the whole world envious of their cuteness. When recently asked how to describe Hadid in one word, Jonas replied with "happiness".

**Related Link:** [Gigi Hadid Says She Rejected Celebrity Boyfriend Joe Jonas When She Was 13](#)

**3. Drake and Serena Williams:** While this pair has been keeping their relationship under the radar for now, they have been caught making out in a restaurant, supporting each other at their respective professions and flirting on social media. Drake was even seen crazily cheering at Williams tennis match.

**4. Cara Delevingne and St.Vincent:** The supermodel and rock star confirmed rumors of a budding romance after they attended the London Fashion Week together, flirting in the front row. Delevingne recently gushed about her girlfriend in *Vogue* saying "I think that being in love with my girlfriend is a big part of why I'm feeling so happy with who I am these days."

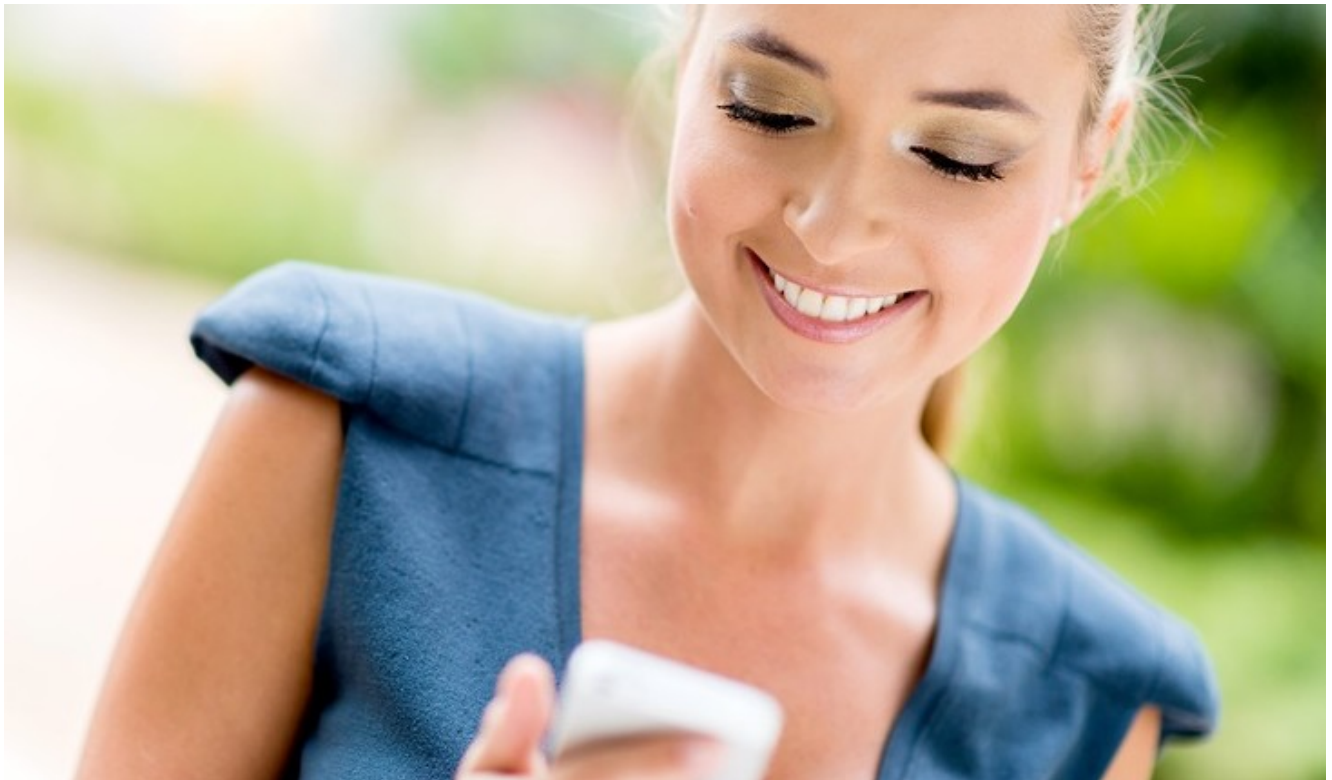
**Related Link:** [5 Most Fashion Conscious Celebrity Couples](#)

**5. [Gwyneth Paltrow](#) and Brad Falchuk:** The 'Glee' producer and 'Scream Queens' co-creator confirmed this blossoming relationship by posting a picture on Instagram calling Paltrow his date. After taking their love public, they have been spotted all over together, even at Robert Downey Jr.'s 50th birthday party.

Which new celebrity couple is the cutest? Let us know below.

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# Breaking Up: Dating Advice for the Breaker and Breakee



By Jim Hjort, LCSW

Humans are wired to thrive on close interpersonal connections, so when a relationship and love life comes to an end, often at least one of the parties will hold hard feelings. Perhaps blame, regret, vulnerability, disappointment, fear, or any number of others. This is when dating advice becomes the most important.

**If there's an impulse that's stronger than the one to seek close connection, it's the one to protect ourselves from injury.**

### **Temporary empowerment.**

As a result, when intensely negative breakup feelings arise, their cousins—anger and self-righteousness—often follow close behind. Those feelings can provide a temporary feeling of empowerment, as opposed to feeling helplessly stuck in an unpleasant situation. Unfortunately, the fireworks that anger and self-righteousness can induce tends to create even more lasting animosity, which provides fertile ground for negative thoughts and feelings to multiply.

### **Prevention of Openness.**

That, in turn, can prevent both people from having the psychological and emotional openness necessary to recognize the next relationship opportunity that comes along—and nurture it. Not to mention, such a negative state of mind impacts your ability to generally enjoy life and function in healthy ways.

### **A breakup is a stage of your relationship.**

In order for both parties to emerge from a breakup as healthy as possible, you need to remember something that is simple, but easy to forget in the presence of strong emotions: the breakup is a stage of your relationship, just like any other. That means that all the rules of healthy communication and respect for your partner still apply.

For starters, recognize that any partnership exists through a interaction between each party's need for something from the other, and the other party's willingness and ability to fill



it. Fundamentally, a breakup happens when sufficient numbers of these pairings can't or won't be made.

### **Be open and honest.**

Therefore, the healthy approach is the open and honest one: let the other person know what need of yours isn't being met, or what need of theirs you are unwilling or unable to meet. (The "it's not you, it's me" speech isn't really accurate: it's both of you whose needs and willingness and ability to fill them have to fit together, like two pieces of a jigsaw puzzle.)

When you're doing this, be sure to use "I" statements to own your perspective, instead of attributing thoughts, feelings, and motives to the other person. (For instance: "When you disappear for days without calling, I feel like I don't matter to you.")

### **Own your decision.**

If you're the breaker, own your decision and explain it. If you're the breakee, try to devote your mental resources to listening and comprehension, rather than formulating a rebuttal while the other person is speaking. The breaker has made a decision; try to understand it. And then, restate what the other person has said in your own words, both to make sure you've understood them and to convey that you're trying to do so.

### **Arrive at a mutual understanding.**

Approaching a breakup with the goal of arriving at a mutual understanding tends to defuse the natural, defensive anger response. It also provides both of you with clear information and a matter-of-fact perspective on what happened, eliminating the unknown, which tends to spawn negative rumination and feelings just as much as animosity.

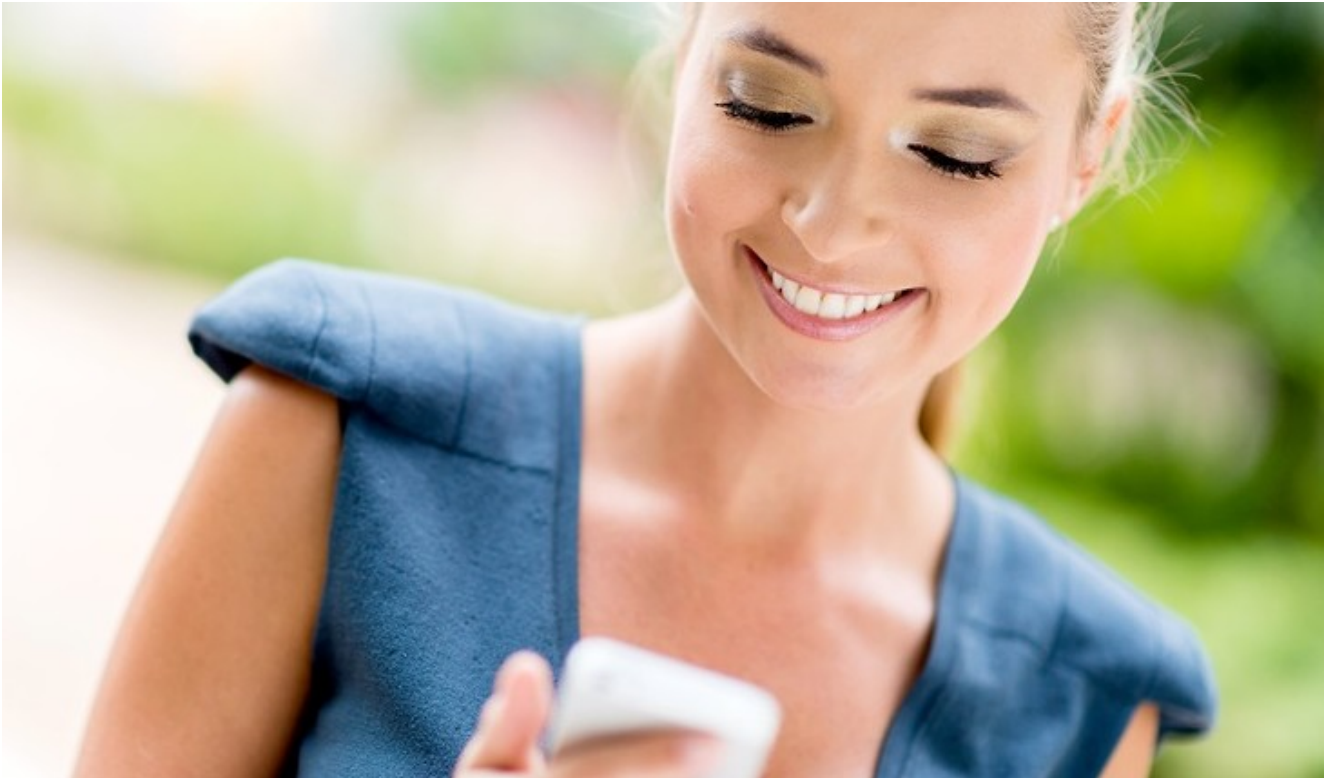
This thoughtful, healthy approach certainly won't eliminate the pain of a breakup, but it can greatly reduce your suffering about it, which is different. With a solid understanding of what happened, you can also move forward with less "baggage." Best of all, you might even come to understand your needs (and shortcomings) better, so that your next relationship has a better chance of success.

*Jim Hjort, LCSW, is the founder of the [Right Life Project](#), where he helps people overcome roadblocks to self-actualization as a licensed psychotherapist, RightLife Coach and mindfulness meditation instructor. The Right Life Project helps people understand the ways they can manage the different dimensions of their lives (psychological, social, physical, and vocational), in order to be happier and more fulfilled, and to reach their full potential.*

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## **Are Celebrity Couple Emma Stone and Andrew Garfield Overcoming Jealousy?**





By Dr. Jane Greer

It's rumored that celebrity couple Emma Stone and Andrew Garfield are having issues lately, stemming from the fact that Stone is close to her colleague Ryan Gosling. The possibility has spawned a lot of discussion about jealousy and how the famous couple might move forward from here. While the two of them have not addressed the situation publicly, additional reports surfaced suggesting the pair have resolved their issues.

**It's very important to tackle jealousy head-on rather than letting it simmer within the relationship.**

Believe it or not, your partner doesn't have to be working with a movie star, as is the case for Emma and Andrew, for you to feel the green-eyed monster in full force. In fact, most people go through this at one time or another, especially if

their loved one is working closely with someone who is attractive and smart. When this happens, it is hard not to be rattled by the possibility that they could fall for this person and you could wind up losing them. So, what can you do to keep your fear and jealousy from taking over, and possibly creating more of a problem with your relationship than actually exists?

### **Recognition.**

First, recognize that acting jealous can actually cause tension between you that may drive you apart rather than bring you closer. If you are feeling threatened, you may accuse your lover of doing something he or she isn't doing, lash out in anger, or just generally make things so unpleasant that you unwittingly push them away from you and possibly in the direction of the other person.

### **Focus on your connection.**

The bottom line is that it is always uncomfortable knowing there are appealing men or women around whom your lover might come into contact with and find attractive. However, the real key to staying together happily is to focus on the connection you two share, rather than putting an emphasis on that perceived interloper. In other words, pay attention to ways to build on and strengthen your intimacy and closeness. If you are having problems over sex and/or money, for example, then now is a good time to invest your energy into problem solving and finding ways to compromise and resolve them, so that you can feel more confident, happy, and safe in your relationship. This way you use your energy productively to focus on considering and loving each other, rather than use it to act on your anxiety and possibly end up having it work against you.

### **Eliminate the space.**

When you are in sync and feel harmonious, it can eliminate any

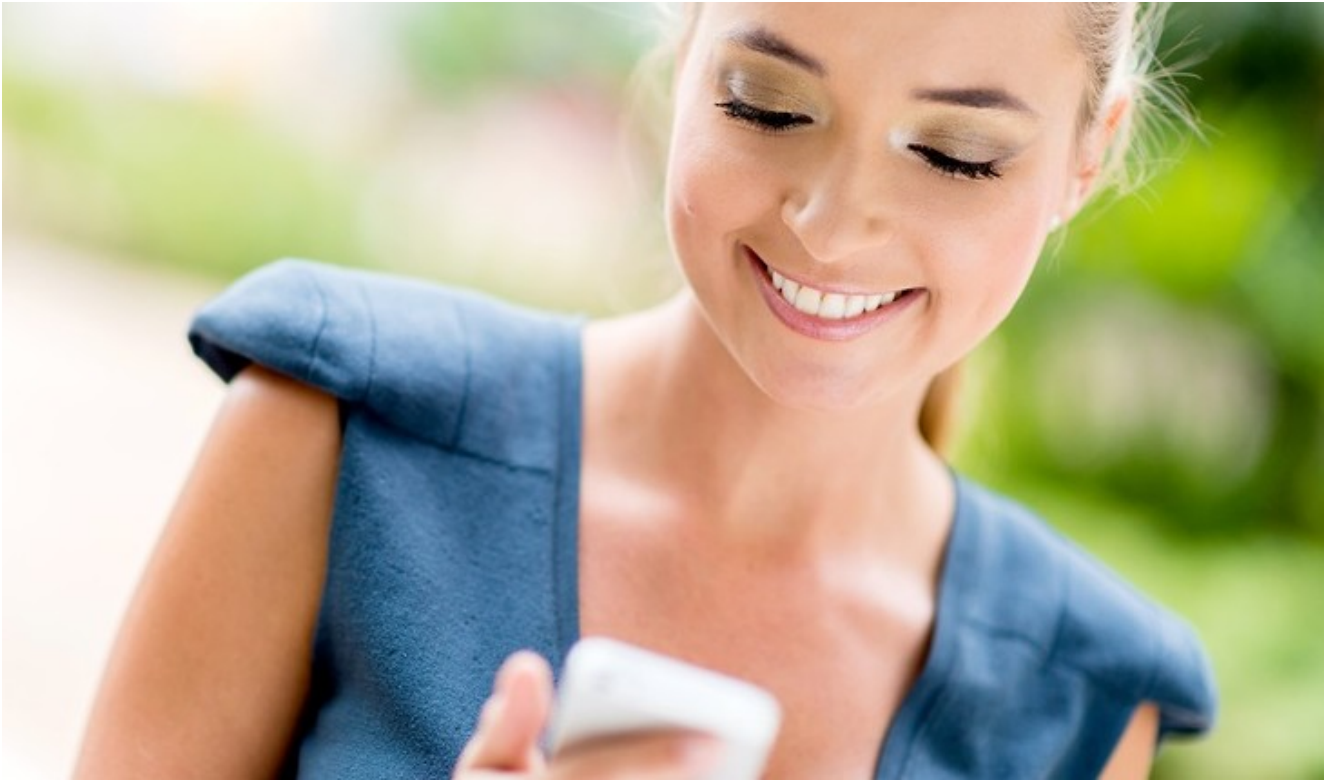
room for someone else to come between you. It can also help to ask for reassurance, making sure to avoid placing blame but rather raising your concerns and giving your significant other the chance to bring clarity to what is actually going on that will help you feel better. Despite jealous feelings occurring, when you have a strong foundation and trust each other, you can feel secure that you are the person your partner wants to be with. Hopefully, that will be the case, too, for Emma and Andrew.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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## **Relationship Advice: Marriage Survival Guide for Tough Times**





By Kyanah Murphy

If there's one thing we can all learn from being in a relationship, it's that they're full of seriously wonderful moments including smiles, laughter, intimacy, and love. I guess that's why when people think of marriage, they think of fairy tales and happily ever after stories. But with everything good, there are also difficulties that can arise in a relationship. No two people are perfect, and life certainly isn't perfect, either. Hard situations and misunderstandings come up, which means that arguments are bound to happen. They're not pleasant to experience but they're aspects of a relationship that cannot be avoided – they're normal. There is some good news, though. Given how you handle your tough times, you and your partner can come out on top, stronger and closer than ever. So if you're fearing the worst, put your mind at ease. Cupid has some relationship advice that is sure to help.

**What are some pieces of**

# relationship advice that will allow you to hang on tight during tough times in your marriage?

**1. Let yourself feel your emotions and accept them:** Of course we don't want to feel sad or angry or upset. We are people, though, so it's bound to happen.. Accept this and any emotion you're feeling at the time as normal. Don't try to bottle it up, as it'll just bubble underneath the surface until it finally explodes.

**2. Talk about how you feel:** Turn to your spouse. That's what they're there for! However, if you have friends or family who you feel comfortable speaking with, speak to them as well (or instead). If your situation is very difficult for you to handle, consider looking to a professional to help.

**Related Link:** [Expert Dating Advice: How to Get Over "The Little Things"](#)

**3. Accept and give comfort:** If your spouse wants to hug you, let them, even if you don't want a hug right now. The same goes for if they want a kiss or to cuddle. This can help bring down any walls that have been built up and may also serve as an expression of love and care. At the same time, don't forget to give love and comfort to your spouse, even if they don't want it.

**4. Be patient:** Sometimes for whatever reason, people think that tough times are going to last forever. In the lyrics of Katy Perry's song "Firework", after a hurricane comes a rainbow. You may not be able to see the light at the end of the tunnel, but that's only because you're not there yet. Be patient and you will get there. Remember the vows you took, too!

**Related Link:** [Expert Dating Advice: How to Make a Relationship and Love Work](#)

**5. Give yourself some “me” time:** Throughout these tough times, don't forget to set aside time for yourself. Give yourself space from your partner and allow yourself to regroup. Dive into things you enjoy that lift your spirits, be it crafts, writing, going for walks, or simply cuddling a cat. Whatever brings you enjoyment, do it. Take care of yourself.

**6. Don't avoid the tough times:** Don't ignore tough times when they come up. Avoidance or acting like everything is fine won't resolve whatever problems you and your spouse are going through. Odds are, depending on the circumstances, this tough time will end up repeating itself if ignored.

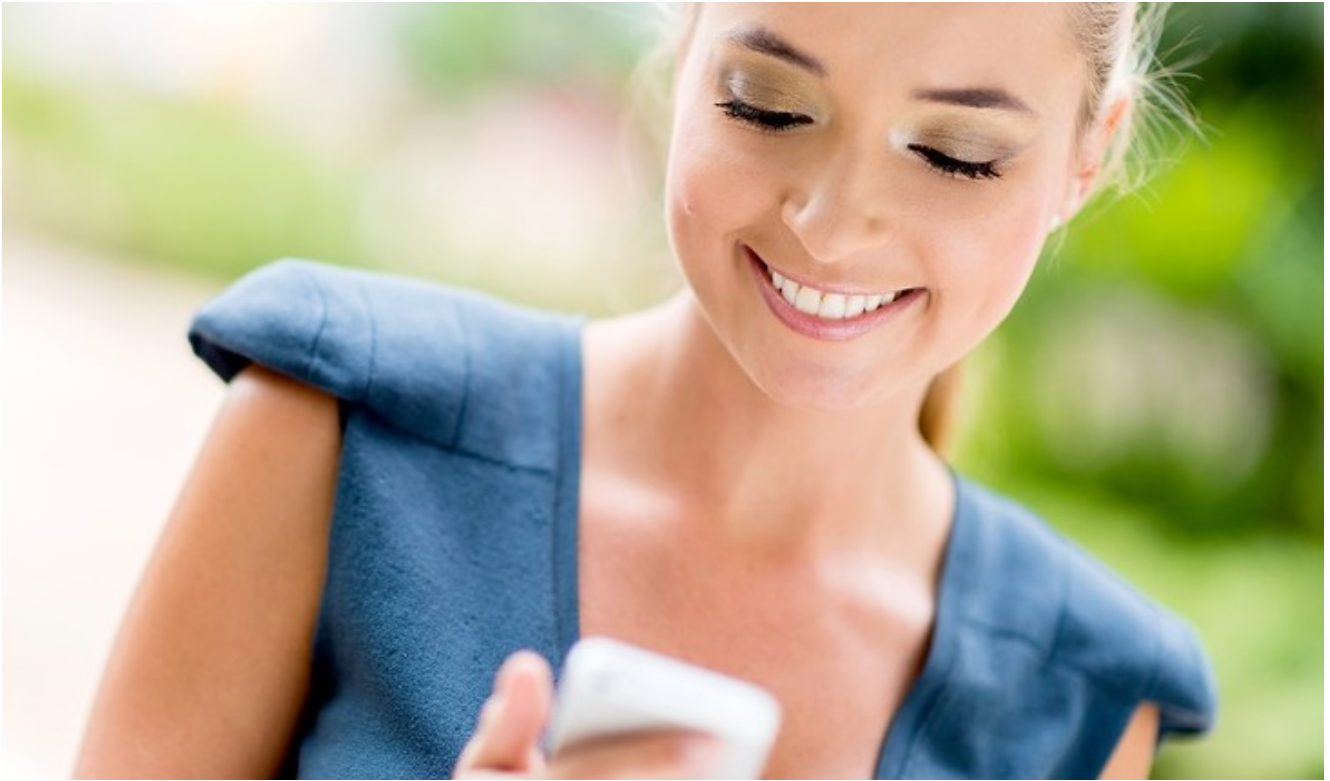
**What are some ways you handle tough times in your marriage or relationship? Comment below.**

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## Throw a ‘Gilmore Girls’ Viewing Party and Get Love Advice from the Series







*This post is sponsored by UPtv.*

By Mackenzie Scibetta

Although the eccentric mother-daughter duo of Lorelai and Rory Gilmore have sadly been off of television for eight years, their charming bond will live on as UPtv has just acquired all seven seasons of the beloved show *Gilmore Girls*. Starting on Oct. 4 at 10 a.m. EST, you and your besties can fall back into the storybook town of Stars Hollow to watch 15 hours of heartbreaks, budding romances, and sweet friendships that will leave you with relationship and love advice for years to come. Rivaling any [celebrity relationship](#), Lorelai and Rory's lovable dynamic truly shows what family is all about. If you really want to immerse yourself in this complicated family drama, throw a viewing party with your girlfriends to welcome them back!

***Gilmore Girls Viewing Party***

# Essentials

To ensure that your *Gilmore Girls* viewing party runs smoothly, make sure you have an endless supply of snacks. Lorelai and Rory always ate an impressive amount of sweets and junk food – don't be scared to indulge for the sake of the Gilmore's! Since they loved take-out, order a few pizzas and some Chinese food, and you'll be set. Lorelai also had a soft spot for breakfast diner food (and who can blame her?). Have a carton of eggs, some pancake mix, and a package of bacon on hand to help you and your friends feel right at home. Comfort food always has a way of sparking deep conversations, so be ready to dish out some of your best [relationship advice](#) to your pals.

An interesting way to keep the energy flowing throughout your marathon is by holding a coffee drinking contest. When it comes to beverages, you may recall that this mother-daughter duo were notorious for the amount of coffee they managed to drink each day. You and your friends can try to keep up with them, coffee for coffee! As an added bonus, this game help you and your guests stay awake and alert until the last episode airs at 3 a.m. EST.

Another fun way to keep you entertained and enlightened during the marathon is to see who can identify the most pop culture references on the show. Some references are so subtle and cleverly said that they're easy to miss! In addition to watching out for those pop culture references, you will see pop-up facts that UPtv will reveal throughout each episode to highlight Gilmore "firsts" and other trivia. Gather as much knowledge as you can to become the ultimate *Gilmore Girls* fan!



One lucky CupidsPulse.com reader can enter to win this 'Gilmore Girls' fan pack! More details below.

## Keep Your Eyes Peeled For These Must-Watch Episodes and Love Advice

**1. "Kiss and Tell" (Season 1, Episode 7):** This episode marks the true start of Rory and Dean's whirlwind relationship, as he gives Rory her first kiss in the middle of a grocery store aisle. Romance is rarely as glamorous and smoothly-planned as it seems on television, so this episode provides a refreshing take on this milestone and shows that it's okay for love to be clumsy.

**2. "The Breakup, Part 2" (Season 1, Episode 17):** Seeing Rory utterly heartbroken over the end of her and Dean's short-lived romance broke not only our hearts but also Lorelai's. Attempting to overcome her split with a rebound kiss from the irresistible Tristan, played by Chad Michael Murray, Rory shows us that sometimes nothing can heal heartache, not even a steamy lip-lock. Rory leaves Tristan to wallow at home, demonstrating that grieving is totally acceptable.

**3. "They Shoot Gilmores, Don't They?" (Season 3, Episode 7):** This episode has everything: choreographed dance numbers,

love triangles, and the start of Rory and Jess (who were actually a celebrity couple in real life for four years!). Although it's heartbreaking to see Dean call it off with Rory (again), watching Lorelai come and save the day reinstates that she's the best mom in the world. The episode reminds us that the end of one relationship opens the door to many others.

**4. "Raincoats and Recipes" (Season 4, Episode 22):** Lorelai finally opens up her dream Dragonfly Inn for a test-run, and her life finally appears to be going uphill. On the opposite side, Rory uncharacteristically loses her virginity to Dean, who is married. All the while, Lorelai's parents admit to being separated. This episode is an emotional roller coaster from the beginning, and it lets viewers see how chaotic and confusing love can be.

**5. "Written in the Stars" (Season 5, Episode 3):** This episode was long-awaited by many fans: Luke and Lorelai finally go on their first official date together. Luke proves to be more caring than he appears after he shows Lorelai he has saved the horoscope she gave him eight years ago. This episode proves that soulmates really do exist and that Luke and Lorelai are meant to be, even though it took an extremely long time for them to figure that out!

**6. "Wedding Bell Blues" (Season 5, Episode 13):** On the 100th episode, Lorelai's parents rekindle their relationship and love and renew their vows, while Rory and Logan almost make their romance official. This episode highlights that every relationship can survive rough patches. After all, the stubborn Emily and Richard were able to find their way back to each other again.

~~**GIVEAWAY ALERT:** If you're looking to expand your *Gilmore Girls* memorabilia, then we have the perfect fan pack for you! The bag will include a Luke's Diner coffee mug, an "I drink more coffee than a Gilmore" t-shirt, a 9 piece candle set, a mouse~~

~~pad, an over-sized novelty pen, wristbands, and Gilmore Girls-inspired snacks. One lucky CupidsPulse.com reader can win this pack by sharing this article on social media (and tagging @cupidspulse and @UPtv) or commenting directly on this post. The contest ends on Monday, October 5th at 10 a.m. EST.~~

*Open to US residents only.*

**This giveaway is now closed. Thank you to all who participated!**

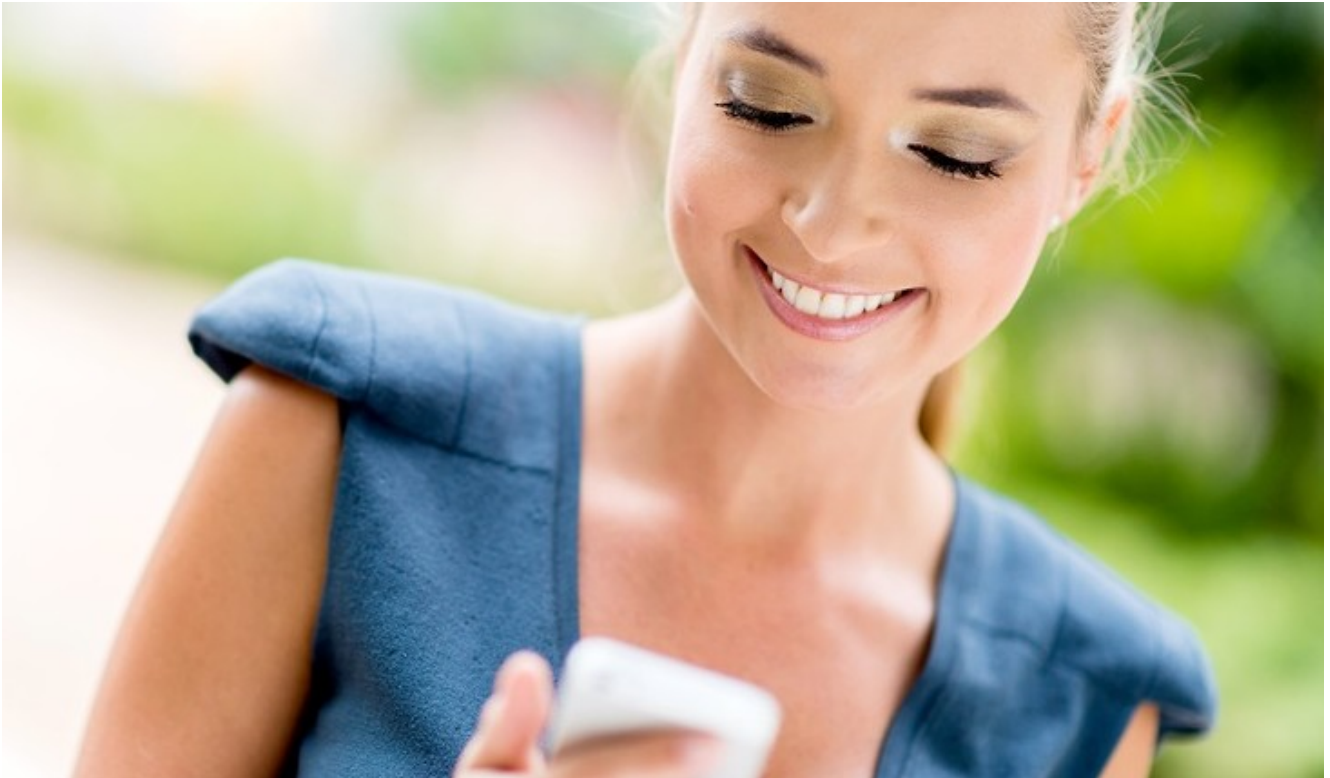
*If you want more Gilmore Girls facts, follow UPtv on Twitter @UPtv,*

*www.facebook.com/UPtv, and [www.instagram.com/up\\_tv/?hl=en](http://www.instagram.com/up_tv/?hl=en). Don't forget to tune in for the marathon on Oct. 4 at 10 a.m. EST!*

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## 5 Celebrity Couple 'How We Met' Stories That Are Way Too Sweet





By Kyanah Murphy

After watching countless Disney movies and flipping through hundreds of romance stories, we can't help but wonder if fairytale relationship and love lives truly DO exist in our normal, mundane world.

**We're here to tell you that yes, they can exist in real life and Cupid has five [celebrity couple](#) 'how we met' stories to prove it!**

### **1. Carey Mulligan & Marcus Mumford**

Celebrity couple Carey Mulligan and Marcus Mumford started out as childhood pen pals! Over the years, they had lost touch with one another as their lives sped up and pulled them in other directions. As fate would have it, the old friends reunited after Mulligan attended a Mumford & Sons house party. Not long after that, the two became a famous couple tying the

knot after less than a year of dating! They still write to each other during busy times, except now they're love letters!

## **2. Kate Middleton & Prince William**

We may think we know how Kate Middleton and Prince William met (at St. Andrew's University, of course), but according to the Royal Biographer behind Middleton's biography, the famous couple actually crossed paths before they attended St. Andrew's. The royal couple met through mutual friends and then got to know each other better when they arrived at university. Rumor also has it that Middleton was originally going to go to an Edinburgh University, but she then decided against it and applied to St. Andrew's instead!

**Related Link:** [Julianne Hough and Hockey Player Boyfriend Brooks Laich Announce Celebrity Engagement](#)

## **3. David & Victoria Beckham**

During the girl power days of the Spice Girls, Posh Spice (aka: Victoria Beckham) and soccer player David Beckham met at a charity soccer event. The former Spice Girl admits she wasn't into soccer, so she didn't really know who David Beckham was. However, that didn't stop them from becoming a much loved British celebrity couple! David Beckham jokes that his celebrity wife chose him out of a sticker book and that he chose her "off the telly" when he saw the Spice Girls music video for "Say You'll Be There".

## **4. Jim Toth & Reese Witherspoon**

Jim Toth had donned his shining armor when he met Reese Witherspoon. The celebrity couple became an item after Toth stepped in and saved Witherspoon from a drunken friend who was making a fool of himself and trying to hit on her. Toth collected his friend and apologized to Witherspoon for his friend's behavior. Witherspoon was charmed by Toth's behavior and the two became a celebrity couple, tying the knot not long

after.

**Related Link:** [Lady Gaga Says Boyfriend Taylor Kinney Is a Weirdo Like Her](#)

## 5. Ellen DeGeneres & Portia de Rossi

The story of this famous couple is an empowering one. Portia de Rossi first met Ellen DeGeneres backstage at an awards show where de Rossi was completely smitten with DeGeneres at first sight. The two officially met at a photo shoot in 2004 where both women discovered that they were attracted to each other. de Rossi comments that she was weak in the knees with DeGeneres. At first, the two didn't act on their feelings as they were both seeing someone else at the time, but fate would eventually bring them together as a top celebrity couple. de Rossi commented that being with DeGeneres and marrying her saved her. DeGeneres has been a solid rock for de Rossi in accepting herself and overcoming her hardships.

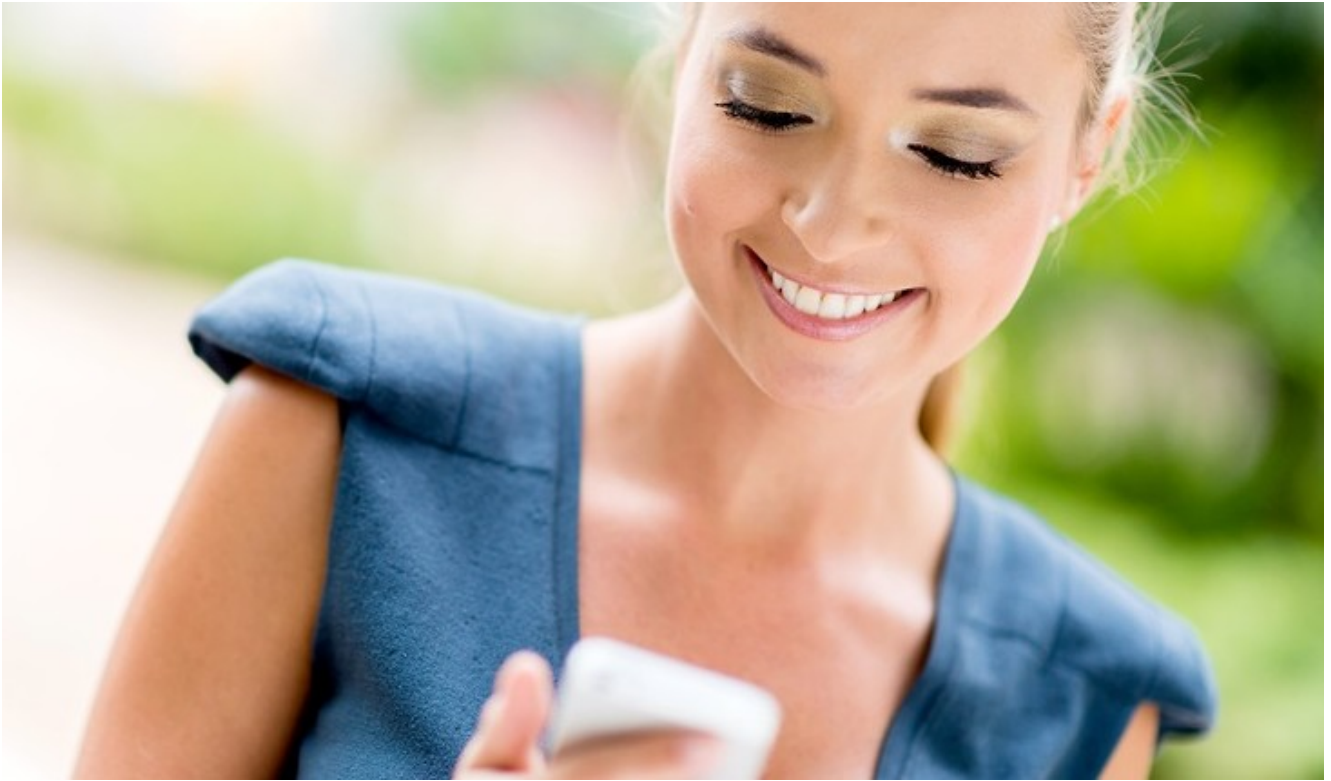
**Do you know of other cute celebrity couple 'how we met' stories? Share below!**

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# Celebrity News: Nicki & Miley Publicly Express Anger







By Dr. Jane Greer

In latest celebrity news, singer celebs Nicki Minaj and [Miley Cyrus](#) had a public spat at the 2015 VMAs, hosted by Miley. During the live broadcast on Sunday, Nicki called Miley a “bitch” for talking about her in the press. According to an insider, “Nicki was livid with Miley and decided to air her feelings onstage.” In fact, it was reported that MTV staffers had to keep Nicki and Miley away from each other for the rest of the night to avoid a confrontation.

**It’s hard to know if their fighting was staged to enhance the celebrity news or if it was authentic. Either way, it raises the question of whether shouting about your feelings in public when you’re**

# upset is the best way to get your message across.

In Nicki's case, there might have been a strong desire to reach her fan base and share her rage toward Miley. Maybe she thought it was the only way to save face. That being said, this really isn't that different from fighting with a partner in front of family and friends at a holiday meal.

**So when you're irked at someone, what's the best way to let them know – talk to them in private about it, or let the whole world know? I have some relationship advice:**

Very often when we are mad at someone who has hurt our feelings, our inclination is to get back at them by letting others know what they did to make us feel mistreated and wronged. In fact, that dynamic is the hook of reality TV. Doing that, though, and being vocal about the bad energy between you, may unwittingly put the people around you in an uncomfortable position by making them feel like they have to choose sides.

**Related Link:** [Miley Cyrus Moves On After Celebrity Break-Up from Patrick Schwarzenegger](#)

Sometimes people get so caught up in the anger of the moment that it can spill over beyond their private world, as we saw with Nicki and Miley. Before you let that happen, ask yourself if this is a relationship and love worth saving. If you decide it is, then the best thing to do is to go right to the source and address the cause of your distress directly with the person who upset you in the first place. Tell them what they said and did to set you off, and give them a chance to apologize and explain. It will also give the person the chance to clear up any miscommunication or misunderstanding that may have occurred between you. Fighting out in the open just serves to fan the flames of the fury, but a straight

conversation might clear the air and even help to salvage your relationship.

**Related Link:** [Nicki Minaj Fires Back at Celebrity Ex Safaree Samuels After He Releases Telling Single](#)

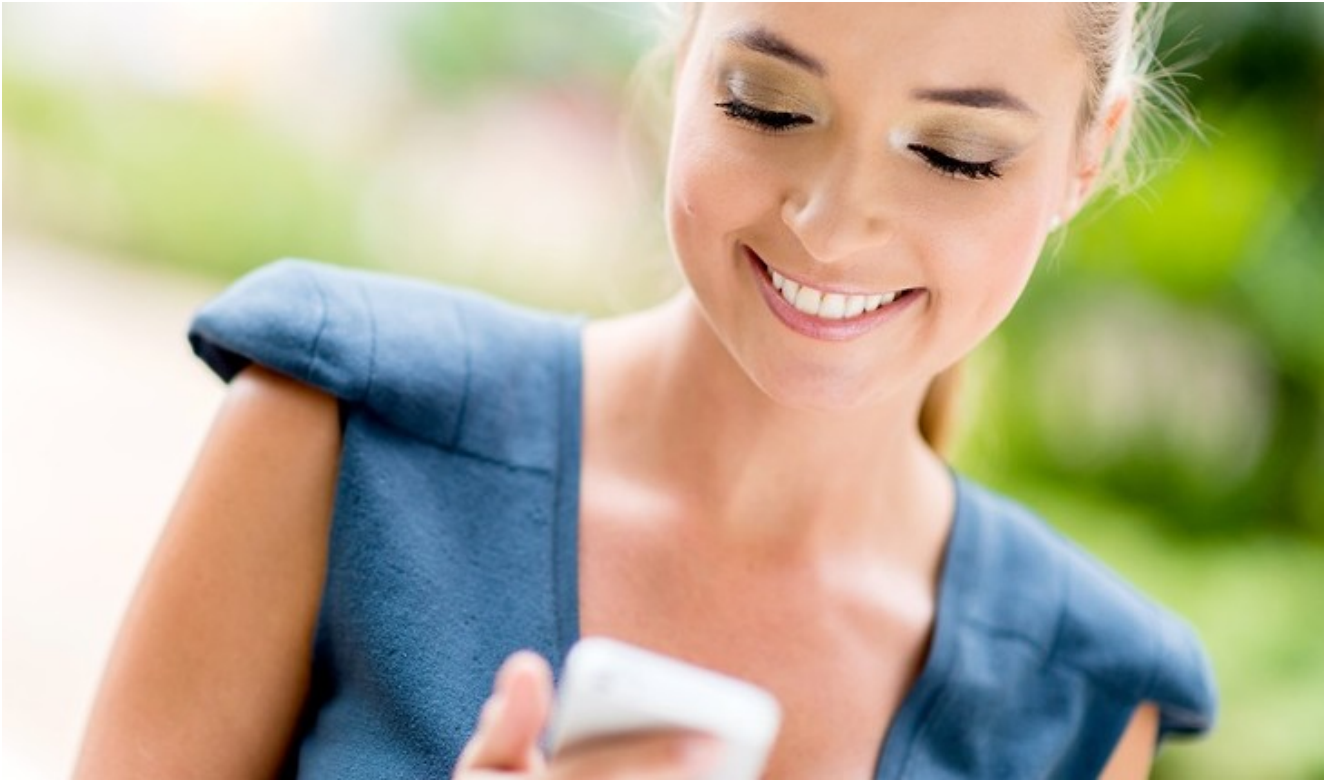
This year's VMAs were also witness to a number of bad feelings being soothed, such as between Kanye West and Taylor Swift. That is testimony to the fact that no matter how angry someone might be at one time, it is possible to get over it and move beyond it. The rage can diminish and you can let it go. Who knows? Maybe at next year's awards show we will see a different exchange between Nicki and Miley.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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## 10 Body Language Signs That Mean He's Into You





By Mackenzie Scibetta

Some women spend their whole days trying to decipher the puzzling mind of a male, only to discover that he's just not interested in them. This tiresome task of guessing, decoding every text and possibly even following his every move, will only lead you to exhaustion. Relationships and love shouldn't require this much work because men are not as complicated as we would like to believe. A simple, almost transparent, way to tell if a guy is interested in you is by reading his body language.

**Cupid is here with some dating advice in the form of 10 major body language signs that show your guy is crushing on you:**

**1. Dilated pupils:** Pupil dilation can occur for a number of reasons, but one of the most common is when the mind sees something it finds attractive or interesting. Subconsciously,

your man's eyes will light up just at the sight of you. Interestingly enough, pupil dilation also occurs during physical pleasure.

**2. He leans towards you:** While listening or talking to you, he might start to slowly lean closer to you, which is a good sign that can be read as "I want to get closer to you." At first it might just be a tilt of the head, but this can eventually lead to the rest of his body shifting toward you. On the contrary, if he's leaning far away, that could mean he's not interested.

**3. He puts his hands on his hips:** If both hands are placed on his hips, then this is known as a male power signal. The point of this is to draw your attention and prove he is the most masculine guy in the room. If his arms are crossed, however, this is a bad sign that could mean he's bored.

**Related Link:** [Dating Advice: 7 Things All Healthy Relationships Require](#)

**4. He raises his eyebrows a lot:** Eyebrow raises can sometimes be mistaken for confusion or skepticism, but they actually can mean he likes what he's hearing or seeing. Similar to how our eyes widen when we're engaged and excited, our eyebrows will follow that pattern.

**5. He is angled towards you:** Often times our feet will naturally point toward where we want to go without us even noticing. Take note of where your man's feet are heading and if it's toward you, then you're in luck!

**6. He makes good eye contact with you:** You don't want him to stare at you awkwardly the entire date, but you also don't want him browsing through his phone the whole time either. Ideally, he will be so absorbed in what you're saying that he will gaze into your eyes often. Prolonged eye contact shows he is comfortable with you.

**Related Link:** [Love Advice: What Your Sleeping Position with](#)

## [Your Partner Says About You](#)

**7. He mirrors your body language:** This is another subconscious act that happens when your mind is engaged in a conversation or you're listening intently. This shows he's focused on you and can't wait to hear what enticing things you have to say next.

**8. He fixes himself:** If you frequently catch him putting a stray hair back in place or re-tucking his shirt, this could mean he cares about what you think of him. He's grooming himself for you so you will take special notice of him.

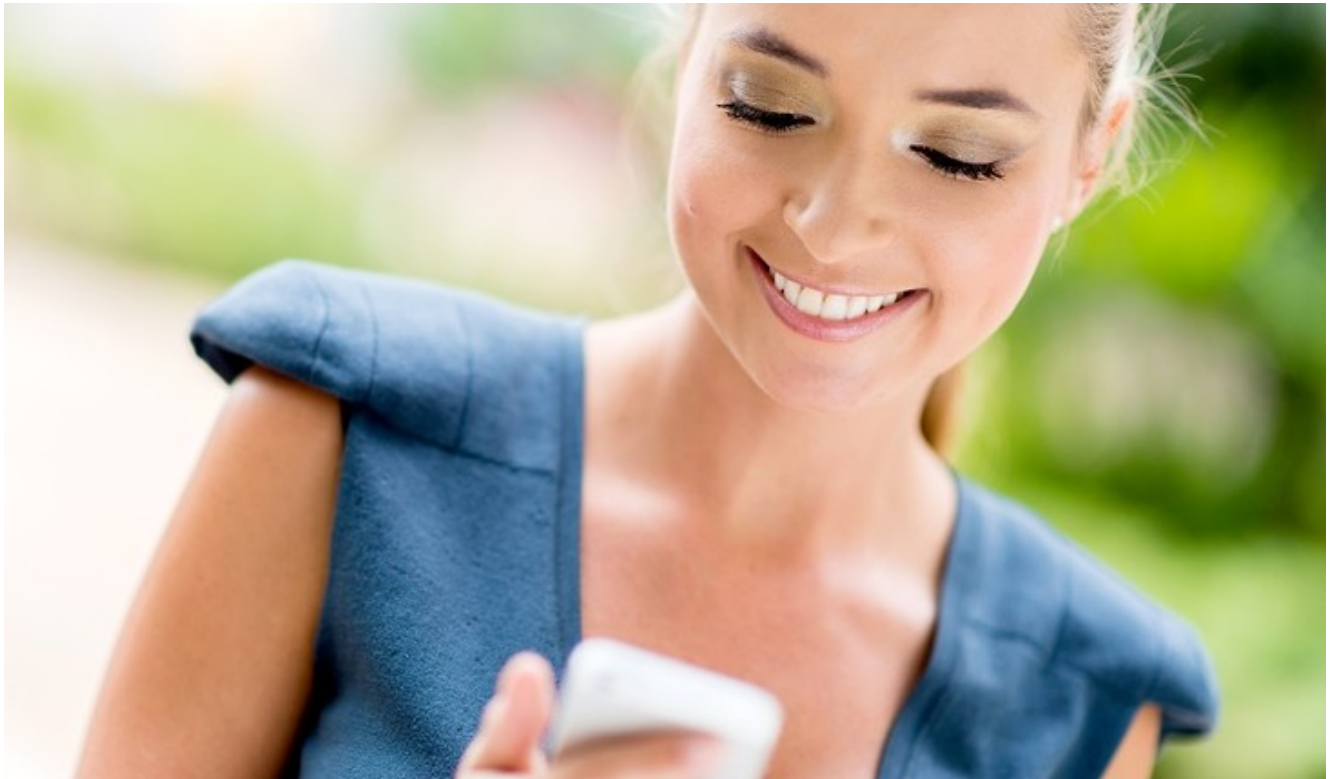
**9. He laughs a lot:** If he likes you, then he will probably smile more than the average person. This includes laughing at all of your corny jokes and even laughing at his own.. After telling a joke, he will probably look at you to check if you're laughing too (even if the joke wasn't funny).

**10. He gives you genuine smiles:** A true, meaningful smile will show throughout his entire face. Although it's comforting if he pretends to smile at a dumb joke, it really means he likes you if you see a genuine smile.

**What signs do you give off to let a guy know you're interested in him? Comment below.**

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# **Relationship Advice: 5 Ways to Know Your Partner is Lying to You**



By Molly Jacob

Maybe you don't like the chicken carbonara your spouse makes, or maybe your hubby could stand to lose a few pounds if he wants to wear his college sweatshirt in public. There are certain white lies you can tell in a relationship without sacrificing the trust you two share. But with relationships and love, honesty and trust is essential to a healthy relationship. If you have suspicions that your partner isn't being totally honest, you owe it to yourself to evaluate your relationship.

**See Cupid's five pieces of relationship advice to help**

# you tell when your partner is lying to you!

**1. Lack of eye contact:** If your partner avoids eye contact with you, especially when he or she is telling you where they were last night, this could be a sign that they're lying to you. People know that eyes are the window to the soul, so if they're hiding something from you, they will avoid looking you straight in the eye.

**2. Aggression:** You ask to see your spouse's credit card bill to calculate next month's budget. She responds by screaming at you and throwing a fit – not exactly a normal emotional response. If your partner responds aggressively or way too emotional to simple requests from you, they may be hiding something from you.

**Related Link:** [Love Advice: What Your Sleeping Position with Your Partner Says About You](#)

**3. Protective of technology:** Your partner may have a passcode on his or her phone or laptop, which is perfectly fine. But do they refuse to tell you what that passcode is, but won't explain why? Are they fiercely protective of their text messages and Internet search history? Relationship advice: there's something they're hiding from you.

**4. Over-explaining:** Something as simple as letting you know that they went to see their mother last week shouldn't require an hour-long explanation. If you find your partner is going on and on about how they don't actually find their co-worker attractive or that they REALLY weren't at the bar last night instead of the office, it's good dating advice to see what they might be keeping from you.

**Related Link:** [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)



**5. You feel off-balance:** Trust your gut. If something feels off with your partner, it probably is. With relationships and love, it's a great idea to trust your intuition.

**What are other signs that your partner isn't being truthful? Let us know in the comments section below!**

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## **Celebrity Couples With The Biggest Age Differences**



By Molly Jacob

They say love knows no age, and celebs seem to agree. The hottest and most famous couples out there have surprisingly

large age gaps.

## See what celebrity couples Cupid has selected with the biggest age differences!

### 1. Harrison Ford and Calista Flockhart:

With an age gap of 23 years, Harrison Ford (73) and Calista Flockhart (50) have one of the biggest age differences in Hollywood. The famous couple wed in 2010 and have a teenaged son named Liam.

### 2. Sam Taylor-Johnson and Aaron Taylor-Johnson:

British actor Aaron Taylor-Johnson and director Sam Taylor-Johnson married in 2012 and have a 23-year age gap. They started dating when Aaron was only 19 and Sam was 42, but according to an interview with *The Times* magazine, he's an "old soul" and she's a "young soul."

### 3. Olivier Sarkozy and Mary-Kate Olsen:

Mary Kate Olsen, 29, and fiancé Olivier Sarkozy, 46, met in 2012. The former *Full House* star and the half-brother of a French president have a 17-year age difference.

**Related Link:** [Mary-Kate Olsen Is Engaged to Olivier Sarkozy](#)

### 4. Billy Joel and Alexis Roderick:

The 66-year-old "Piano Man" musician wed his pregnant 33-year-old girlfriend, Alexis Roderick, this past July 4th. This famous couple has been dating since 2009, and this is Joel's fourth marriage!

### 5. Bennett Miller and Ashley Olsen:

The other half of the famous Olsen pair is also dating a man much older than her, *Moneyball* director Bennett Miller. He is 48 and Ashley is 29.

#### **6. Michael Douglas and Catherine Zeta-Jones:**

70-year-old Michael Douglas and 45-year-old Catherine Zeta Jones have been married since 2000 and have two children. This celebrity couple had a brief split in August 2013 but they are back together and stronger than ever.

**Related Link:** [Michael Douglas Welcomes Catherine Zeta-Jones Home from Treatment](#)

#### **7. Hugh Hefner and Crystal Harris:**

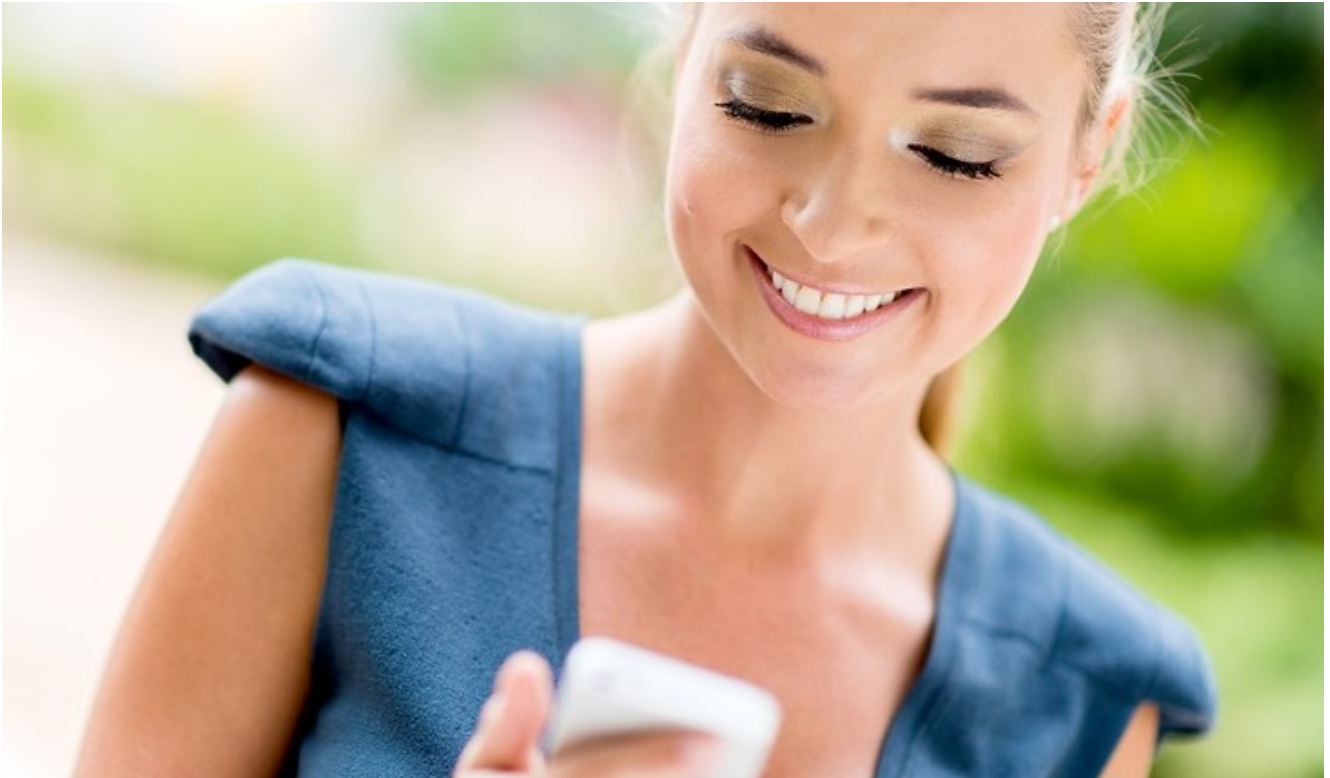
There's no way that Playboy founder Hefner WOULDN'T make it on this list! The 89-year-old celeb has always had a slew of young girlfriends and wives. He married model Crystal Harris in 2012 and bought a multi-million dollar estate for the two of them in Hollywood Hills.

**What other celebrity couples have huge age gaps? Let us know in the comments section below!**

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## **Dating Advice: 7 Things All Healthy Relationships Require**





By Molly Jacob

Are you in a relationship and love, but aren't sure whether it's healthy or not? Or are you on the lookout for someone that can make you truly happy? It's hard to get caught up in your own checklist about what makes your relationship a good one: your parents like him or her, you have fun going out with mutual friends, or you like living together. So, it's time to take a step back and evaluate how well you treat each other and how much you value your relationship.

## **See what dating advice Cupid has to dole out about what all healthy relationships need!**

### **1. Communication:**

It's an often-stated but important aspect of healthy relationships and love: communication is key. Without communication, you are just two strangers sharing the same bed. You need to not only communicate about what's making you

happy or troubling you in your relationship, but also about your life outside the relationship. Let your partner know what's going on, what's concerning you, and what's on your mind!

## **2. Intimacy:**

With every relationship, some alone and intimate time is important. You both need to show your love in a physical way, whether that is in the form of a massage after a long day or a much-needed cuddle session. Dating advice: don't skip out on this important alone time, even after a busy and crazy day full of kids, work, friends, and chores!

**Related Link:** [Love Advice: 5 Signs You're in a Lukewarm Relationship](#)

## **3. Shared interests:**

It could be that you both love to binge watch *True Detective* or workout together, but people in healthy relationships and love have shared hobbies. Find what you both have in common, even just a love of cooking, and spend your time together pursuing those interests!

**4. Openness:** If something's bothering you, say it. If you're concerned about your finances or some other aspect of your relationship, say it. Bottling up emotions and ideas that you know you should be talking to your significant other about can only lead to an explosion later on. Relationship advice: the topics you find most difficult to talk about are usually the topics you SHOULD spend time discussing with your sweetheart.

**Related Link:** [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

## **5. Love:**

This may sound obvious, but every healthy relationship should have love. Not only should there be love, there should be expressions of love. This can be as simple as saying "I love you" once a day, but every relationship is different so make

sure you find how YOU uniquely express your love.

#### **6. Conflict:**

This may sound counterintuitive (how can a relationship be healthy if you're fighting?) but healthy couples won't agree on everything. The fact that you two argue shows you care enough about your relationship to want to see it succeed. Relationship advice: instead of name-calling and bringing up irrelevant issues from the past, healthy conflict includes empathetic listening and understanding each other's point of view.

#### **7. Fun:**

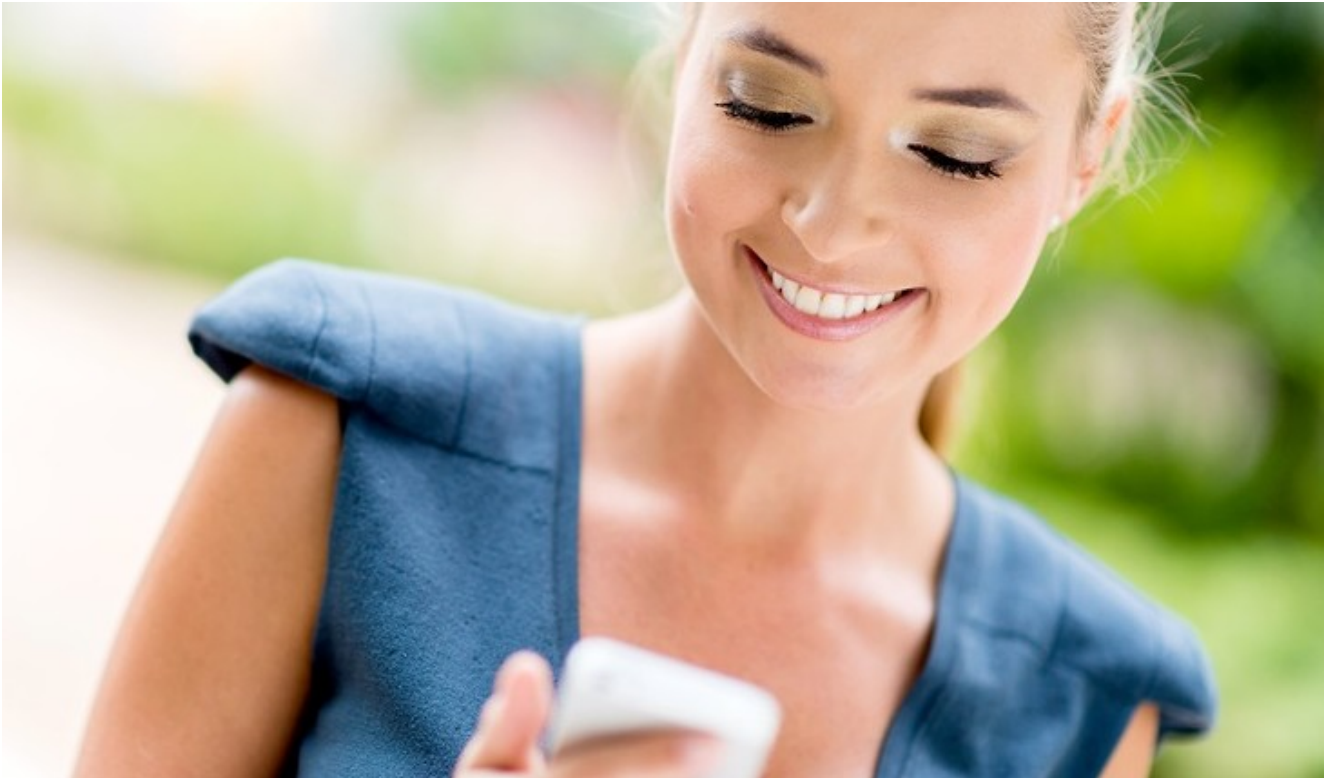
Life can be serious and difficult, so why not have fun in your relationship? Your partner is more than your spouse or girlfriend or boyfriend; they should be your best friend! Constantly find new adventures for you two to experience or ways to make menial tasks, such as doing the dishes together, fun. Life should be an enjoyable adventure with your partner by your side.

**What other aspects do you find in your healthy relationships? Let us know by commenting below!**

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## **5 Most Fashion Conscious Celebrity Couples**





By Molly Jacob

While we expect our favorite [famous couples](#) to be fashionable (with a personal stylist, who wouldn't be?), some celebs just hit the mark. From clothing collections to trend-setting choices, these celebrity couples work it in the field of fashion.

## **See which celebrity couples Cupid has picked out as the most fashion conscious!**

### **1. [David Beckham](#) and [Victoria Beckham](#):**

While Beckham may have been a pop queen as Posh Spice in the '90s, these days she's fashion royalty. She has walked the runway for many high-end fashion labels and was a British ambassador for Dolce and Gabbana. The celeb even has her own label, which resulted in her winning Designer Brand of the Year at the British Fashion Awards. Her soccer star hubby David is fashionable as well, with his own menswear line at

H&M.

## **2. [Kim Kardashian](#) and [Kanye West](#):**

Kimye is an famous couple for many things, including their killer style. Both superstar celebs have their own clothing collections and constantly make the cover of fashion magazines. Kardashian's style goes for the shock value; an example of this would be her infamous latex dress. As for West, his fashion collaboration with Adidas premiered at last fall's New York Fashion Week and captivated audiences.

**Related Link:** [Kim Kardashian Takes Fashion Advice from Husband Kanye West](#)

## **3. Matthew Broderick and Sarah Jessica Parker:**

Expect this celebrity couple to always be striking on the red carpet. Parker's character on "Sex and the City" may have had a love affair with shoes, but SJP doesn't discriminate. She's designed shoes with Manolo Blahnik himself, and revealed her clothing collection with George Malkemus and Nordstrom in 2014. And don't count out Broderick, with his classic suits and trademark black-rimmed glasses.

## **4. Barack and Michelle Obama:**

The most powerful couple in the country doesn't let us down with their fashion sense! The First Lady always looks flawless, whether she's at a White House dinner or promoting her healthy eating programs. Her outfits are more than just "pretty," too. She wore a dress from a Japanese label that is now run by American designers when she visited Japan to discuss her education program, Let Girls Learn, which showed a perfect connection between the two countries with just her outfit. As for the President, he's become a fashion icon as well – he partly inspired a Versace runway collection in Milan!

**Related Link:** [President Obama Rocks Michelle's Bangs at Correspondents' Dinner](#)



## 5. Prince William and [Kate Middleton](#):

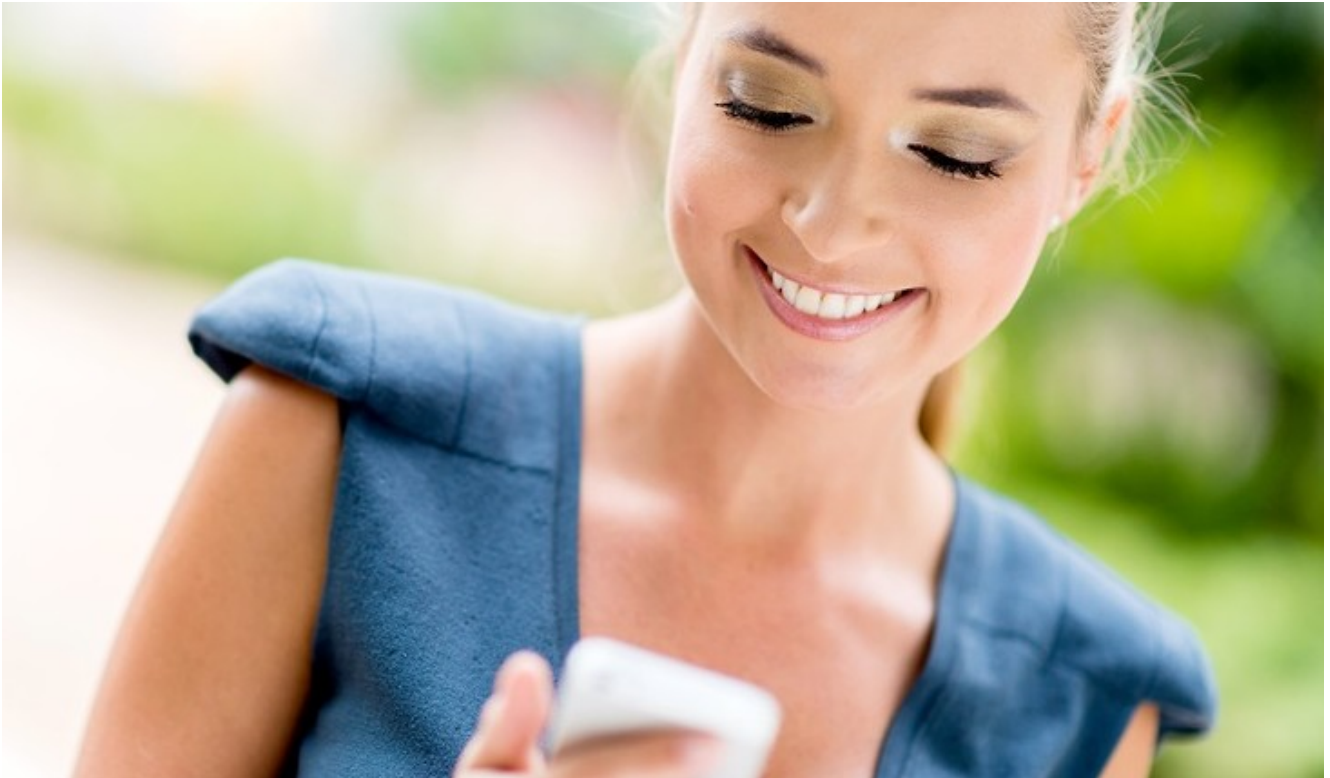
Although she has only been in the public spotlight for a few years, Kate Middleton is already one of the royal family's biggest style icons ever. Not only are her stunning looks easy on the eyes, they're good for her country, too. Her fashion influence has boosted the British economy by \$1 billion as adoring Brits try to recreate her looks. Since their marriage, Prince William has been stepping up his fashion game, too. Count on him to always be dressed in a classic and simple suit, a nice complement to the Duchess' vibrant and bold style.

What fashionable celebrity couples did we miss? Comment below!

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# Love Advice: What Your Sleeping Position with Your Partner Says About You





By Molly Jacob

How well do you sleep? With relationships and love, your sleeping position can mean more than just whatever position you find most comfortable in your king-sized bed. How you sleep with your sweetheart could say a lot about you and your relationship. Looking for some dating advice for your relationship?

**Keep reading to see what love advice Cupid's Pulse has about what your sleeping position with your partner really means!**

**1. You're the big spoon:**

The classic spoon, while not that common among sleeping positions for couples, can say a lot about your relationship and love life. If you're the big spoon, you're the protective one in the relationship. You want to keep your significant other safe and secure, even as you drift off to Dreamland.

Dating advice: don't feel like you always have to be protecting your partner, and make sure they're getting all the space they need in the relationship!

## **2. You're the little spoon:**

If you're the little spoon in this sleeping position, you're the one who is being protected. You are more dependent on your significant other and you feel safe with them. Love advice: sometimes your partner might want to feel protected, too! See how you can make them feel safe and comfortable in your relationship, instead of being too dependent on them and their security.

**Related Advice:** [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

## **3. You're intertwined:**

You and your partner wrap your arms and legs around each other every night and stay tangled in each other throughout your sleep. This could be a sign that your relationship is very close and almost suffocating. You both could be relying on each other too much, which is why, even in sleep, you find that you need to be as close as possible.

## **4. You take up the bed:**

Some people need as much space possible when they sleep. Although your sleep position doesn't necessarily correlate to your relationship and love with your partner, if you find yourself consistently pushing your partner off the bed, be wary of this sleep pattern. Dating advice: take a look at whether you're being too dominant in your relationship.

**Related Link:** [10 Pieces of Love Advice Learned From Famous Hollywood Couples](#)

## **5. You sleep on opposite sides of the bed:**

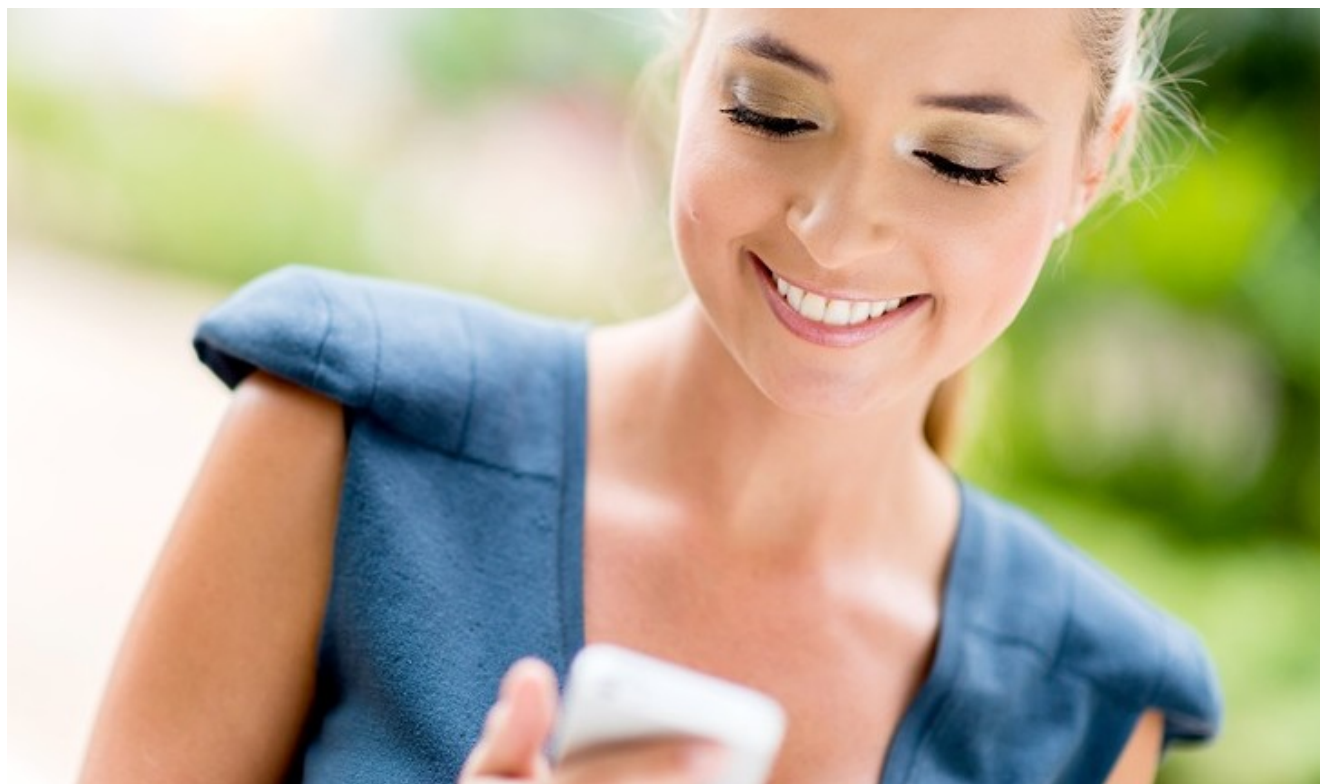
This position is probably the most common among couples. If you stay on separate sides of the bed and face away from each other, this may be a sign that you both are independent and

confident in the area of relationships and love. You both feel secure enough in your relationship not to be all over each other.

Do you agree with this dating advice? What position do you and your partner sleep in? Let us know in the comments below!

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## Top 5 Secret Celeb Matchmakers



By [Courtney Omernick](#)

Sometimes, even the most famous of celebrities need a bit of help finding “the one” with whom they want to spend the rest

of their life.

## Cupid has five celebs who have played matchmaker to the most A-list of celebrity couples.

**1. Robert Downey Jr.:** Downey introduced mutual friends [Jennifer Aniston](#) and Justin Theroux to one another back in 2007. The famous celebrity couple celebrated their celebrity wedding this past week.

**Related Link:** [Anna Kendrick Speaks Out About Celebrity Marriage](#)

**2. Ellie Goulding:** Goulding is proud to announce that she is the reason behind the celebrity relationship between Calvin Harris and [Taylor Swift](#). Goulding jokingly commented that she set the two up because, "They're both really tall."

**Related Link:** [5 Celebrity Marriages That Are Rock Solid](#)

**3. Anne Hathaway:** Back in 2008, Hathaway decided to introduce the now married celebrity couple, John Krasinski and Emily Blunt. At the time, Krasinski said that he "wasn't really looking for a relationship," but when he saw Blunt, he knew he was going to fall in love with her.

**4. Ed Sheeran:** Who would've guessed that Sheeran and Courteney Cox were good friends? Such good friends, in fact, that he set her up with her now fiancé, Johnny McDaid.

**5. Jimmy Kimmel:** Back in 2008 at a Comedy Central show, Kimmel decided to introduce [Kanye West](#) to [Kim Kardashian](#). The pair didn't get together until 2012, but Kardashian noted that when they met, "There was definitely a spark."

**Who are some other celeb matchmakers? Share in the comments**

**below!**