

# How to Get Over the Relationship Blues



By April Littleton

When a relationship goes sour, sometimes it's hard to pick up the pieces and move on. You can be sad for days, weeks and even months. Don't let the relationship blues get the best of you. Cupid is here to help:

- 1. Support system:** The easiest and fastest way to get over the relationship blues is by interacting with another person. Talk to your family and friends about the feelings you're going through. The more natural thing to do is to avoid people, but your problems won't go away if you don't talk about them.
- 2. Get back to normal:** Get out of bed and live your life. Go

back to work. Go out with some friends. Think about getting active at your local gym. The quicker you're back on your feet, the sooner you'll start to feel like your old self again.

**Related:** [Can You Be Single and Still Have a Soulmate?](#)

**3. Laugh:** The best cure for a broken heart is laughter. When you're feeling down, pop in your favorite comedy movie or read a funny book. Rather than focus on all of the negative aspects of your love life, think about all of the things you have to smile about.

**4. Don't give up:** Don't give up at the first sign of trouble. Your last relationship might not have worked out, but you'll have so many other opportunities for love in the near future. Don't write off every new individual you meet. At the same time, don't start up a new romance right away either. Before you put your heart back on the line again, take the time to get back to loving yourself first.

**Related:** [How Weight Can Affect Your Love Life](#)

**5. Let it go:** You won't be able to move on with your life if you're constantly stuck in the past. You learn to let go of your ex by relieving yourself of any old feelings you might still have lingering. If you don't feel like you received the right closure, let your former flame know and have that final talk. Otherwise, stop thinking about them. Guaranteed they let you go a long time ago – especially if they're the one who called it quits in the first place.

**6. Try something new:** Pick up a new hobby, or change your hairstyle. Many people find that switching things up a little helps them get over any problems they have going on. You don't have to try anything too dramatic. However, it won't hurt to try short hair if you've been rocking long locks since you can remember. You could also do something a little more low-key, like a simple wardrobe change.

**Related:** [The Pros and Cons of a Whirlwind Romance](#)

**7. Music:** Music is the key to the soul – at least for some people anyway. Listen to a song that would describe exactly how you're feeling. If you play yourself, write your own lyrics and come up with your own melody. Music is a great way to express creativity and how you're feeling.

**How did you get over the relationship blues? Share your experience below.**

---

## 5 Cutest Teen Celebrity Couples



By [Whitney Johnson](#)

Lately, it seems like the heavyweights in Hollywood are getting younger and younger. After all, it was just last year that Jennifer Lawrence won her first Academy Award for Best Actress Oscar at only 22 years old. Given their full-time jobs and big paychecks, these stars often grow up a bit faster than your average youngster – which means they also experience love and heartbreak earlier in their lives. With this thought in mind, we developed a list of our five favorite teen celebrity couples:

**1. Bella Thorne and Tristan Klier:** The 16-year-old star of Disney's popular show *Shake It Up* has been dating her blonde-haired boyfriend since 2012. When we caught up with the actress earlier this year, she revealed her favorite date night with her beau: "Just to sit on the couch and watch Netflix!"

**Related Link:** [Bella Thorne Shares Her Tips for Having a Memorable Valentine's Day](#)

**2. Britney Spears and Justin Timberlake:** Will there ever be a teen couple as adorable as these two pop stars? The pair, who met on the set of *The New Mickey Mouse Club*, were only 18 years old when they started dating and split after 3 years together. Recently, Spears even confirmed that Timberlake was her first kiss. Aw!

**3. Gigi Hadid and Cody Simpson:** The *Sports Illustrated* model and Australian singer, ages 18 and 17 respectively, were spotted at the Vanity Fair Oscars Party, looking every bit like a teenage dream. The lovebirds maintain a long-distance relationship – Hadid is at New York University, while Simpson lives in Los Angeles – but we hope to see the blonde beauty cheering her man on from the audience of *Dancing with the Stars*.

**4. Kylie Jenner and Jaden Smith:** While this duo hasn't confirmed their relationship status, they've been spotted around New York City, London, and Los Angeles. Plus, the so-called "best friends" have exhibited PDA on multiple occasions. Only time will tell if these teens have found true love!

**Related Link:** [Kendall and Kylie Jenner Make Celebrity Gossip Headlines Cozying Up to Chris Brown and Trey Songz at Party](#)

**5. Selena Gomez and Justin Bieber:** Even though the problem-plagued pop star exited his teen years on March 1st and his on-again, off-again girlfriend is already a year into her 20s, we couldn't help but include this duo on our list. While Bieber may be trying to prove his age with his recent antics, his fans are still primarily tweens and teens, making his love life of utmost importance to this age group.

**Do you have a favorite teen celebrity couple? Tell us in the comments below!**

---

**Our Relationship Taglines for  
the Ladies of 'Real  
Housewives of New York'**





By Brittany Stubbs

Some of our favorite ladies are back in season 6 of Bravo's popular show *The Real Housewives of New York City*, which premieres tonight! Returning to the small screen are Aviva Drescher, Carole Radziwill, Ramona Singer, Sonja Morgan, and Heather Thomson, joined by the newest housewife Kristen Taekman, a model and businesswoman.

The series follows these six women as they manage their hectic social calendars, careers, children, and love lives in the Big Apple. Outside of relaxing in the Hamptons and surviving the occasional catfight, if there's one thing these women know, it's relationships. From married to widowed to divorced and dating with kids, CupidsPulse.com thought it'd be fun to explore their diverse relationships. While the ladies each have their own witty taglines that describe their personalities in the show's intro, we couldn't help but think they deserved ones for their love lives too. If these women had relationship taglines, here's what they'd be:

### **Aviva Drescher – You Can Find Love When You Least Expect It:**

The way that this housewife met The One goes to show that you never know where you're going to find your soulmate. The couple had a chance meeting at Bed Bath & Beyond. Drescher, a single mother at the time, and now-husband Reid, a Wall Street investment banker, began talking as their young children played together in the aisles.

It was only a matter of time after that shopping trip that the two got married and began growing their family together. While the blonde beauty has an impressive education, including a Bachelors of Arts from Vassar College, a Masters degree in French from New York University, and a JD from The Benjamin N. Cardozo School of Law, she devotes her time to her husband and taking care of their four children.

**Related Link:** [How to Date When You're a Single Parent](#)

### **Carole Radziwill – Love Stories Can Be Epic, No Matter Their Length:**

Before Radziwill took on the titles of best-selling author, award-winning journalist, and Princess, she was just a girl from Suffern, New York, pursuing her dreams of writing. Working with ABC News, she was assigned to all kinds of stories that kept her traveling and writing around the world. One day, she was sent to work on a story that Anthony Radziwill was producing. While Anthony was as passionate about news as Carole, there was something that made them different: He had a royal lineage going back four hundred years. Lucky for her, this real-life prince soon became her Prince Charming.

The couple fell in love quickly, passionate about their careers and each other. In 1994, the two were happily married, unaware they were living anything but a fairytale. Tragically, Anthony was diagnosed with cancer and passed away on August 10, 1999. Through her pain, the reality star began to write about the devastating battle of cancer and loss of her husband, eventually leading to her first book *What Remains: A*

*Memoir of Fate, Friendship, and Love*. The memoir spent over 20 weeks on *The New York Times* Bestseller List and was nominated for the “Books for a Better Life” award.

Radziwill split from her rocker boyfriend Russ Irwin who we met during Season 5, but she continues to date. We might even get a look at her latest love interest this season!

**Ramona Singer – Leaving is Sometimes Easier Said Than Done:** Singer, best known for her go-getter attitude and opinionated speech, is suffering from what is one of the most devastating issues in a relationship: infidelity. After being married to Mario for over two decades, she discovered that her husband was unfaithful. It was reported that he had been having an affair with a younger woman named Kasey Dexter for eight months. As if that’s not heartbreaking enough, the housewife had to witness the affair first-hand when she walked in on them in the Singer’s Hamptons home. The encounter led to Ramona calling 911 for a domestic dispute.

Although Singer has filed for divorce, it remains unclear if the couple will go through with it or not. Just weeks after separating, the couple was spotted on a date together at Bowlmor Lanes in New York City. Although the reality star has always preached the importance of being independent and able to provide for herself, completely moving on from a marriage of 25 years – despite her husband’s betrayal – might be tougher than she thinks.

**Related Link:** [Celebrity Couples That Are Better Off Single](#)

**Sonja Morgan – When It Comes to Love, Age Is Nothing But a Number:** Morgan has always been open about her love for men of all ages...and rarely are these men her own age. The housewife was married to John A. Morgan for ten years. Not only are many fans surprised to discover that he proposed after the first date but also that he was 33 years older than her.

The couple’s divorce was finalized in 2008, and since then,



Morgan hasn't given up on her search for true love. In the season 6 teaser, she says, "I'm going below 30 years old," in regards to some of the men she's been seeing. Fellow *RHONY* cast member Heather Thomson claims, "Sonja has as many men as she has interns...and some of them are the same age."

**Related Link:** [Dating with an Age Gap](#)

**Heather Thomson – You Can Be the Wife AND the Boss:** Thomson is married to Jonathen Schindler, and unlike many women, Thomson decided to keep her own name after she got married. While the happy couple have two children together, wife and mother are only part of this housewife's description: She's also the creator of "Yummie by Heather Thomson," the popular and innovative shapewear line. Plus, she's designed for and styled some of the biggest names in entertainment, including Jennifer Lopez, Beyoncé, Tina Knowles, and Sean "Diddy" Combs. She was the founding Design Director for his Sean John line and is credited as a major force behind multiple CFDA award nominations.

Although this season reveals that some women refer to Thomson's powerful presence as bossy, her husband shows that men do like women who take charge and are not intimidated by their success.

**Kristin Taekman – Relationships Are a Balancing Act:** Taekman is the newest member of the gang. She's been married to her husband Josh for a decade, and they have two beautiful children together. The couple met and fell in love in NYC, and Josh ended up proposing on Kristin's favorite holiday, Halloween, in Central Park. While she loves being a wife and mother, she's trying to balance her family life with her modeling career – a challenge that many married career women understand!

**Can you relate to any of these women's love lives? Share with us what your relationship tagline would be and why!**

*To see more of these ladies and their relationships, tune into The Real Housewives of New York premiere tonight at 9/8c on Bravo!*

---

## Can You Be Single and Still Have a Soulmate?



By Sarah Ribeiro

We hear it all the time: Your soulmate is out there. You'll meet your Prince Charming some day. Don't give up on finding true love. For single ladies, these statements can be some of the most hopeful pieces of advice...but they can also be soul-

crushing to hear. What if you already found The One and lost him? Or what if your perfect match lives halfway across the country – or worse, the world? Is it even possible to be single and have a soulmate? Of course it is. Here are five tips for singles looking for lasting love:

**1. You are loved:** Who says your soulmate has to be a partner or the love of your life in a romantic way? A soulmate is someone who supports you through everything, loves you unconditionally, and would do anything for you – and you are the same to them. Whether this person comes in the form of a significant other, a roommate, a best friend, a sibling, or a parent, you have a soulmate in some form.

As spiritual counselor and transformational healer Audrey Hope puts it, soulmate love is just a different kind of love. “A soulmate love is not the same as dating. It is a science that requires one to follow higher sacred laws, a system of truth, and integrity. You will find him or her if you do what needs to be done.”

**Related Link:** [Fantasy Dating: How to Play The Game Right](#)

**2. Your love is waiting:** Whether you’re 20, 40, 60, or 80, there’s always a chance that you’ll find the love of your life at an unexpected time. You just need to stop limiting yourself. “The most important element in being single and wanting that soulmate is to be open to doing things differently,” says relationship therapist Denise C. Onofrey, MA, NCC, MFTC. “Be open-minded about who comes your way and have some deal breakers, but don’t be so rigid you miss out on love.”

**3. Don’t be shy about your search:** Onofrey recommends marketing yourself to find love. “Tell friends, family, casual acquaintances, and, if appropriate, your co-workers that you are willing to be matched with someone they recommend.” After

all, you can't find a soulmate if no one knows you're looking!

**4. Love yourself:** You're never going to find love if you don't take the time to appreciate yourself first. Find activities that interest you and do them – even if it means doing them alone. Not only will you better get to know your self, you'll give yourself the chance to meet new people whose interests align with your own. Who knows? Maybe you'll find the love of your life while you're taking trapeze lessons or learning to speak French.

Plus, you may find that you can give yourself the kind of love and entertainment that you've always expected from a partner. "Don't miss out on a great event, restaurant, or holiday party because you don't have a date," says Onofrey. "Go anyway! Live your life fully whether you're partnered or not."

**Related Link:** [Are You Too Young For Marriage?](#)

**5. You're never alone:** Even if you're single, remember that you're loved, and that "single" is not synonymous with "alone." Plus, you can have more than one soulmate, so stop harping on lost love and look forward to what's yet to come. "The love that is your equal, the love that is necessary for your life and work will always find you," explains Hope. "There's not just one soulmate for each person. There is love that needs to be with you perhaps for a season, maybe a lifetime, or possibly forever, but it will be what serves your highest soul."

**Tell us: How did you know when you met your soulmate?**

---

# How Weight Can Affect Your Love Life



By April Littleton

Weight gain can affect all aspects of your life: your health, work, social and especially, your love life. Will your partner still care about you? Will they still find you attractive? Cupid has some advice:

**1. Body image:** Usually, with the more weight you gain, the more insecure you'll feel about your body. If you're not confident in your own skin, your partner won't feel comfortable with your self-image either. Low self-esteem will cause anyone to lose interest in the fun aspects of life. You won't want to go out with your friends, family or your

significant other because you're so turned off by the way you look. A relationship won't be success if the only activity you enjoy doing is staying at home and sulking.

**Related:** [How to Date when You're a Single Parent](#)

**2. Let's talk about sex:** If you find yourself unattractive, it's likely you won't show your body off to your partner. Sex isn't everything, but it is a common factor in most relationships. The heat you once felt with your significant other may fizzle out if you're not willing to show off your wild side at least once in a while.

**3. No motivation:** You won't have any desire or motivation to do anything for yourself if you continue to be unhappy with your physical appearance. Eventually, this negative attitude could affect your relationship. Most people in a relationship look for a partner with life goals, similar interests and hobbies. If you stop working toward your dreams, your honey might start looking for someone who is confident with themselves and living their life to the fullest.

**Related:** [Five Reasons Why Being Needy Will Push Him Away](#)

**4. Health:** Your health is important. You won't have the energy to do much of anything if you're not at your best physically. Your partner can only do so much for you in this situation. If you want to better yourself, you need to put in the work. Go to the gym. Maybe your boo will even offer to go with you. Taking care of yourself physically and mentally shows your significant other you respect yourself. You can't expect them to treat you the way you deserve if you're not doing that for yourself first.

**What are some other ways weight can affect your love life? Comment below.**

---

# Celebrities Who Have Gotten Back Together After a Cheating Scandal



By April Littleton

Celebrities are known for being in the spotlight – especially if they are involved in a relationship with someone. Sometimes, this can get them into a bit of trouble if they aren't being true to the one they love. Whether the rumors are true or not, many celebrity couples have had their fair share of cheating scandals:

**1. Kristen Stewart and Robert Pattinson:** In July 2012, *Us Weekly* published pictures of Stewart having an affair with “Snow White and the Huntsman” director Rupert Sanders. The day after the scandal went public, the “Breaking Dawn” co-star issued out a public apology to Pattinson through *People*. “I’m deeply sorry for the hurt and embarrassment. I’ve caused to those close to me and everyone this has affected. This momentary indiscretion has jeopardized the most important thing in my life, the person I love and respect the most, Rob. I love him, I love him, I’m so sorry,” she said. After a brief breakup, the two ended up back together. However, the reconciliation didn’t last. The couple broke up for the final time sometime last year.

**2. Fergie and Josh Duhamel:** In 2009, an exotic dancer named Nicole Forrester claimed she had an affair with then 39-year-old Josh Duhamel. In an interview with Oprah, Fergie addressed the claims. “It was difficult. When you go through difficult times it really makes you stronger as a unit. As a partnership. It does for us anyways. Our love is a deeper love now,” she said. The couple went on to renew their wedding vows shortly after the allegations. The duo are also parents to son, Axl Jack Duhamel, born Aug. 29, 2013.

**Related:** [5 Celebrity Women Who Only Date Athletes](#)

**3. Robin Thicke and Paula Patton:** Last year, British socialite Lana Scolaro accused the *Blurred Lines* singer of cheating on his wife with her at a VMAs after-party. Scolaro told *Life & Style Magazine* that Thicke said, “I want to get you into bed!” upon meeting her. Patton’s reps denied all of her claims and stated that Scolaro was “just a girl looking for attention.” Thicke and Patton were high school sweethearts and married in 2005. They have a son, Julian Fuego Thicke.

**4. Keith Urban and Nicole Kidman:** Part-time model, Amanda Wyatt revealed to *Daily Mail* that Urban cheated on Kidman throughout their relationship. “I feel sorry for Nicole. Keith



cheated on her repeatedly with me, right up to just before they got married,” she said. However, the accusations didn’t seem to tear the couple’s marriage apart. Urban and Kidman had their first child together in 2008, and had a second daughter in 2010.

**Related:** [5 Celebrity Couples Who Got Engaged on Valentine’s Day](#)

**5. David Boreanaz and Jamie Bergman:** In 2010, the “Bones” star admitted to being unfaithful to wife, Jamie Bergman. He had an affair with Rachel Uchitel. Shortly after he came clean about his infidelity, text messages surfaced that showed the nature of his relationship with Uchitel. At the time, his wife was pregnant. The couple are still together, and have a son and a daughter.

**Which other celebrity couples survived an infidelity scandal? Comment below.**

---

## The Pros and Cons of a Whirlwind Romance





By [Whitney Johnson](#)

Taking a cue from some of our favorite celebrity couples – Kaley Cuoco and Ryan Sweeting, Kate Hudson and Matt Bellamy, and Jessica Simpson and Eric Johnson, to name a few – we thought it'd be fun to explore the benefits and pitfalls of quickie engagements. Plus, it's a topic our executive editor knows quite well: She got engaged to her now-husband after only nine weeks of dating! It's not a decision to make lightly though. Here are three pros and three cons of a whirlwind romance – all important things to consider before giving your heart away.

**Related Link:** [Why Celebrities Fall In and Out of Love So Quickly](#)

## Pros

**1. You tackle the big issues immediately:** Under typical dating circumstances, you may not discuss the serious stuff – how many times your heart's been broken, what you want in a future spouse, how many kids you want – until a few months into your

relationship. With a whirlwind romance, you're forced to get down to the nitty-gritty details if you truly want a future together.

**2. There's no time for apprehension:** Every relationship reaches a turning point where it's easy to let fear control your actions. When you're falling in love fast, you tend to focus on the good instead of the bad, running to your destiny instead of away from it. "There's momentum and clear interest," explains relationship expert [Michelle Smith](#). "Everyone loves being loved, so when the feeling is mutual and obvious, sparks are going to fly."

**3. It's a refreshing type of love:** Sometimes, we can get burdened down with the complications that inevitably come with true love. A whirlwind romance, though, offers you a lightheartedness that's a great beginning for any relationship. "This fresh and free perspective is important to note," shares life coach [Kimberly Friedmutter](#). "You're not weighted down by expectations, and it's so much easier to breathe and just enjoy yourself."

**Related Link:** [Dating After Divorce: How Soon is Too Soon?](#)

## Cons

**1. You may not have a strong foundation:** The healthiest relationships are built on a friendship, but if you've only known each other for a few weeks, you may not have that solid starting point. "Relationships should get better over time, and you should build on the connection you started with," says relationship expert [Andrea Syrtash](#). "When you immediately relate in a heightened way, it's tough to build from there. Whirlwind romances that start too fast can sometimes end too fast..."

**2. You miss out on really dating each other:** The first few weeks of a relationship, appropriately dubbed the "honeymoon phase," are filled with light-hearted and carefree

experiences. If you jump right into something more serious, you lose this fun time with your partner. It's easy to combat this potential pitfall: You should "date" your significant other always, whether you're newly together, engaged, or married.

### **3. You (or your partner) might be in it for the wrong reasons:**

If you're getting over a broken heart or perhaps a bit bored with your current life, it's tempting to turn to romance to fill that void. After all, there's nothing like the allure of a handsome Prince Charming and a perfectly-fitted glass slipper! On the flip side, it's hard to truly know someone you just met, so your partner may be looking for an escape as well.

**Have you ever been in a whirlwind romance? Share your story in the comments below!**

---

## **Couples Therapy: A Way to Rebuild a Struggling Relationship**





By Jefferson Singer and Karen Skerrett

Jeanne looked at Barry at the other side of the couch in our office. She asked him if he remembered when they were first married and lived in a horrible one-bedroom apartment that barely had heat. Did he remember how each morning he would make her the worst coffee in the world, using a leaky filter and a banged up metal pot- how he would carry it to the bedroom while she was still just waking up? Barry nodded that he remembered. Jeanne continued to search his face, “Why is it that that coffee tasted so good to me and now we have the most expensive coffee-making contraption that money can buy, and I have to have my coffee just right, and I don’t even want you to touch the pot?”

At the heart of this exchange, Jeanne has told a “we-story”- a shared story between members of a couple that defines and guides their relationship. Jeanne told this story to remind Barry of what they have lost and need to find once more if their relationship is to improve. In our new book, *Positive Couple Therapy: Using We-stories to Enhance Resilience* (Routledge), we provide a systematic approach for helping

couples recover their unique we-stories in order to strengthen and/or rebuild struggling relationships.

**Related:** [Cold Feet Before the Wedding? Reasons to Use Your Head](#)

Couples therapy has long focused on the problems or what is wrong with too little attention paid to identifying and cultivating strengths, or what is right in the relationship. As couple therapists with nearly 70 years of combined experience, we have learned the critical importance of redirecting couples' attention to the affirming qualities of their relationship such as security, empathy, respect, acceptance, pleasure, humor, and shared meaning. We call these the 7 elements of We-ness (SERAPHS) and they are indeed the better angels of our relationships. Couples that feel this shared investment in each other possess the building blocks for healthy and resilient relationships, and this ingredient can be developed by finding and focusing on 'we-stories'.

Once couples can identify a "we-story", either recent or remote, they have a foundation that highlights what the relationship has to offer rather than what it lacks. Such a simple story can then become a metaphor, an image of what works between them and can be referred to during times of stress or challenge.

**Related:** [Why Looking for Love Is Like a Job Search](#)

*Positive couple therapy: Using we-stories to enhance resilience* provides simple and practical tools for reclaiming positive stories of connection- stories that provide a sense of hope to relationships that have become distressed. Examples of we-stories can be found on our website: [we-stories.com](http://we-stories.com) or through [Amazon](#).

*Jefferson Singer, PhD. is a Professor of Psychology at Connecticut College and in Private Practice.*

*Karen Skerrett, PhD. is Senior staff at The Family*

*Institute/Center for Psychological Study and Associate Clinical Professor, Dept. of Psychology at Northwestern University.*

---

## **JWoww Celebrates Birthday at 'Mob Wives' Star Big Ang's Drunken Monkey**



On Friday, February 21st, at Drunken Monkey in Staten Island, owned by Big Ang of VH1's *Mob Wives*, reality stars came out from all over to support star of MTV's *Snooki & JWoww* star, Jenni Farley.

Everyone from cast members of *Ru Paul's Drag Race* to *Jersey Shore* to *Mob Wives* was there to celebrate with the five-month pregnant star, who looked fabulous.

**Related Link:** [JWoww and Fiance Roger Matthews are Expecting First Child](#)

"I wanted to do my party here last year, but we couldn't make it happen," Farley explained. She's a big fan of Big Ang and worked with Illumination PR and Specialty Empire to put the event together.

Shutterball was the main sponsor of the party. All attendees got a Shutterball upon arrival and were shown how to use the cool new device to take instant, perfect selfies!

SAAS Hot Sauce were also a sponsor of the event. The birthday girl's nearest and dearest left with a goody bag filled with Saas Hot Sauce (which Farley loves even more while pregnant), Soul Ku necklaces, Australian Gold Tanning creams, JWoww's own line of skin care, Bootie Babe nail polish, Sweet Loren cookies, *The AstroTwins' Love Zodiac* book, and an item from Sister-Bliss Extreme Aromatherapy.

**Related Link:** ['Mob Wives' Reality Star Big Ang Launches New Wine Line](#)

There was quite a buzz all night about how much everyone loved the Shutterball! Check out the fun on Instagram by searching #JWShutterball.

*All details courtesy of Illumination PR.*

---



# 5 Fun Facts About Jimmy Fallon's Wife, Nancy Juvonen



By Louisa Gonzales

Lately, things have been especially good for Jimmy Fallon: He became a first-time dad to daughter Winnie Rose in July 2013, and last Monday, he premiered as the new host of *The Tonight Show*. The funny man had some big shoes to fill, taking over for past host Jay Leno, and felt pressure to keep the show's legacy alive, but he got through it with help and support of a special someone in his life: his wife, Nancy Juvonen. The couple first started dating in May 2007 and have been going strong ever since. In honor of their happy relationship, we rounded up five fun facts about Fallon's lovely lady:

**1. The couple were introduced by Juvonen's good friend, Drew Barrymore:** Juvonen works with Barrymore as partners in her production company, Flower Films. The two started the business back in 1995, producing small projects before working on larger films such as *Fever Pitch*. Barrymore and Fallon played on-screen love interests, but it was off-screen where the real romance began between the producer and comedian.

**Related Link:** [Jimmy Fallon and Wife Nancy Welcome a Baby Girl](#)

**2. Juvonen is older than Fallon:** Age is nothing but a number for the two lovebirds. Juvonen is seven years older than her man, but the couple has shown no signs of letting their age difference get in the way of their relationship. After all, you never know who you are going to connect with.

**3. Her engagement ring is one-of-kind:** Fallon proposed in August 2007 at Juvonen's family home on Lake Winnepesaukee, New Hampshire. If that wasn't enough to convince her, his choice of engagement ring didn't hurt his chances either. When he did pop the question, he did so with an original piece: a beautiful emerald-cut diamond and platinum ring, designed and created by Neil Lane. Needless to say, she said "yes"— and the rest is history.

**4. They had a fast-evolving romance:** Juvonen and Fallon were together for about three and half months before they got engaged. Only four months later, they walked down the aisle and said their "I do's" in front of close family and friends. It's the first marriage for both of them, and hopefully, it'll be their last. The lovers have been together for nearly seven years, which is unusual for Hollywood standards.

**Related Link:** [Kaley Cuoco Admits Surprise Engagement Seems 'A Little Crazy'](#)

**5. Juvonen and Fallon struggled to have a baby:** The couple struggled to have a baby for over five years before their daughter was born this past summer via a surrogate. Once they

knew they were going to have a child, they thought it would be best to keep it a secret until the baby was born, saying it would be more “fun” and “private” if they kept the news just between the two of them.

**Cupid wants to know: Why do you think it is important for a woman to stand beside her man?**

---

## **The Prince and The Pauper: Closing the Gap Between You and Your Cutie’s Lifestyles (or Wallets)**





By Kristin Mattern

Love can cross boundaries, conquer differences, and even span oceans, but being in a relationship with someone who is Cartier when you are simply Kay can be a bit tricky. Maybe you and your partner are on an equal footing in terms of cash, but you're a savvy saver, and he's a spend-thrift. If you and your significant other's lifestyles (or wallets) are on opposite sides of the fence, here are some tips to bring you closer together.

**1. Show him what you're about:** Money is a sore spot in a lot of relationships. Rather than sweat it out that you don't make enough moola, realize that it isn't the dollars that matter – it's *you* and the role you play in the relationship that counts. Be yourself and show off your unique qualities. Perhaps you're really funny or you always know the right thing to say. Even if you're not bringing in the dough, you still have many other assets that are just as important.

**Related Link:** [10 Relationship Behaviors You Think Are Odd..That Are Totally Normal!](#)

**2. Appreciate his gift giving:** Perhaps you're one of those people who feels uncomfortable when bestowed with gifts. If that sounds like you, figure out why you feel this way. As Dr. Georgina Rose, licensed physician and author of *Are You Ready for the One?*, says, "The moments of joy brought on by purchasing a special present or enjoying a memorable meal are worth more to some than the feeling of a greater security from your bank account." Gift giving is a way for many people to show affection, and showing that you're grateful for his sweet gesture is the best way to return the favor.

**3. You squirrel it away and he spends like it's candy:** It can be challenging to your relationship when you save every penny and your partner spends as if he's the next Rockefeller. "We each have different values when it comes to money and often these are based on our childhood and the way we saw our parents deal with materialism," explains Dr. Rose. "If you realize how insignificant the actual dollars are and try to understand the real value behind it, then your partner's expenses may be justified. Maybe what seems like a splurge for you is in fact a way of enjoying life."

**4. Communicate, communicate, communicate:** Try not to judge your boyfriend for his gift giving, and instead, make an effort to understand the gratification his spending brings to him. Rather than jump down his throat for making a big purchase when you feel like the two of you should be saving, talk it out. Keep in mind that you can't half listen to his reasons and then have it out with him. *Really* listen to him. Try to understand why it makes him happy to buy you things and then explain how it makes you feel without undercutting his feelings. Communication is the only way to shorten the gap between your different views on how to spend or save.

**Related Link:** [How Fighting Can Strengthen your Relationship](#)

**5. Remember that money can't buy love:** As the Beatles say, money doesn't win hearts. At the end of the day, money issues

can actual boil down to a factor of different life values. If you really dislike spending and materialism and your partner is all about the bling, then it might be time for a split. If you can't see eye-to-eye on how to manage your finances, there's a good chance that many other aspects of your life won't line up as well.

Money is always a tricky part of life to navigate. The key is be understanding of why your significant other spends and discuss your own feelings about the subject. In the end, it's a question of values and making sure you are both on the same page.

**How have you handled money troubles in your relationship? Tell us in the comments below!**

---

## **How to Date when You're a Single Parent**





By April Littleton

Being a single parent has its challenges – especially when it comes to dating. When you're raising children on your own or co-parenting, getting back into the dating pool is hard. You're not sure how your kids will adapt to someone new hanging around. Plus, is it even worth it to try to give your heart to someone else? Cupid has some tips:

### **1. Take your time**

You don't have to rush into a relationship with anyone. You have your kids to think about and they don't need to be introduced to a new person every single week. When you're ready to start dating again, take it slow. Don't worry about what other people think. You start to date when you feel like it's the right time, not when anyone else says you should start testing the waters again.

### **2. Explain to your kids**

When you do start to see someone new, you need to prepare your children for the situation. Whether they are too young to

understand what you're telling them or not, you still need to let them know you're going to spending some time with her person who isn't their mother/father. Reassure them that the new love in your life isn't there to take the place of their other parent, but you're simply hanging out with someone else on a romantic level. Your children will have plenty of questions. Try your best to answer each one of them honestly without getting into any specific details about your love life.

**Related:** [The Do's and Dont's of Speed Dating](#)

### **3. Introduction**

You obviously don't need someone who you've only been dating for a short time to meet your children. However, if things get serious between you and your new potential love interest, you need to start thinking about introducing your honey to the other important people in your life. Make sure your new boyfriend/girlfriend already knows about your kids (that should have been one of the first things you told them when you first started dating) before you set up a date for the whole gang to meet. When the day does come for the outing, make sure you keep the activities fun, short and to the point.

**Related:** [How to Handle a Clingy Partner in a Relationship](#)

### **4. Be courteous**

Be careful how much PDA you should – especially in front of your children. Everyone will need to adjust to you dating someone new, so make sure to avoid any situations that could be uncomfortable and/or hurtful to your kids. Also, your new partner might not be too fond of the idea of the two of you sharing serious affection for each other in public anyway.

### **5. Keep your past where it belongs**

Your ex shouldn't be involved in any part of your love life.



Don't bring him/her up unless the reason has something to do with the children you have together. If you want to develop a serious relationship with the new man/woman in your life, they don't need a constant reminder of the feelings you and your former flame once had for each other. You need to start living your life for you and your kids. Who you date has nothing to do with your ex and vice versa.

**Do you have any additional advice for a single parent who's dating again? Comment below.**

---

## **Cold Feet Before The Wedding? Reasons to Use Your Head**





By Marie Chan

Marriage is more than just a dreamy, fairy tale event in every woman's life. Understandably that it is exciting when planning for one especially if you are the bride-to-be. But, this is also the stage where a couple's relationship is tested. Arguments often come along during the planning stage. After you have prepared and paid for everything, you feel restless, hyped-up and experience "wedding jitters" the night before your big day. What should you do?

Here are some things to consider if you feel anxious before your wedding.

### **1. Think deeply about your doubts.**

According to a research done by the Psychology graduate students of UCLA, 19 percent of women who reported that they are having doubts before the wedding end up in divorce after four years of married life. It would be best to simply call off the wedding if you are less than one hundred percent sure. It is not wrong at all to back out now than regretting a major

decision in your life. So, consider all the factors why you have doubts before your wedding.

## **2. Talk things out with your partner.**

Nothing beats the old fashioned way of talking things out. Couples who last long in marriage often say that communication is the key to a successful relationship. So, if you are feeling the pre-wedding jitters, be open with your partner about it. It would make you feel better having someone to share the mixed emotions before your wedding. Take this opportunity to remind each other of the good things that await you as a couple.

**Related:** [Beware of Sweetheart Scammers This Valentine's Day](#)

## **3. Seek advice from elders.**

If you cannot contain the doubts before your wedding, you can seek advice from your parents or close relatives who have been married for many years. The wisdom they have gained through the years can cast a light to the doubts and questions bothering you. It would also help if you choose to confide in someone who you know is not biased.

## **4. Don't pressure yourself too much.**

It is a good thing that everybody else shares your excitement about getting married. However, it can also add pressure on your part as the bride. Of course, you want your wedding to be perfect. But because of this, you tend to over think things. You worry about even the smallest and insignificant things. Remember, your wedding is a celebration of your union as man and wife. You should enjoy this day.

Although some brides (and even grooms) feel the cold feet before their wedding, the challenge is how you manage these feelings while keeping yourself composed before, during and after the wedding. Surround yourself with trusted people who

knows you well and whom you can really share your feelings honestly. Doubts before the wedding can be easily erased if you think about your real goal as a couple.

**Related:** [Why Looking for Love Is Like a Job Search](#)

It helps to know that you are not alone, but you have someone to share all your thoughts, doubts and fears. Cold feet before the wedding can be minimized by having a pre-wedding counseling and coordination. Remember when you get married, your life takes on another path wherein it is different than the life you are used to with your parents or yourself. You have to be ready – mentally and emotionally.

However even with all these – you are still experiencing this heavy and negative feeling that you cannot go through with this wedding, then by all means, use your head and call it off. What you feel is not just a simple case of wedding jitters or cold feet. You have to follow your instinct. Clear all doubts before pushing through with it. This way, you will avoid making costly mistakes in life.

*Bestbride101.com is your complete wedding planning guide. If you are looking for the best wedding gowns, invitations, planning tools, wedding inspirations, and everything about making your wedding perfect, then you have to visit us today.*

---

## **5 Celebrity Women Who Only Date Athletes**



By [Whitney Johnson](#)

In today's tabloids, it's never a surprise to see yet another Hollywood beauty on the arm of a hunky athlete. From country crooners to television actresses to reality starlets, these five celebrity women have ditched their singer and actor exes to date – and in some cases, marry! – athletes instead:

**1. Jessica Simpson:** After her divorce from boy bander Nick Lachey, this lovable pop princess dove right back into the dating game, shifting her focus from singers (a rocky relationship with John Mayer aside) to football players. She dated Dallas Cowboys quarterback Tony Romo for two years before settling down with former NFL wide receiver Eric Johnson. The happy couple, who are parents to daughter Maxwell Drew and son Ace Knute, are set to walk down the aisle this spring.

**Related Link:** [Celebrity Couple Predictions: Jessica Simpson and Eric Johnson](#)

**2. Carrie Underwood:** This blonde beauty has a similar penchant for professional athletes. Before Romo hooked up with Simpson, he was linked to Underwood for a brief six months. After he did her wrong (and no, *Cowboy Casanova* is not about him), the *American Idol* winner met handsome hockey player Mike Fisher. The couple married in 2010 and have made their home in Music City, where Underwood is often spotted cheering her husband on as he plays with the Nashville Predators.

**3. Hayden Panettiere:** Panettiere is yet another tow-headed singer who gravitates towards sporty boys. The *Nashville* star first dated Ukrainian boxer Wladimir Klitschko in 2010. She was then seen out and about with former New York Jets wide receiver Scotty McKnight before reuniting with Klitschko. After months of speculation, the petite actress confirmed their engagement on *Live With Kelly and Michael* in October 2013.

**4. Khloe Kardashian:** It looks like Kim – who dated not one but *three* athletes before starting a family with rapper Kanye West – isn't the only Kardashian sister who likes muscular men. Her younger sister got hitched to Los Angeles Lakers forward Lamar Odom after only one month of dating. This past fall, she announced her divorce from him after four years of marriage and has since been linked to Los Angeles Dodgers star Matt Kemp.

**Related Link:** [Khloe Kardashian Files for Divorce from Lamar Odom](#)

**5. Eva Longoria:** The *Desperate Housewives* actress married San Antonio Spurs point guard Tony Parker in a fairy tale ceremony in 2007. Unfortunately, after three years of marriage and reports of his infidelity, the couple ended their union. A few years later, she dated New York Jets quarterback Mark Sanchez

for a couple of months.

**Cupid wants to know: Why do you think celebrity women so often fall for pro-athletes?**

---

## **Beware of Sweetheart Scammers This Valentine's Day**



By Becky Frost

Rumor has it that many celebrities have dabbled in online dating. And they're not alone. A recent study has determined that one in ten Americans has used online dating or a mobile dating app in their quest for love. It has steadily gained

popularity as many find it an ideal way to meet people and discover a good match for themselves versus more traditional means of dating.

Most online daters have the best intentions to simply find their soul mate but beware there are unscrupulous suitors who are out to do more than steal your heart. If online dating is on your agenda this Valentine's Day season it's important to be aware of these individuals, labeled by the FBI and others as "sweetheart scammers."

Their goal is to swindle money or bank account information from unsuspecting online daters by creating a fake profile designed to match a certain type of person: employed, affluent and trusting. As time goes on the sweetheart scammer will scheme to seem perfect in every way, even down to the same likes and dislikes as the target. Once trust has been established, the scam usually escalates to the thief's unveiling of a problem involving money. Typical scenarios include the request for funds to be able to travel to meet the target or to help the thief's sick relative. Love can often blind the victim to only think and act with their heart rather than their head in what otherwise may appear as an obvious scam.

**Related:** [7 Ways to Know If It's Really Love](#)

So what can you do to avoid sweetheart scammers? ProtectMyID, a leading provider of identity theft detection, protection and resolution offers up these valuable tips to help protect your online identity and steer clear of fraudulent schemes in the online dating world:

**Don't give away too much:** Don't disclose personally identifiable information with a prospective dating match until there is an established level of familiarity and trust. This also includes your hometown, home addresses, work specifics, phone numbers, educational background and information about



children via profiles and through photo identification.

**Related:** [Technology, Social Media and Dating – The Good, the Bad and the Oops!](#)

**Play detective:** Don't assume that a prospective dating match always will be truthful. Ask a person to tell you about him or herself; you then can conduct a little background work on websites and see if conflicting information exists. Also, be wary of any requests for financial loans or assistance of any kind.

**Create the perfect password:** For online dating profiles, do not use passwords that incorporate publicly known information.

**Related:** [Twitter Dating 101: Actions Speak Louder Than Tweets!](#)

While sweetheart scammers definitely operate all year long, they are particularly noticeable this time of year when everyone wants to celebrate romance. These scams are a double whammy for the victim because they are affected both fiscally and emotionally. Online dating can open up your world to true love but approaching it with your eyes wide open is critical to avoid not only heartache, but also becoming a victim of fraud.

*Becky Frost is senior manager of consumer education for Experian's ProtectMyID. Check him out at [www.protectmyid.com/](http://www.protectmyid.com/).*

---

# Looking for Love Is Like a Job Search



By Lisa Becker

We all know that finding love can be a lot of work. No disrespect to the Peace Corp, but it truly may be the toughest job you'll ever have. So if you're serious about wanting to find a great relationship, you should start treating it like a job search. Consider these seven tips below:

**1. Network, Network, Network:** Just as people find jobs through networking, a great way to find a good personal match is through friends and friends of friends. After all, who is better to help promote your great qualities, positively position your odd quirks, and play down your annoying habits?

Because they know you and your desires, your loved ones will likely beat out most online dating algorithms in making good matches. If you do turn to online dating, consider a service like Clique, an invitation-only site that links you up with

people through common connections.

**2. Create a Digital Resume:** If online dating is for you, treat your profile like a digital resume. Use this opportunity to tell people who you really are and what makes you special. Don't talk about your ex. That's tantamount to saying you got fired from your last job. Just let your personality, accomplishments, and assets shine through.

Include specifics that people can connect with – interests, hobbies, likes, and dislikes – but be honest. If all goes well and you make a connection, you'll need to provide proof of all of your claims. Be sure to proofread! Not only do you likely want to come across as literate and educated but as someone who takes pride in themselves.

**Related Link:** [Desiree Hartstock Says Confidence is the Key to Finding Mr. Right](#)

**3. Be Selective:** You wouldn't apply for every job advertised on Monster.com, would you? And you wouldn't hire someone you know is wrong for the job. Then why would you do that in dating? Don't ask out every prospective person or online match, and don't accept an invitation from all either.

Let's face it: Dating isn't cheap. It takes time, money, and, likely your most valuable and scarce resource, energy. So take advantage of the "try before you buy" environment of online dating. You don't have to meet for a drink, grab a coffee, or sit through a long dinner only to discover there's no physical attraction or you have nothing in common, conversation is lacking.

**4. Do Your Research:** Online dating will allow you to narrow your focus if you do your homework. You can join a general dating service and design your dating search to make matches based on criteria important to you from interests and values to age and previous history. You can also select an online dating service that focuses exclusively on a niche market

based on religion or education. Find the one that's right for you.

Once online, really read profiles and send messages that are tailored to them. The generic "I like your profile and feel like we have a lot in common" email will likely find its way into the trash. Find one or two things in the person's profile that you connect with and comment on them.

**Related Link:** [Five Tips for Falling in Love in 2014](#)

**5. Job Interview:** Treat your first date like a job interview. While you likely won't be asked what your biggest strengths and weaknesses are or where you see yourself in five years, you will need to put your best foot forward. Good interviews are about seeing if the job and the candidate are a good match.

The job candidate who comes to the interview only asking about vacation days and salary isn't going to get the job. Ask questions to learn about your date and determine if you have mutual interests. Even if you know this isn't going to be a love match, use it as an opportunity to practice your dating skills. You'll improve for the next time around. You also never know who this person might introduce you to (see **Network, Network, Network** above).

**6. Dress for Success:** I'm not suggesting you wear a suit and tie or skirt and blazer on a first date. What I am saying is dress appropriately for the occasion. Pick something that puts you in the best light, is reflective of your personality, and fits the date. You'll feel better and more confident, which will shine through.

**Related Link:** [4 Best Practices for Talking to Your Date](#)

**7. Decline with Grace:** In *Click: An Online Love Story*, the main character Renee gets an email from someone halfway across the world looking to meet someone willing to move for him.

After sending a polite and diplomatic “thanks but no thanks” email message, she proclaims to her friend, “It’s so much easier to reject someone over that Internet than in real life. Score one for online dating!” While rejection is easier for both parties when done online, it’s important to remember that people still have feelings.

*Lisa Becker had endured her share of hilarious and heinous cyber dates, many of which inspired Click: An Online Love Story and Double Click. The books, about a young woman’s search for love online in Los Angeles, have been called “a fast read that will keep you entertained,” “a fun, quick read for fans of Sex and the City,” and “hard to put down.” Her third novel, Right Click, is due out Spring 2014.*

---

## **Five Reasons Why Being Needy Will Push Him Away**





By Kerri Sheehan

Having a partner who always wants to be around you is a great feeling – to a certain extent. Everyone has needs when they're in a relationship, but being overbearing about what you want will push your significant other towards the door. A relationship is an equal union, so if you're busy only thinking about yourself, then your guy will begin to resent you. Here are the five reasons why being needy will push him away:

**1. You'll become completely dependent:** Being too clingy causes you to revert to childhood. It stops being a peer relationship and becomes more of a caretaking relationship. Namaste Moore, life and relationship coach, says that, often times, this sort of dependency can put both parties in a bad position. "The significant other who is expected to meet that need is in the position of not being a partner but of being either a savior or villain, depending on their ability to satisfy their sweetheart. A healthy, mutual relationship based on the exchange of love quickly becomes a codependent dynamic where

one partner feels they must choose either the loss of their sense of self or feel like the enemy.”

**Related Link:** [6 Clues To Look For in a Keeper](#)

**2. You'll put too much pressure on him:** Your mate will spend so much of his extra time trying to meet your excessive desires that he will struggle to find the time to meet his own personal needs. The partnership will become less loving and romantic for him and more of an obligation. He will begin to resent you, and it's likely that his friends will too, seeing as he's spending all or most of his extra time trying to please you.

**3. You'll make him want to escape:** Often times, the more a needy person holds on, the more their partner begins to pull away. Nobody likes to feel trapped, and being dependant on your guy will make him feel just that. He will start searching for the nearest exit simply because he feels ensnared by you. Try lessening the demand you put on your partner, and you will find that you're both happier together.

**4. You'll cause an unhealthy imbalance:** No matter what the healthy person does in a relationship, the clingy partner will almost never feel loved enough. Due to this inequality, they will instead feel neglected, and their behavior will surely reflect that. In the same way that a child acts out to get their mother's attention, the needy party will act out to get the healthy party's attention. No one wants to be in a relationship where they either don't feel loved enough or feel like they can never do enough to show the other person that they love them. The relationship will not be mutually fulfilling for either party.

**Related Link:** [Celebrity Couples that Work Great Together](#)

**5. You'll be seen as selfish:** Courtship consultant Brandon Aki explains that neediness goes hand in hand with selfishness: “Neediness is a buzzword. It simply means you're inherently

selfish, and selfish is never sexy.” When you’re needy, you can only think of what is done to you or for you, but it’s important to remember that it’s not all about you. Instead, “focus on maintaining your individuality and becoming the best person for your partner.”

Have you dealt with a needy partner before? Share your story in the comments below.

---

## Top 3 Non-Negotiable Questions You Need to Think About Before Filing for Divorce







By Mark Baer

Families come in all shapes and sizes. Some married couples live together with their children. When those children grow up and move out of their parents' home, does that mean that they are no longer a family? Some married couples with children don't live together because of their work commitments and for other such reasons. Does that make them any less of a family? Religious beliefs aside, some couples such as Goldie Hawn and Kurt Russell have children together, but were never married. Aren't they still a family? Married couples with children sometimes divorce. Does that mean that they are no longer a family? If you think about it, the nature of their relationship changed from being married with children to being unmarried with children. I'm afraid that when a couple has children together, their marital status does not control their status as a family.

Many may define a "perfect" family as one in which the parents are married and in love with each other. I opted to use the word "perfect" because that was the term and definition used by a minor child of divorce, who was interviewed in a

documentary film by Ellen Bruno titled "SPLIT." While his family may not be "perfect," as defined by him, I promise you he still considers it a family.

### **What do you want your family to look like in the future?**

Like it or not, if there are children of the relationship (regardless of their age), the family still exists after the relationship ends. The manner in which you end a relationship determines whether your family will be functional or dysfunctional from that day forward. Life is like physics – for every action there is a reaction – cause and effect. As I like to say, outcomes are determined by the way in which the "game" is designed.

Parents are correct in the notion that causing the children to take sides can be extremely useful in their divorce game of chess. However, unlike chess, divorce is not a game and children are not pawns. Parents need to understand that what they do, say and how they act toward the other parent has long-term consequences. The things people do with or without the assistance of their attorneys have consequences that will last for generations to come. "When you start a court case, you are starting a war," says Justice Harvey Brownstone. Parents should always remember that the casualties in such a war are the members of the family itself, including the children, who become collateral damage.

**Related:** [5 Ways to Turn Your Relationship Around](#)

### **What type of attorney, if any, do you want?**

While it may be expressed in many different ways, the selection of an attorney is the most significant factor in determining how a case will proceed. While an attorney's competency is extremely important, the selection process should not be limited to that aspect. After all, the attorney's personality and overall philosophy with regard to

family law are of great importance.

It is not prudent merely to consult with an “experienced family law attorney.” I have been trying desperately to educate the public that they need to consult with “competent and caring” family law attorneys. By the way, assertiveness is part of their competency. However, they should not be seeking out lawyers described as “sharks,” “pit bulls” or “aggressive.” The involvement of such attorneys typically leads to suboptimal results, destroys families and costs a great deal of money in the process. People must never confuse aggression and assertion. Words have meaning.

Remember, while you might win the battle, you can still lose the war. When families are involved, destructive behavior has consequences that can be felt long after the “case” is over. Is it the attorneys or the clients, their children and their families that get to live with those consequences? The personality and philosophy of the attorneys involved in a case have far more impact than people realize. Please keep this in mind when selecting your “teammates.”

**Related:** [Five Secrets Truly Happy Couples Know](#)

### **Which divorce process is right for you?**

When people think of divorce, they typically think of litigation, which is the “default process.” What that means is that their case will be litigated, unless they “opt out” of that process. Other available processes are DIY (do it yourself), mediation, collaborative divorce, lawyer-to-lawyer negotiation, arbitration (keep in mind that certain types of matters may not be arbitrated in family law), private judging (if permitted in any particular jurisdiction). Unfortunately, family law is not spandex and there is no “one-size-fits-all.” However, people should consider certain things before making a decision regarding process.

First, litigation is an adversarial process in which both

parties play to “win.” When a family is involved and both spouses are playing to “win,” the family dynamic is destroyed. An unfortunate byproduct of litigation is that it exacerbates the level of conflict, increases distrust and breeds paranoia. Doesn’t it make more sense to resolve family matters in a process that is designed to reduce the level of conflict and rebuild trust?

Second, a significant problem with mediation is the fact that the term itself is vague. Mediation could be evaluative, facilitative or transformative. Which of those approaches does one mean when they refer to mediation? It should also be noted that mediation is unregulated in most places, including California. Thus, a person can practice as a ‘mediator’ without ever having received any formal training. It is therefore strongly advised that you do your homework before selecting a mediator.

Third, collaborative divorce is an interdisciplinary team approach to family law. It is based upon specialization of labor, not duplication. In addition to the parties themselves, the team consists of attorneys, mental health and financial professionals. Collaborative teams are no different from any other team in that they are only as strong as their weakest member. Collaboration only works when the professionals involved are like-minded individuals who actually trust one another.

**Related:** [Finding Your True Destiny After Losing Love](#)

Fourth, lawyers do serve a necessary and useful purpose in family law matters and for society as a whole. For one thing, they warn of unforeseen “what- ifs.” Furthermore, words have meaning and the difference between “may” and “shall” could substantially change the meaning of a provision. Lawyers are wordsmiths in that regard. Moreover, divorce is a legal process.

Fifth, unless a matter is decided by a judge or arbitrator, the couple involved makes the ultimate decisions. According to a new study conducted at UC Davis, people had a clear preference for mediation and other forms of consensual dispute resolution over those forms of dispute resolution in which they relinquished their decision making authority.

*Mark Baer assists people in becoming independent of their spouses or significant others with integrity, by evaluating and facilitating solutions that are respectful to each other and their families. He accomplishes this by providing a thoughtful, creative, and caring environment. His vision and experience equip people with a new set of skills that strengthen and empower them to better cope with future challenges.*

---

## Celebrities Who Lose Baby Weight Fast





By April Littleton

We're all envious of the women we see on the front cover of magazines who seem to lose all of their baby weight as soon as they deliver their child. Some of us blame Photoshop because there's no way these celebrities can drop those pounds so quickly. While other readers credit the rapid weight loss to plastic surgery. This method might be used among some of the famous stars we know, but some of them still enjoy getting their bodies back in the right way:

**1. Jenna Dewan-Tatum:** Just six weeks after giving birth to her first daughter Everly last May, the *Witches of East End* star was back to work – in a size zero. “I wasn't one of those girls who's obsessed with losing weight, but that was a pretty good motivator. I thought, I've got to fit in the clothes I wore before!” she said in an interview. Dewan-Tatum managed to lose her baby weight so quickly due to the strict diet and regiment she stuck to while pregnant. “I think a lot of women find out they're pregnant and are like, ‘Let's go crazy and eat ice cream every day!’ To me, it was, ‘I'm growing a human being, and I want to give this little soul the best nutrition

I can," she said.

**Related:** [Celebrity Couples who Keep Their Relationships Out of the Spotlight](#)

**2. Jessica Alba:** This Hollywood actress used unconventional methods to lose weight after giving birth to daughters Honor Marie Warren (born 2008) and Haven Garner Warren (born 2011). "I wore a double corset day and night for three months," Alba told *Net-a-Porter*. "It was sweaty, but worth it," she added.

**3. Gwyneth Paltrow:** The *Iron Man 2* actress is also known for her commitment to physical fitness. After giving birth to daughter Apple (born 2004) and son Moses (born 2006), Paltrow worked out for two hours a day with celebrity trainer, Tracy Anderson. "It was not easy and, when I started it, it was by far the hardest thing I have ever done – but I really was seeing results so it motivated me to just work through it," she said, according to the Press Association.

**Related:** [5 Celebrity Couples who Are Still Friends After Divorce](#)

**4. Beyonce:** The *Drunk in Love* singer gained 57 pounds while pregnant with daughter Blue Ivy Carter. Three months later, she was back on stage looking her best. Beyonce told *Shape* magazine that she lost the weight by refraining from eating red meat and pasta. She also stayed active while she was training for her tour.

**5. Gwen Stefani:** This singer has the perfect body before and after pregnancy. Stefani is a mother to two boys, Kingston and Zuma. "I worked out with my trainer throughout my whole pregnancy until about two weeks before," she said about her rapid weight loss. Stefani also revealed she's expecting a third son sometime this year.

**Related:** [Top 10 Celebrity Couples of 2013](#)

**6. Shakira:** The Colombian singer lost all of her baby eight just three months after giving birth to son Milan. Shakira said she took Zumba classes five days a week, participated in yoga exercises and calisthenics. The *Hips Don't Lie* singer also ate eight small meals a day consisted of 1,600 to 2,000 calories.

**What other celebrities should be included in this list? Comment below.**

---

## 4 Best Practices for Talking to Your Date





By Carl Alasko, PhD

Dating is a complicated, difficult and anxious process – we can't all be contestants on *The Bachelor* with glamorous, network-funded dates and fairy tale endings. And real life just doesn't work that way anyway. It's every bit as stressful for guys as it is for girls. Sure, a guy might just wear a cotton plaid shirt that flaps around and hasn't shaved in a week and the girl might fuss over her wardrobe and makeup for hours—but underneath it all, both are probably equally nervous. Because there's a lot at stake.

Regardless of how your "date" is arranged (friends, internet, work, church, ABC Network...), there are a few basic guidelines that can make the process a little less anxious and more rewarding, and definitely less scary.

Before we even get to the guidelines, here is my absolute most important rule: **Decide in advance what you want to accomplish.**

Clearly Juan Pablo (*The Bachelor*) is looking for a wife and mother for his daughter and the women are hopefully there to find a husband. But if we recall this season's second episode, Victoria seemed to lose sight of that goal and had a bit too much to drink. So many times we react to something, or we're triggered, and before we know it, out comes a comment (or in this case a slurred mess) that instantly freezes the air—or boils it.

To simplify the overall dating process, and reduce some of the most common errors, I've compiled **Four Guidelines for Talking to Your Date.**

**1. Maintain positive or neutral nonverbal gestures and expressions:** This requires a certain amount of self-control, and sometimes practice. You may recall the first rose that Juan Pablo gave in episode 1 to Sharleen, the opera singer – and her very aloof response that came off as cold and closed. She smoothed it over next episode apologizing and explaining

the reaction was one of shock, not dislike – good recovery. Some of us are naturals, and the rest of us have to put some effort in keeping our facial expressions and movements within the definition of neutral. Leaning too forward is not good. Leaning too far back is not good. Stay in the middle.

**Related:** [Fantasy Dating: How to Play the Game Right](#)

**2. Don't ask invasive, demanding or judgmental questions:** When you meet Martin, don't ask, "So, do you like your job, or are you looking for something more fulfilling?" Ouch. What you intended to ask Martin was if he liked his job, right? What you wanted to accomplish was a dialogue. Not an insult. For all initial conversation, **try to keep things neutral and open-ended** like, "So what do you enjoy most about your job?" or "What's the most exciting aspect of working there?"

If your date mentions off-hand that her relationship with her mother has been on the rocks, don't pry it open just then. Return to it slowly, test the waters to see if it's something she wants to explore with you.

**Related:** [Your First Date: What it Will Cost](#)

**3. Don't be vague about your intentions; explicitly and strategically state your needs:** This means that if you're really looking for someone solid and long-term, sometime after a few dates you need to say that's your goal. Why waste weeks, months, years with Bradley if all he really cares about are sports and beer? If you're a single mother looking for not just a husband but a father for your daughter, don't hide it.

**4. Follow your instincts and be ready to leave if things get uncomfortable:** While you don't have to bolt for the door at the first sign of anxiety, if the anxiousness goes on for more than a couple dates, listen to your intuition. If Victoria's heavy drinking scares you, don't try to be her therapist. You're not qualified, and it's a lousy job. Just move on. If Mike's constant leering and sexual comments scare you, tell

him you're not a good fit, and don't meet again.

**Related:** [How to Date Outside the Box in NYC](#)

Because so much can be riding on that first meeting, having a few basic guidelines in mind can save you a lot of distress. Repeat these guidelines to yourself, and ask a trusted friend to do some rehearsing, or to be available to de-brief if things get tricky. And they can save you from wasting time.

*Author of Emotional Bullshit, Beyond Blame, and his newest release SAY THIS, NOT THAT: A Foolproof Guide to Effective Interpersonal Communication, **Dr. Carl Alasko** writes a weekly blog for the Experts' online section of Psychology Today, which attracts thousands of readers, and his weekly newspaper column "On Relationships" has run in the Monterey County Herald for fifteen consecutive years.*

---

## How to Get Through a Breakup and Heal Your Heart





We're excited to welcome [Ellen Smoak](#) as a guest post contributor to CupidsPulse.com! In her first video, the author of *Breakups Are a Bitch But Getting Through It Doesn't Have to Be!* shares the five stages of getting over a breakup and coaches you through each one. First comes shock, followed by denial. Next, we experience anger and begin to step into our own power again. The fourth stage is sadness and depression – “the hardest stage of all.” Finally, we come to acceptance, a stage we can only reach by going through the previous four stages first.

**Related Link:** [Heartbroken? Heal and Move On...Like I Did](#)

“We can get stuck in stages for years and not even know it,” she reveals. “It can block our ability to love again, to attract love again, to be happy in love again.”

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

**How did you move on after a devastating breakup? Share your story in the comments below!**

---

# Five Relationship Advice Tips for Breaking Up Without Hurting His Feelings



By Priyanka Singh

He might be perfect on paper, but that doesn't mean he's perfect for you. So how do you break it to him gently without stomping on his heart? While it's never an easy conversation to have, it's necessary if you're just not that into him. You might not be able to completely avoid hurting his feelings, but here are five tactful ways that you can let him down:

**1. Decide what to say ahead of time:** It's easier to say what you need to say if you have it mapped out before the conversation begins. Invest some time in pulling your thoughts together. Once you have a plan set, make sure you stick to it.

"Feelings aren't negotiable and also aren't anything you can help. They are your's and not his," says licensed clinical psychologist Alicia H. Clark. "For those reasons, telling him how you feel about him will work better than telling him what you think about him." Clark suggests using the Oreo approach, where you start off with something positive, transition to a negative, and then end on a positive. It's a great way to tie everything together in a cohesive manner.

**Related Link:** [7 Ways to Know If It's Really Love](#)

**2. Talk to him face-to-face:** Yes, we live in a world of technology, but some conversations just need to be done in person. If he sees that you're willing to give him the respect of breaking it off with him over coffee or even in the privacy of either one of your homes, chances are he'll return that favor and respect your point of view on the situation.

**3. Take the high road:** It's important to remember that you're both adults having a mature conversation about your relationship. Your objective is to get your message across in a kind and considerate manner, not to put him down or criticize him.

"You also don't want to burn bridges with any guy. You never know if you'll end up dating him again under different circumstances. Maybe the timing was just off. Or he may have a great friend that you end up dating one day," says Sandy Weiner, certified life/dating coach and founder of LastFirstDate.com.

**4. Don't sugarcoat your reasons:** If it's not meant to be, then it's just not meant to be, and if you're clear and direct in your explanations, he'll hopefully understand where you're

coming from. Don't beat around the bush; get to the point, but do it in a tasteful manner.

**Related Link:** [Four Telltale Signs He's NOT the One](#)

**5. Honesty is the best policy:** Think of it this way: If the situation were the other way around, wouldn't you want someone to be honest with you about how they feel instead of feeding you lies? The truth almost always has a way of coming out, so don't avoid it just because it's difficult to say (or hear). It hurts more when you find out the other person wasn't being truthful, so avoid the extra drama and just be honest with yourself and your soon-to-be ex.

**Any other tips to add when it comes to nicely breaking up with someone? Tell us in the comments below!**

---

## Do Your Friends Influence Your Relationship?





By Kerri Sheehan

There is nothing stronger than the bond between a girl and her closest group of BFFs. Best friends break their plans and bring over a trio of aloe-infused tissue boxes and a pound of your favorite jelly beans when the man you've been dating for five years tells you he's in love with the girl he just met at Starbucks. Friends are also the ones who support you when you have a Tom Cruise-like outburst after going on a date with a man who you claim is your life-long partner.

It's true that your pals can have a big impact on you, and often times, without even realizing it, this influence includes the type of men you end up dating or whether or not you settle down with someone permanently. If you don't think that these scenarios describe your situation, ask yourself the following five questions:

**1. Do your friend's judge the men you date?** When dating someone new, almost everyone looks for approval from those around them. The expression on your friend's face or the body



language they display when you introduce them to your new boyfriend could actually have a bigger effect than you realize. What if your friends don't like that it takes your new guy 48 hours to return your text message? Or maybe they know his last girlfriend and heard some bad things about him.

Life coach Stacia Pierce affirms this thought and says, "Men and women generally present their dates to their friends for approval, especially if they intend to deepen the relationship. The opinion of your circle is often taken into consideration and can affect a decision to either move forward or cut the relationship short."

**Related Link:** [Can You Date Your Friend's Ex And Keep Your Friend?](#)

**2. Do your friends get along with your new man?** Hearing your loved ones making negative remarks about the new guy you've fallen for can be a little disheartening. After all, we want the ones we love to also love one another, and that means having everyone in the same room on New Year's Eve, for your thirtieth birthday, or even for a Saturday evening of karaoke. In fact, when your friends and boyfriend don't get along, it can really put a strain on your life and influence whether your romance will fail or succeed.

**3. Do they like and comment on your social media accounts?** When we post a new photo or status update on Facebook, Instagram or Twitter, the objective is that our network of friends see it and give it a retweet, like, or positive comment. Posting a picture of you and your partner going ice skating in Rockefeller Center can give you a glimpse into the underlying emotions that your friends have about your current relationship. If your closest friends ignore the photo and don't respond, it can definitely bruise your ego. If you're feeling sad or hurt by their non-reactions, then they may have a stronger influence on your relationship than you thought.

**4. Do you usually meet guys through your friends?** In the past, you may have heard one of your friends squeal in excitement, "I know the perfect guy for you!" Many romantic relationships can begin via introductions from acquaintances. However, before you jump into meeting someone blindly, make sure that the person your friend wants to introduce you to has some of the same common interests or values as you do.

Amanda Wozadlo, founder and co-owner of The Dating Stylist, agrees and adds, "If your social circle doesn't have the same goals as you, that may be why your dating game is lacking. It is important to have a variety of friends who share common life goals because they can introduce you to new potential dates."

**Related Link:** [Should You Date Your Brother/Sister's Best Friend?](#)

**5. Do your friends want to settle down or stay single?** Some people tend to follow the dating styles of their friends. For instance, if your friend is in a passionate relationship and always talks about the romantic candlelit dinners that their partner prepares for them every Friday night, then you may yearn for a lover who does the same. Consequently, if your friend is single and loves that they never have to worry about falling into the toilet bowl when their new guy forgets to put the seat down, then you may see the benefits of this lifestyle.

After asking yourself these questions, there's only one thing left to figure out: What do *you* want for your love life? If your friends truly love you, they'll support whatever decisions you make when it comes to dating and relationships, even if they don't agree with them.

**Cupid wants to know: How do your pals influence your romantic life?**

---

# What to Do When Your Partner Needs Space



By Louisa Gonzales

Being in a relationship means spending time together, communicating, and supporting each other. You want to respect your significant other and their choices, but what if that decision is your partner telling you they need space? Every person needs time for themselves and the chance to focus on their needs, without worrying about someone else's. Just because you're dating someone it doesn't mean you have to spend every single moment with them, it's something we all must learn. Cupid has some advice on what you can do, if your

lover says they, “need space”.

**1. Define exactly what they mean:** Does it mean they want space from you or your relationship? A break? It's good to establish things and ask what they're looking to get out of “having some space” and exactly what they want in terms of getting it. It will help you understand why they needed space in the first place and if the relationship is worth holding on to.

**Related:** [How to Handle a Clingy Partner in a Relationship](#)

**2. Don't freak out on your lovebird:** Take a breath and don't act on impulse, there's no need to get over emotional. There could be a million different reasons as to why your lover needs some space. Maybe they think you're smothering them or maybe they're just stressed. No matter what that reason is, if you don't want to push them further away, it is important to respect their request and not overreact. Their reasoning might have some valid points and in the long run your time apart could benefit your relationship, make it stronger, and give you the time to truly appreciate each other.

**3. Do share your feelings:** Express to your honey how you feel about their need for space, but let them know in a respectful and kind way that showcases your support about their decision. It will help them to take into account your feelings as well as let them know you are there for them. It is important for the both of you to hear and listen to what the other has to say. Doing this can set you on right track towards working out any kinks or issues in your relationship.

**Related:** [What to Do when He is Still Dating Others](#)

**4. Give them their space, but get your own also:** Give them what they want, but during this time on your own, take the time to focus on yourself. If your romantic mate, is getting some time for themselves, so should you. With all your free

time, you can start doing the things you've always wanted to try, but never had the time to. You can also spend the time reflecting on your relationship and the best direction to take to move forward, together or apart.

**What do you think you should do if your romantic interest says they "need space"? Share your tips below.**