

# Top 10 Halloween Treats For Your Mate That Won't Ruin Their Waistline



By [Whitney Johnson](#)

Whether you're a kid who anxiously anticipates trick or treating each year or an adult who can't wait to pick out a new Halloween costume, All Hallow's Eve is all about indulging. Of course, that doesn't mean you have to totally let yourself go in order to truly enjoy this spooky night. If you and your sweetie want to celebrate *without* feeling guilty, think outside the typical bag of candy and check out the 10 treats below:

**1. Pumpkin spice latte:** Once the leaves start to fall, it's

hard to resist a pumpkin spice latte from your local coffee shop. Instead of sipping on this high-calorie drink, try making one at home: Heat up canned pumpkin, a bit of milk, some cinnamon and a pinch of pumpkin spice in a sauce pan, and add the mixture to your usual cup of coffee. Then, head outside and enjoy your warm treat with your partner on a blustery fall day.

**2. Caramel apple:** This old standby is sure to satisfy your sweet tooth while also providing you with a healthy snack option. After all, an apple a day keeps the doctor away!

**Related Link:** [Best Celebrity Couple Costumes for Halloween](#)

**3. Caramel grapes:** For a smaller version of the treat above, why not try caramel grapes? Poke toothpicks into red grapes and dip them in melted caramel followed by crushed nuts. With these mini concoctions, you and your significant other will be happy with a just a taste of something sweet.

**4. Frozen “boo”-nana pops:** Perfect for kids and adults alike, these homemade frozen treats are sure to please. Cut one medium banana into four quarters lengthwise. Insert a Popsicle stick into each piece and freeze on a wax paper-lined cookie sheet. Melt some white chocolate in a coffee mug, and dip the frozen bananas in, one at a time. Quickly add chocolate chip eyes before the white chocolate hardens. BOO!

**5. Fancy popcorn:** This date night staple, whether you’re at home or at the movie theater, is a healthy option (as long as you don’t slather it in butter), and there are simple ways to make it even more delicious. Add some cinnamon and Splenda for a hint of sweetness or some Parmesan cheese and garlic pepper for something savory.

**6. Pumpkin Caipirinha:** Our list wouldn’t be complete without a few Halloween cocktails! For a low-cal drink, mix half of a lime, 1 ½ ounces of pumpkin puree, a pinch of nutmeg, a few ice cubes, ½ ounce of agave nectar, and 1 ½ ounces of Cachaca.

**7. Sangria:** For another healthy Halloween sipper, make blood red fruit sangria, using strawberries, cherries, raspberries, lemons, limes, oranges, and red delicious apples with red wine, brandy, and grape juice to give it the perfect orange color. Enjoy!

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**8. S'mores:** Light up the fire and put it to good use! Not only will it put you and your beau in a romantic mood, but it'll give you a tasty treat to boot. Make this classic dessert sandwich out of two low-fat graham crackers, a marshmallow, and a piece of dark chocolate (which is good for your heart).

**9. Toasted pumpkin seeds:** If you're anything like the staff at CupidsPulse.com, we can't get enough pumpkin. A simple way to enjoy this fall fixture is to toast the seeds – we love these three recipes.

**10. Spooky trail mix:** Add some candy corns to your usual trail mix, and you'll get a dose of nutrients, thanks to the nuts and dried fruit, as well as a hint of Halloween with the holiday candy staple.

**Tell us: What's your favorite healthy Halloween treat?**

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## How to Date Outside the Box in NYC





By Daniel Brown from Date Valet

Dating in NYC can be a minefield. Getting a date is hard enough these days, but then you have to come up with something fun and romantic to do. The most common New York Date ideas typically involve the movies and a drink or a meal. Going out for a nice meal at one of the most romantic restaurants NYC has to offer is a good date idea. However, it should be tied in with something a little more unique if you want to make the best first impression.

### **Consider unusual date times**

Thinking outside the box doesn't have to just be about the date activity; it can also be relevant in terms of date times too. Friday and Saturday nights tend to be the most popular option when it comes to date night. This is because you and your date are both typically working a 9-5 job and the weekends are the only time you have available. Changing the time of the date can drastically alter the experience. This is easier to do if you're self-employed. However you could also take a day off if you're due a holiday at work. Make it an



all-day date if you can.

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### **Take a mini vacation**

As NY dates go, you can't get more unique than a mini vacation. Surprise your date by whisking them away for a weekend. Now obviously if you've only just met them this may seem a little forward. However, providing you book separate rooms and you are respectful of their personal space; this date idea can really help you to make a fantastic first impression. It will be a date that you'll both never forget.

### **Opt for a cultural experience**

If you're both interested in art and culture, why not arrange a museum or art gallery date? You can do this during the day and many museums are actually free to enter. This is great news if you're on a budget. You can impress your date without having to spend a fortune. New York is a fantastic cultural hub with plenty to see and do.

### **Treat them to a Broadway show**

New York is the birthplace of Broadway. It may not be the most 'out there' date idea, but it's certainly one of the best. It's entertaining and more cultural than heading to the movies. It's also something you can both talk about afterwards. Wrap the evening up by taking her to one of the most romantic restaurants in NYC.

### **Take them on a romantic picnic**

It's hard to escape the hustle and bustle of New York life. It may be one of the best cities in the world, but sometimes it's nice to take a little time out. Pack a romantic picnic and head out to one of the many amazing parks in and around the city. A picnic is definitely one of the best New York date ideas. It allows you to enjoy delicious food as you really get

to know your date. You don't have to compete with the noise of the city. It's just you, your date and nature; nothing could be more romantic.

### **Book an experience day**

If you really want to treat your date to an unforgettable experience then an experience day could be the ideal option. These are usually adrenaline based activities such as hot air balloon rides, flying and track days. However, there are also spa experiences and wildlife encounters you can book. These unique activities will help you to have a great time on your date, provide you with a great topic of conversation and it's also something they'll never forget.

Try to get a feel for what type of activities they will likely enjoy before you book. If you book a tandem skydive and they're scared of heights it could prove to be memorable for all of the wrong reasons!

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### **Cook together**

Going out to a fancy restaurant can be romantic, but so can cooking together! Pick your date up and head to the supermarket. Shopping for groceries may not sound like the great start to a date but you'd be surprised. It provides you with a casual location where you will both feel at ease. You can then go back to the comfort of your home and cook a nice meal together. As you prepare the ingredients, you'll get to bond and get to really know each other. It's even recommended that long term couples cook together in order to bring the romance back into their relationship.

Overall there are so many things you can do on a date. Try to be as imaginative as possible. Think about what your date likes and what type of activities they prefer. Making it personal will ensure you have the best NY date.

*The Date Valet is a collective of artists, musicians, financiers, and entrepreneurs all infected with a serious case of nightlife and dating. You can get dating advice, tips and planning ideas for your date. It also plans you date less than the price of a cocktail.*

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## 5 Celebrity Relationships with Open Marriages



By Gabby Robles

Some say that open marriages are a recipe for disaster, but these [famous couples](#) say otherwise. These married celebrity

couples admit that attraction to other people is a natural force and don't restrict each other in the slightest. If you've been curious about open marriages, why not take a page from these five celebrity relationships that have them?

## Open Marriages for Famous Celebrity Couples

**1. Will Smith and Jada Pinkett Smith:** This Hollywood couple has talked openly about their marriage recently, with Will Smith stating, "Our perspective is, you don't avoid what's natural and you're going to be attracted to people." The famous couple doesn't keep each other on a tight leash by any means – even allowing one another to get intimate if the other approves.

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**2. Robin Thicke and Paula Patton:** After Robin Thicke's scandalous VMA performance with Miley Cyrus, the celebrity couple came forth about their open marriage. Thicke claims that the two have a very strong love and have the "most functional dysfunctional marriage in Hollywood." Whatever works, we guess!

**3. Dolly Parton and Carl Dean:** These two have a "don't ask, don't tell" policy. The country crooner told Oprah Winfrey in 2010, "That just means we let each other be who we are and how we are. But I'd kill him if I knew he was with somebody."

**4. Kody Brown and Christine, Meri, Robyn and Janelle Brown:** Also known as "The Sister Wives," this group is an extreme example of an open marriage. While all of them care about their family as a whole, some of the wives admit to having animosity towards each other. With four women sharing one man, we can't blame them!



**Related Link:** [Top 5 Celebrity Couples That Live Across the Pond](#)

5. [Brad Pitt](#) and [Angelina Jolie](#): While technically these two aren't married, the famous couple share six children and behave in the public eye as such. Jolie claimed, "I doubt that fidelity is absolutely essential for a relationship... it's worse to leave your partner and talk badly about him afterwards." She also said that the couple never set any restrictions on each other or their celebrity relationship, even though they live together.

It might not be okay for you, but it sure works for these famous couples! We give these pairs credit: An open marriage cannot be the easiest thing in the world, but they've been going strong for quite some time.

**What do you think about these celebrity couples and their open marriages? Share in the comments below!**

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## Fantasy Dating: How to Play the Game Right





By Suzanne Casamento

How many times have you heard your single friends say, “I’m never going to meet anyone”? or “There are no good singles in this city”?

Care to put a wager on that? Now you can challenge your friends to bust those myths by Fantasy Dating. Like in other Fantasy Sports, people join leagues, set stakes and compete to earn points. But when they Fantasy Date, singles earn points by dating. You score when you exchange numbers, receive texts, calls and go on dates.

Fantasy Dating takes the dread out of dating and replaces it with fun. Instead of worrying about things like, “Will he like me?” you focus on the points you need to catch up to your teammates.

If you’re ready to shift your dating mindset from “misery” to “awesome,” here’s how to get in the game.

**Start by looking around.**

There are quality singles everywhere. At the drugstore, farmer's market, dog park, beach, local sporting events, coffee shop – wherever – there are good singles there. They may not look like underwear models or whatever version of perfect you've envisioned, but good, smart, considerate, funny single people do exist.

You just have to look up from your phone long enough to notice them.

You laugh, but think about it. Do you chat with your BFF as you select granola at the market? Do you tweet as you wait for your morning coffee? Do you update your Facebook status as you walk your dog?

If so, chances are, you're walking by potential partners everywhere you go. So, rule number one is put the phone away and look around.

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### **Get caught looking.**

As you look around, when you see someone you find attractive, get caught looking. Brazen, we know, but if he or she doesn't know you're interested, how will they get the idea to approach you?

### **Be brave and smile.**

Did you just think, "What if he or she doesn't smile back?" Good question. First, the chances of that are slim. Nine out of 10 times, if you smile at someone or say, "Hi," they will mirror you. It's a natural reflex. But, back to the question – what if he or she doesn't smile back? Then you know that's not the person for you and you move on. After all, do you want to date someone who's not friendly?

### **Ask a question.**

Once you get the smile, you have a great opportunity to say, "Hi," and ask a question. If you're at the farmer's market, ask, "Do you know if these carrots are organic?" If you're at the coffee shop, say, "I don't speak Starbucks. What do they call the biggest cup?" If you're at the dog park, say, "Your dog is so cute! Is he a mix?"

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### **Give a compliment.**

If you have trouble coming up with a quick question, give a compliment. Everyone loves to be complimented. Say, "That shirt is a gorgeous color," "I love your watch," or "Nice shoes!" A compliment will make the object of your eye feel good and give them an opening to continue talking with you.

But stay away from compliments on someone's looks such as, "You're gorgeous," or "I love your eyes." Even though those statements may be true, they may come off sounding cheesy. So, compliment something he or she *chose* not something he or she *is*.

When you follow these simple steps, you'll get in the habit of being friendly and outgoing. Plus, as you meet people and date, you score Fantasy Dating points and get to kick Fantasy League butt!

The best part is, as you continue to engage with people, you'll gain confidence. And confidence is sexy.

*Suzanne Casamento is the creator of FantasyDatingGame.com. She launched Fantasy Dating after getting tired of hearing her single girlfriends complain about their boring love-lives. Since then, they have all dared to date. Suzanne is a dating expert, writer and speaker. Her mission is to empower singles to take chances, build confidence and find love.*



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# 5 Tips to Dating Someone with a Potty Mouth



By Kerri Sheehan

Does your lover spurt off curse words like it's his or her job? Dating someone who has a hard time forming a sentence that doesn't contain an expletive can be very trying. Whether they're embarrassing you in public, making it hard to you two to have intelligent conversations or losing their temper it's not an easy feat to handle all of that bad language. Here are some tips about dating someone with a potty mouth:

- 1. Keep them calm:** A lot of people only swear when they get

super frustrated. Rather than express their feelings in another manner they choose to use cuss words to release their frustration. One way to keep your partner's potty mouth clean is to help them be calm when things get out of hand. If a situation gets too high tension take your partner aside so they can cool off before they start running their mouth.

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**2. How much does it really affect you?:** Think about your relationship as a whole. How much does their cursing really affect you? If they confine their swearing to when they're at home then it's really not that big of a deal. However, if they're constantly cursing in public and making a scene then it's definitely something that needs to be worked on. Picking your battles is important in a relationship because nit picking at everything your partner does will only create a rift between you two.

**3. Don't have a double standard:** Should you decide that swearing is an issue that needs to be addressed, then don't be hypocritical about it. Telling your partner not to swear means that you have to cut out any or most swearing that you do yourself. This will be easier for some than others. Practice what you preach so you're not only setting a good example, but also maintaining your position about cussing.

**4. Have a talk with them:** If your date swears a lot it's likely that they have a slight anger issue. This is pretty common but you want to make sure your significant other can keep their temper in check. No matter how long you've been with your partner, them having a hot temper can still hurt your relationship and even frighten you if they get too wound up. Nobody wants to be walking on pins and needles during an entire relationship. Let them know how you feel about the situation and see if they can tone down their temper.

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**5. Broaden their vocabulary:** Swear words are used by a lot of people as sentence enhancers because sometimes they just make an expression sound better or more intense. To avoid this, introduce your partner to new words that they can use to replace any foul language. Once they have those new words integrated into their vocabulary his or her use of swear words can completely phase out within a few weeks.

**Have you ever dated a potty mouth? Share your story with us below.**

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## Top 5 Celebrity Couples That Live Across the Pond





By [Whitney Johnson](#)

Although Hollywood is still the number one stomping ground for the rich and famous, many celebrities are choosing to live abroad in an effort to protect their privacy and keep their personal lives from the public eye. Sure, there are European paparazzi, but even so, life is much more manageable. For celebrities with children, it's particularly important to give their families some sense of normalcy. Despite their distance from Los Angeles or New York City, American fans still love them. With this thought in mind, we developed a list of our five favorite celebrity couples that live across the pond:

**1. Victoria and David Beckham:** The fashion designer and her soccer star husband have recently returned to England after living in Los Angeles while David played "football" for the LA Galaxy. Now that his contract has ended stateside, the family of six is returning to their roots and looking for a new home in West London, close to the children's school. Still, they aren't giving up the California sunshine for good: It's thought that the Beckham's will spend the holidays in Los Angeles.



**Related Link:** [Celebrity Couples With Similar Wardrobes](#)

**2. Kate Middleton and Prince William:** The future queen and king of England expanded their family this summer, welcoming Prince George, who's now third in line for the throne. This new generation has stolen hearts all over the world with their laidback approach to royalty. Not only are the new parents handling most of the baby duties themselves (Prince William even changed the first nappy), but they also released an informal first family photo, taken by Middleton's father at her family's Bucklebury estate.

**3. Gwyneth Paltrow and Chris Martin:** The G00P founder and Coldplay frontman have lived in London for over a decade; Paltrow feels so comfortable there that she calls it her "adopted home." Plus, their children, daughter Apple and son Moses, even have British accents. While they recently relocated to Los Angeles full-time for their kids' schooling and to be closer to Paltrow's mother and brother, the family will eventually return to the United Kingdom because the movie star believes that the education system is better in England.

**4. Penelope Cruz and Javier Bardem:** This famously-private couple lives in Madrid, Spain, with their children, son Leonardo and daughter Luna. The Spanish-born actors began dating in 2007 and were married in July 2010 in the Bahamas.

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**5. Kate Hudson and Matthew Bellamy:** This California girl bought a house in London in February 2011 and now lives half of the year across the pond with her fiancé, Muse musician Matthew Bellamy. The couple were engaged in April 2011 and welcomed their son, Bingham, in July 2011. The family is often seen out-and-about in the rainy city with Hudson's parents, Goldie Hawn and Kurt Russell, as well as her nine-year-old son, Ryder.

**Who is your favorite celebrity couple across the pond? Tell us**

in the comments below.

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# K-Paul's Louisiana Kitchen Proves That Love is the Secret Ingredient Behind Culinary Success



By Barbara Merrill

The thought of working with one's spouse may seem like a surefire way to negatively impact a marriage. Being unable to take some "me time" after a heated argument can not only take

its toll on the relationship, but it can negatively affect the couples' work environment. However, for some couples, finding that balance is not only simple, but it can also be their secret to a successful business. One of those duos is K-Paul's Executive Chef Paul Miller and Accounting Manager Brenda Prudhomme-Miller.

Meeting this couple was just as exciting as dining at the legendary K-Paul's Louisiana Kitchen in New Orleans. Upon our arrival, we were escorted to a lovely table on the second floor of a very bustling room. Soon after we sat down, we were greeted by Paul and Brenda, who joined us for the next two hours on our culinary journey, all the while sharing with us their day-to-day lives and their not-so-complex secrets to a successful restaurant and 18-year marriage.

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Turtle soup, gumbo, and frog legs – oh my! These dishes may not be a staple in this native Brooklyn girl's diet, but in the spirit of experiencing authentic Cajun/Creole fair, I knew K-Paul's, established and thriving since 1979, was the place to sample such items. Both from Opelousas, there's no doubt that Paul and Brenda take great pride in serving food they grew up eating. After all, one of the best ways of connecting with people is through food, and connected I was.

The turtle soup was definitely an unexpected surprise. Prepared with turtle meat and beef tenderloin and then simmered in beef broth, this savory soup conjured up childhood memories of stews my grandmother would prepare. My friend, who vowed to order gumbo in every establishment in New Orleans, proclaimed K-Paul's gumbo the best. It wasn't too thick; it wasn't too thin; it was just right – and no, her name isn't Goldilocks. As for the frog legs, they were gigantic and very tender, and unlike many other descriptions I've heard in the

past, they didn't taste like chicken. They have a mild "fishy" quality that made them surprisingly light.



Brenda Prudhomme, Chef Paul Miller, Lori Bizzoco, and Barbara Merrill.

Between smacking my lips and reaching into the plates of my companions, we talked about how Brenda and Paul met. Paul first met iconic Chef Paul Prudhomme in 1975, where he worked under his direction at Brennan's. From there, the two formed a connection compelling Paul to follow Prudhomme to Commander's Palace in 1977 and finally to K-Paul's in 1981. Enter Brenda, Chef Prudhomme's niece. She was visiting her uncle at the restaurant one evening, and as they say, the rest is history. The couple has three children between them, all of whom live in New York.

With the exposed brick walls, white table linens, and terrific wine list, it's no surprise that K-Paul's has been the setting for hundreds of marriage proposals and even a few weddings. While tasting the evening's special – the Surf & Turf, a light and flaky, perfectly seasoned, blackened Louisiana Drum and a very tender filet in debris sauce (yes, debris sauce, but don't let the name fool you) – we discussed how Brenda and Paul reconnect with one another in the evenings and on their one day off. Brenda likes to "wash the day away" as soon as she gets home and just focus on her time with Paul. They enjoy



watching something that helps them unwind and laugh together; *Modern Family* seems to do the trick. As for cooking, well, they both do it. Brenda explained that she prefers a low-sodium diet, so on their day off, there's one bottle of wine but two skillet on the stove.

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Speaking with Brenda and Paul for just those two hours, it was clear they really enjoy working together. Maybe the secret to their success isn't really that mysterious after all. They respect each other's role at the restaurant, and Paul even joked with me and my dining mates, "She's in the front office, and I'm in the back, and she's usually right!"

One of the most impressive facts I learned about K-Paul's is that they don't have a freezer. Everything served was purchased for that day. Paul explained that, while we were dining, the shrimper he uses was out catching shrimp for tomorrow's menu. Sharing the pressure of serving the freshest ingredients is a real testament to how in sync Paul and Brenda really are. Their [love](#) for the restaurant is undeniable, but their ability to put it behind them and enjoy their alone time is really the key to their marital success.

*For more information about K-Paul's, check out their website, <http://www.kpauls.com/>. You can also follow them on [www.facebook.com/kpaulslouisianakitchen](http://www.facebook.com/kpaulslouisianakitchen) and Twitter [@kpaulslakitchen](https://twitter.com/kpaulslakitchen).*

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# How to Locally Sail the High Seas With Your First Mate



By April Littleton

Traveling the world together can give you and your partner the chance to relax and reconnect romantically. When you're out at at sea, time seems to slow down. How could you worry about anything when you have such a beautiful view surrounding you? Don't worry, you don't have to spend your entire life saving in order to venture out to new places. Cupid has some ideas:

**1. Check out cruise sites:** Some of the cheapest cruise deals are found on the Internet. Try websites such as [Travelocity.com](http://Travelocity.com) and [expedia.com](http://expedia.com) for great, low rates on some of the best cruise packages. You'll almost never find any

generous discounts if you choose to book the cruise directly from the source, so try some secondary websites first before you decide to spend half your paycheck.

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**2. Rent a boat:** If either you or your partner has some experience with a boat or a yacht, then forget about a cruise and take to the sea yourself. Do some research on boat rental companies that are located near you and pick the dates you want to reserve. Even if you and your honey are inexperienced, the opportunity to be alone and try new things with one another will certainly be the highlight of the day.

**3. Cook for the crew:** You and your significant other might want the REAL sailing experience. If you know anyone who works with a boating crew, ask if you can volunteer over a weekend. Crew members can always use an extra set of hands on deck, so don't be afraid to ask for a ride – as long as you're willing to help out. How fun would it be for you and your boo to prepare the meals for the boat? You might not know what you're doing, but that's part of the fun. Plus, you'll probably be alone with your partner in a cramped room. Aside from the funny fish smells, you might find the whole thing a bit romantic.

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**4. Find a cabin near the ocean:** You might not necessarily want to be out at sea, but you wouldn't mind having a similar view. Pick a weekend where both you and your love have some free-time and rent a nice cabin or beach house out by the ocean. If a short weekend getaway just isn't enough, take a couple of weeks off of work and spend some time rekindling the flame with your lover. You can learn how to jet ski or water paddle in the process.

**What are some other ways to locally sail the high seas with your first mate? Comment below.**

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# 5 Simple Ways to Turn Your Relationship Around



By Elliot Connie

No one likes to talk about problems with their love partner. That's not surprising, because problem-focused talk starts with a negative statement and assumption: *We have a problem.*

For many years, I've been working with couples and training couples' therapists using a different approach. It's called solution-focused communication. When we turn problem-focused talk on its head and look to find a solution instead, the results are dramatic, positive and surprisingly quick.



The next time your partner says, “Honey, we need to talk,” see if you can steer the conversation in an upbeat, solution-focused direction. Here are five ways to do it:

**1. Discuss it as a goal, not a challenge:** When you partner says, “I’m not happy when you do XYZ,” gently suggest to him or her that you could talk about ways to make things better. Discuss the issue in terms of a goal—what you both like, what makes you happy. When you begin the conversation with goals, it gets both partners thinking about solutions, possibilities and opportunities for change.

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**2. Notice “did wells” and “did rights”:** Sometimes when we get into a negative pattern with our partners, it’s too easy to notice all the things we don’t like—pet peeves, annoying habits, even his or her tone of voice. See if you can think back over the last few days and name some things your partner did well and got right. Maybe he reminded you about your doctor’s appointment, or she took the time to fix you breakfast. Share these observations with each other. Doing so helps each partner feel noticed, valued and appreciated.

**3. Establish a true partnership:** In business, people are assigned to the specific jobs for which they are best qualified. Couples who divide their roles in terms of who is equipped to do the job better have fewer problems in their relationships. Talk to your partner about what you’re each good at (your strengths) and what you’re not so good at (your weaknesses). Then match the household jobs with your respective strengths. This will create an effective and high-functioning relationship dynamic that brings out the best in both people—and minimizes conflict.

**4. Recall your honeymoon phase:** Couples spend a lot more time talking about conflicts and problems than they do about all the qualities that made them fall in love with each other in

the first place. Sit down with each other and retell the story of how you first met. Try to remember details from those first few months—everything that surprised and delighted you. Having this conversation will stimulate many good ideas and feelings.

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**5. Continue to date:** Remember what it was like to date your partner? Maybe he brought you your favorite take-out. Or she wore that dress you loved. When you were dating, both of you said and did things to make each other happy. It's simple to get out of a relationship rut by reintroducing some of those early behaviors, from kissing each other when you leave for work in the morning, to sending the occasional love text, to surprising your partner with a night out. The key is to do these romantic things daily and regularly.

*Elliott Connie is a best-selling author, well-known relationship therapist, and an internationally known speaker and teacher who trains clinicians in Solution-Focused Brief Therapy around the world. His newest book is **The Solution-Focused Marriage** (2013). Learn more at [www.elliottspeaks.com](http://www.elliottspeaks.com).*

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## 4 Questions to Ask Yourself Before Getting Married





By April Littleton

Getting married is a big step in a couple's relationship. This should be an exciting time for you as long as you're doing it for the right reasons. Are you about to tie the knot with that special someone, but in the back of your mind you're still questioning your motives? Cupid has four questions you should ask yourself before you decide whether or not you're ready to commit:

### **Why are you getting married?**

What's your reason for getting married? Some couples feel pressured to get married because of a family member or friend who is close to tying the knot. You shouldn't feel like you have to rush future plans with your honey just because you see everyone else making the final commitment to their loved ones. You need to get married for the right reasons, so if you're skipping ahead because you see everyone else doing it, then you need to take a step back and be honest about your relationship.

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## **Are you 100 percent sure?**

It's normal to have pre-wedding jitters, but once those nerves fade away you should be completely sure your partner is the one you want to spend the rest of your life with. If you're constantly catching yourself doubting your decision to get married, sit down and talk to someone you trust or see a pre-marital counselor. Trust yourself. If the situation just doesn't feel right to you, postpone the wedding until you feel more comfortable.

## **Do you and your partner have similar life goals?**

Think about whether or not you and your significant other want the same things in life. How many kids do you see yourself having with your honey? Will your careers keep you from spending a lot of family time together? Where do you want to live? How financially stable will the two of you be? Your marriage won't succeed if you and your partner don't have similar goals and interests. It might not seem like much now, but once you're around each other on a long-term basis, you'll realize how important it is to be on the same page with each other.

**Related:** [Premarital Counseling – The Pros and Cons](#)

## **Do you really know the person you're getting married to?**

How long have you and your partner been in a relationship with each other? Have you both been completely honest with each other since you've been an item? If you're keeping anything from your significant other and if you've caught him/her in their fair share of lies, think about what that means for your relationship. Do you really know each other? You might want to spend some more time connecting with each other before you make such a huge commitment to each other.

**What are some other questions you should ask yourself before getting married? Comment below.**



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# Hollywood Couples that Went from Reel to Real



By April Littleton

It doesn't take much for two celebrities to hit it off while they're practicing lines together on the set of their new film or while shooting some improv on the latest hit television show. Many of us wonder what it would be like to see some of our favorite onscreen couples create a celebrity love story in real life. Well, brace yourself! Cupid has a list of [Hollywood couples](#) who took their romance off-camera:



# Celebrity Love Stories That Began On-Screen

**1. Liam Hemsworth and Miley Cyrus:** Although Miley Cyrus isn't necessarily singing Liam Hemsworth's praise with her newly-dropped single *Wrecking Ball*, who can forget the celebrity love story that unraveled when the two first met? During the production of the film *The Last Song*, the pop star began dating her Australian co-worker. She even went as far as to call him her "first serious boyfriend." However, the celebrity couple had a rocky relationship from the start. The duo broke up twice before announcing their celebrity engagement in June 2012. Three times wasn't the charm in this case either: The pair recently called off their relationship for good.

**Related Link:** [Celebrity Photo Gallery: Famous Couples Who Work Out Together](#)

**2. Channing Tatum and Jenna Dewan-Tatum:** It was love at first sight when Channing Tatum met his celebrity love on the set of the 2006 flick, *Step Up*. After the film wrapped, the pair began dating. Two years later, the famous couple got engaged in Maui, Hawaii, and they married on July 11, 2009 at Church Estates Vineyards in Malibu, California. The lovebirds recently added a new addition to their family, a baby girl named Everly Elizabeth Maiselle who was born on May 31st of this year.

**3. Ashton Kutcher and Mila Kunis:** It shouldn't be a shock to anyone that former *That 70's show* co-stars Mila Kunis and Ashton Kutcher are finally an item. After all, he was her first kiss. In 2001, Kunis admitted to *People* that she took a liking to Kutcher the moment she saw him. "I was like, 'Oh, he's so cute, it's the Calvin Klein model!' ... Then I was like, 'I have to kiss him?' I was so nervous and uncomfortable. I had the biggest crush on him." More than a decade has passed since that on-screen kiss, and the Hollywood couple have been

dating for over a year now.

**4. Eva Mendes and Ryan Gosling:** Eva Mendes and *The Notebook* actor met while filming *The Place Beyond the Pines*. Although the couple keeps their celebrity relationship tightly under wraps, Mendes did speak briefly to *The Edit* about her boyfriend of two years. “I literally lose my ability to speak... I live in a very protective kind of bubble that I’ve created for myself.”

**Related Link:** [10 Celebrity Couples We Never Knew Existed](#)

**5. Brad Pitt and Angelina Jolie:** The chemistry between these two was hot on and off the set of their movie *Mr. and Mrs. Smith*. Although Brad Pitt was still married to Jennifer Aniston during the filming of the 2005 box office hit, the *Lara Croft: Tomb Raider* actress later admitted that the two “fell in love” on the set. In January 2006, she confirmed to *People* that she was pregnant with Pitt’s first child. After a seven-year celebrity relationship together, Brangelina announced their engagement April 2012.

Who are some other Hollywood couples who turned their on-screen love into the real thing? Comment below.

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## Planning the Perfect Proposal





By Rachel Seliger, JDate Community Manager

Over the past few years, we have seen hundreds of couples share videos of their engagements for the world to see. We laugh, we cry, and we love to share that special moment with the happy couple.

If you are planning the big moment and need a little inspiration, here are my top five suggestions for seamlessly executing your proposal:

**1. Get family and friends involved:** This is a milestone moment and it's always fun when everyone knows what's about to take place except the one who is about to get proposed to (plus, your guests can help you plan!).

**Related:** [Creating a Celebrity-Style Wedding](#)

**2. Research rings:** By now you should have some idea of your significant other's style – for example, traditional or contemporary? Or, perhaps an heirloom would be a home run? The ring tells a lot about the recipient, so if you are struggling, pay close attention to how your future fiancée

dressess, accessorizes and decorates and if all else fails, call the best friend.

**3. Capture it on film:** Hire someone or get a friend you trust to video the proposal. Most likely you and your partner (similar to the wedding) won't remember all the amazing details and what was said, so it makes sense to capture the happiness you felt when you both said yes to this new chapter.

**4. Don't be a copy-cat:** Yes, there are a lot of good proposal examples out there, but do something unique and authentic to you as a couple. If you hate musicals, then don't incorporate a flash mob!

**Related:** [Weddings Show Single Men What They're Missing](#)

**5. Keep calm and marry on:** If your significant other senses you are acting strange, they will either catch-on or think you are breaking-up with them. Neither is a good start to the perfect day, so have fun and be yourself—it's why they fell in love with you in the first place.

JDate, the leading online Jewish singles community, is calling all couples who met on JDate to submit a video of their proposal for the chance to be crowned JDate's Next Top Proposal. If you are a JDate Success Story and have a video of your engagement or are willing to reenact it, head over to JDate's Facebook page and enter your video.

*Rachel Seliger is a dating guru and Community Manager of JDate.com, the premier online community for Jewish singles. She's here to break down the rules of dating, share first date tips and offer words of encouragement when dating gets tough, visit her Tumblr page for more insightful advice.*

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# Celebrity Athletes and the Women Behind Them



By Ashley DelBello

It's no surprise that relationships are work, but when your beau is a well-known athlete it takes a special kind of woman to be able to date them and handle the added pressures that come with being in the spotlight. What gives them that extra strength? Cupid takes a look at a few celebrity athletes and their partners:

**Lamar Odom and Khloe Kardashian:** It couldn't be a worse time for this couple. Lamar is said to be battling a drug addiction and Khloe appears to be trying to stay strong coming off of their four-year anniversary. While Khloe is no stranger to the



spotlight and her way of handling it has been somewhat controversial with her cryptic posts on Instagram and Twitter, Khloe has been adamant that she wants Lamar to get better and will not make a decision about her marriage until after the current season of *Keeping Up with the Kardashians* has stopped filming – allowing her sufficient time to keep her personal life off camera as much as possible.

**Related:** [Favorite Celebrity Wedding Dresses](#)

**David Beckham and Victoria Beckham:** Just about every woman in the world is in love with David Beckham, so how does former Spice Girl Victoria keep her cool knowing many women want her man? She became just as successful as her husband. She learned how to deal with the pressures of being a mom of four, a former pop star and she has her own clothing line. This power couple seems to have nothing to worry about.

**Andy Roddick and Brooklyn Decker:** While they married young and she's just as busy if not busier than him these days, supermodel-turned actress Brooklyn Decker was very much supportive of Andy and his career – even tearing up at the end of his last match. Andy also returns the favor as Brooklyn has openly discussed how being married to him gives her a new appreciation for her body. Speaking to *Women's Health* Brooklyn said: "He's taught me that it's not how thin you are that matters. It's how your body performs, how it endures wear and tear."

**Related:** [Celebrity Couples Giving Back on 9/11](#)

To date an athlete with superstar status, women need to be secure and have their own life, but they also need to know how and when to be supportive when those traits are reciprocated from their partner – qualities that are good for any healthy relationship, whether your other half is a David Beckham or not.

**What other qualities do women dating super star athletes need**

to have? Comment below.

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# Favorite Celebrity Wedding Dresses



By Jennifer Harrington

For those of us who love to follow celebrity news, it's always fun to follow what the stars wear on their wedding days. Some celebrities choose styles that establish the future trends for other brides, and others choose dresses that more closely mirror their persona, unique sense of style. Given we are in the midst of summer wedding season, here is a look at some of

Cupid's favorite celebrity wedding dresses:

### **Kate Middleton**

As soon as Prince William and Kate Middleton announced their long-anticipated engagement, the world began speculating about what Kate would wear on her wedding day. April 29, 2011, as two billion people around the world watched, the royal wedding dress was revealed. Kate chose a dress designed by Sarah Burton for Alexander McQueen. The dress was described by *The Telegraph* (UK) as "a model of sumptuous simplicity, perfectly suited to the sweet and serene style of the woman who is now Duchess of Cambridge and is destined to be the future Queen of England."

**Related:** [8 Things Your Wedding Can Do Without](#)

### **Katie Holmes**

Let's forget for a moment that Katie Holmes and Tom Cruise are now divorced, and remember that back in 2006, the couple had a whirlwind romance and welcomed daughter Suri before they celebrated their wedding in Italy. To exchange wedding vows with her movie star husband November 18, 2006, Katie chose a romantic off-the-shoulder gown designed by Giorgio Armani. The designer remarked when Katie first appeared, "It was, by far, the most charged moment of the evening." Seven-month-old Suri wore an ivory silk dress designed to match her mom's iconic gown.

### **Jessica Simpson**

When pop star Jessica Simpson married fellow singer Nick Lachey October 26, 2002, she chose a Vera Wang custom strapless dress with a 11-carat Harry Winston pave diamond headband attached to her veil. While the dress was fit for a princess and the wedding seemed like a fairy tale, the marriage between Jessica and Nick did not last. As Jessica

looks toward the future and has plans to marry her current beau, Eric Johnson, she speculates when it's time to pick her next dress, she will choose something low-cut and said, "I want it to be different from what I've had before."

### **Gwen Stefani**

Gwen Stefani has her own rock star style that is often colorful, bold and daring. When she married fellow musician Gavin Rossdale September 14, 2002, she chose a custom-made dress that was girly and punk – a perfect mix for her fashion taste. Her dress was John Galliano by Dior and was pink ombre. Gwen liked her dress so much she had a second wedding ceremony, just so she could wear the dress again!

**Related:** [5 Celebrity Couples that Waited for Marriage](#)

### **Lisa Ling**

Journalist Lisa Ling exchanged wedding vows with Paul Song, a physician, May 26, 2007. The invitation to the wedding provided a sneak peek of what guests could expect from Lisa's wedding dress, reading "If you're cool, you'll dress Asian chic." Lisa walked down the aisle wearing a red dress with a metallic print, designed by Vivienne Tam. The breathtaking dress, while seemingly an unconventional choice, was true to the couple's Asian-roots and their Asian-inspired wedding ceremony.

**Who would you say is the best-dressed celebrity bride? Should we add anyone to our favorite celebrity wedding dress list? Comment below.**

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# Twitter Dating 101: Actions Speak Louder Than Tweets!



By Mandy Hale

In honor of National Singles Week this week, I'd like to address a new phenomenon that seems to be sweeping the globe faster than planking and twerking combined. (Okay, maybe not THAT fast.) What am I talking about? Twitter dating!

Not to be confused with online dating, "Twitter dating" is when you stumble across a profile of someone on Twitter who intrigues you, begin following them, they begin following you and a flirtation starts to build in the form of tweets and direct messages, aka "DM's." The more Twitter popularity climbs, and the more we increasingly turn to our social media

circle as a trusted community of friends, the more rampant these “Twitter crushes” seem to become. Which would be all fine and good if they turned out well. Or even okay. But I’ve had two experiences with “Twitter dating” and both have been what we like to call on Twitter (don’t forget the hashtag): a #MajorFail.

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

Because of this, I thought it was half past time to establish some rules or guidelines to help the single ladies of the world know when to follow and know when to block – a few red flags to look for that might save you from a giant stop sign up ahead. I mean, none of us want to end up on “Catfish,” right? So here are some early warning signs that your Twitter crush’s “character” might not go any deeper than that infamous 140 or less limit...

1. A lack of photos other than his profile pic. Big red flag. If he portrays himself to be a functioning, successful adult, there should be SOME other photos of himself other than his avatar. And I don’t mean photos of inanimate objects or his dog or the ocean. I mean ACTUAL photos of him, clear photos, where you can see his face. In the day and age of camera phones, if a man is hiding his face from his profile – there’s a reason.

2. A lack of any sort of online presence other than Twitter. Okay, so Facebook isn’t everyone’s cup of tea, so we’ll let it slide if he doesn’t have a FB page, but if a man doesn’t have SOMETHING out there besides his Twitter profile that can vouch that he’s a real person (an Instagram account, a LinkedIn profile, a Google+ page...SOMETHING), chances are – he’s not. I mean, God gave us Google for a reason, ladies; so we can let our fingers do the walking and learn a little more about our Twitter crush before we welcome him offline and into our lives! If you Google him and absolutely nothing comes up, I’d

definitely be a little wary. And for that matter, if you Google him and an article about how he was arrested for cyber-stalking pops up, obviously – RUN, don't walk, to your nearest block button.

3. Finally – maybe neither of the above apply to your situation. Maybe you've seen his FB page, you're following him on Instagram, and everything seems to be on the up and up. But THIS is where you have to watch out for another phenomenon – the infamous “Twitter player.” Just because he is physically who he portrays himself to be doesn't mean his character matches up with his 140 characters. I encountered the not-so-rare species “The Twitter Player” back in March, and found myself in a drive-by relationship: One where he faked a future with me for a few weeks before moving on at break-neck pace to another unsuspecting Twitter victim.

So how do you identify a “Twitter player”? This one's a little trickier, so here are a few signs to look for: If he's regularly flirting with other girls on his timeline. If you've taken the relationship offline and are talking and Skype-ing and texting, yet he NEVER talks about you openly on his Twitter timeline. Or if he comes to town to see you and STILL doesn't post about you, take a picture with you and actually CHECKS IN SOMEWHERE ON FOURSQUARE but doesn't bother to tag you (Not that this EXACT scenario happened to me or anything. Okay. It did.) Online and in life – if a man hides you, it's because he's still out there seeking something besides you. It's better to render the player powerless by exiting the game than wind up losing your dignity and your self-respect to play a losing hand.

**Related:** [Tips for Making a Long Distance Relationship Work](#)

Based on my experiences, I have to say I'm retiring “Twitter dating,” at least for the foreseeable future; but if you choose to roll the dice, I'd just encourage you to be careful. Set boundaries. Don't ignore the signs. And online and in life

– always date smart by guarding your heart. (It's the most precious commodity you have).

*Follow Mandy Hale on Twitter @TheSingleWoman. Get more fabulous tips on love by checking out her website, <http://thesinglewoman.net/> or grabbing your copy of her new book *The Single Woman: Life, Love, & a Dash of Sass*, available on Amazon and anywhere books are sold.*

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## **Top 5 Don'ts We've Seen From Miley Cyrus That Should Never Enter the Dating World**







By Laura Bensen

After the performance at the VMA's and her newest music video, it is safe to say that Miley Cyrus is on everyone's minds whether we like it or not. She has taken the media by storm and consequently our consciousness but don't fret. This is not a complete lost cause. There are lessons to be learned from this. So here are five don'ts that should never enter the dating world as seen by Miley Cyrus:

1. At the VMA's we saw Miley twerking on Robin Thicke. This is wrong for so many reasons. Don't twerk on a married man. With a child. On TV. When you have a boyfriend. Or in general. Just don't twerk. While Thicke might be in trouble with the Mrs. (I know I would be mad!), we do know that Miley certainly is with her on again off again fiancé Liam Hemsworth. So the lesson here? Don't get up on another man when you have one of your own.

**Related:** [5 Lessons to Learn from Celebrity Divorce](#)

2. Don't orally pleasure garden tools, construction tools or foam fingers. She just needs to stop putting things in her

mouth or she's going to get sick. Also, while some people might think it's sexy to put objects in their mouths, a guy might find this as an indicator for the Herp.

3. In her new song Wrecking Ball, she cries, gets naked, and rides a dirty wrecking ball to show how 'emotionally exposed' she is. Don't cry and don't get naked to show you have emotions. Please do not ride a wrecking ball, clean or dirty. It will not lead anywhere good. While there is nothing wrong with crying-everyone cries sometimes- it's not good for a relationship to do it too early on. It can scare off potential prospects very easily. Getting naked too early on will lead you down a very short road where respect is scarce.

4. While this one is a bit of a throwback, we can see signs of Miley's retaliation, joining the slew of ex Disney actresses (Britney, Christina, Hilary and Lindsey. Sweet Jesus, Lindsey was the worst) against modesty back in 2010 with her video Can't Be Tamed. First of all, channeling your inner Britney past Baby One More Time is never good. Men might not want a meek girl but they probably don't want a trashy, weird and violent bird either. There is a pretty wide median to walk and Miley vaulted right over it. So it's okay to be a fiery female, remember your checks and balances.

**Related:** [Is Being Center Stage Ruining Your Relationship?](#)

5. Please keep your tongue rolled up and in your mouth. Ladies use it for speaking. Not for obscene gestures. As my mama would say "you keep making that face it's going to get stuck that way".

So on the whole, while we all want attention and a partner to love us and to love back, please remember to love and respect yourself.

*Laura Bensen is a freelance writer for Magazines.com from Tacoma, Washington. She enjoys gorging herself on celebrity gossip and chocolate.*

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# 5 Best Blind Date Websites



By April Littleton

Online dating has gotten more popular over the years. You hardly ever hear anyone say how he or she met their significant other at a bar or at their friend's birthday party. Let's face it, meeting someone the old-fashioned way just doesn't exist anymore. More and more people are searching for true love on the Internet. Whether you're looking for something casual or long-term, there's a dating website for just about everyone. Here's Cupid's top five:

**1. Zoosk:** This social network incorporates online dating

services with other social networks, like Facebook. The site also comes equipped with several mobile apps to make finding that special someone a little easier. Zoosk.com targets a younger audience. Most of the users are between the ages 25 to 35. The website offers a “couples” services to members who have already found a match.

**Related:** [5 Tips for Creating a Perfect Online Dating Profile](#)

**2. eHarmony:** This online dating website is designed specifically for men and women to find long-term relationships. Since the launch of the site in 2000, eHarmony has gained over 20 million registered users. Unlike other dating websites, eHarmony matches singles based on a compatibility questionnaire and a special matching system. As of 2012, eHarmony is responsible for nearly 4 percent of U.S. marriages.

**3. Match.com:** Match provides its online dating services to 25 countries. In 2012, Match.com announced a new service, Stir. Members now have the opportunity to attend local events using the new service, ranging from cooking classes to wine parties. Match.com also offers on-site games that allow users to get to know each other in a more natural way.

**4. OurTime.com:** OurTime is the number one dating sites for singles over 50. The website is designed to help older individuals connect with one another while looking for a meaningful relationship. Members can use a various amount of search options in order to help them find exactly what they may be looking for in a partner.

**Related:** [Are You Dating a ‘Mad Man’?](#)

**5. OkCupid:** OKCupid is a free dating and social networking website. Users can communicate with each other through instant or private messaging. Although registration is free, members who choose to pay a small fee can save favorite user profiles, browse openly and have more filtering options. The website



matches singles together through member-created quizzes and questions.

Are there any more websites that should be included in this list? Comment below.

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## CMT's 'Sweet Home Alabama' Star Bubba Thompson Says to "Cowboy Up" in Love



By Bubba Thompson

Before she could say a word, I knew it was all over.



I was walking up to see the woman of my dreams. She was standing in the middle of a tree-lined street. It was a starry night and the moonlight was peering through those trees and I was very much in love with her.

I had a ring in my pocket and was about to commit to her forever.

But I could see in her eyes from a ways away, that I was walking into one of the most embarrassing and painful moments in my life. She was in love with another man. I was going home alone. And, of course, the whole thing was going to be on national TV.

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

How do you recover from this situation? I get asked about it a lot. For those of you who might not listen to a lot of country music there is a great saying from Garth Brooks that “some of God’s greatest gifts are unanswered prayers”. I had that song playing in my mind for weeks.

My name is Bubba Thompson and I am a cowboy. I have a small ranch where we break in horses and raise cattle in the small town of Geneva, Alabama.

What’s a simple cowboy know about falling in and out of love? I learned a lot from that massive rejection, and from all the letters and emails I received afterwards, so I decided to write about it.

Mainly, I believe the “rules” we all get told do not work. They are rules like how many days to wait before returning a phone call or how long to ignore someone who texted you something nice. These shouldn’t be called rules, they should be called tricks or – even worse – games. And really, how many people have really found happiness by playing these games?

Instead of “rules”, I believe in living life by a code. A code

of honesty, respect, dignity and treating other people as you would want to be treated in return.

When I text someone something nice to tell her I am interested, I sure as heck don't want to wait 7 hours to hear back from her – so why would I do that to someone else in return?

My advice is to keep putting your honest feelings out there no matter what. A cowboy code is when you get bucked off, you get right back on (for more go to [www.cowboycodeusa.com](http://www.cowboycodeusa.com)).

There have been times I was bucked off laying in the pasture with the wind knocked out of me. One of my partners will ride by and say “cowboy up!” and in our world that means face the pain, and get yourself right back in that saddle.

There are things you can do to get yourself ready for that person to enter your life. Staying honest with your feelings, and staying faithful that there is a special angel out there and a higher plan to bring him or her to you, are ways to keep your mind positive.

And there are ways to keep the communication between yourself and your partner better and more open. Out here, in a cowboy's world, a handshake still matters. It means you have given your word. In love, your word and your actions are everything.

**Related:** [The New Dating Game](#)

Living faithfully, honestly and being willing to share yourself are the keys to a longer, richer, happiness.

“Cowboy up!” and you will find that meaningful love.

I believe that with all my heart.

*Bubba Thompson's new book “The Cowboy Code: How a lady should be treated and how to get your man to treat you The Cowboy Way” is on sale at Amazon.com or at [www.cowboycodeusa.com](http://www.cowboycodeusa.com)*

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# National Singles Week: How to Stay Connected



By Gabriela Robles

It's the week that makes us all embrace the strong, sexy women that we are – National Singles Week!

Dating during this day and age can seem almost impossible, but it isn't! The following list, which gives singles advice on how to successfully make romantic connections in a constantly connected world, is built from ChristianMingle and JDate's newest study titled Mobile's Impact on Dating and Relationships, which reveals surprising data about singles'

smartphone habits and redefines dating etiquette in the digital age.

**You don't need to hide your phone on a date:** 81 percent of singles find it acceptable or would not be offended if their date responded to a text, email or phone call while on a date – as long as the response was accompanied by a reasonable explanation.

**You do need to send a little love note within 24 hours of a good date:** 78 percent of singles expect to communicate within 24 hours after a good first date.

**A text in lieu of a phone call? Totally acceptable:** Approximately one-third of both men (31 percent) and women (33 percent) agree it's less intimidating asking someone on a date via text versus making a phone call.

**Make sure you're okay with sharing the bed:** While they sleep, 25 percent of singles ages 21-26 keep their phones in bed with them and two-thirds of singles keep their phones within at least an arm's reach of bed. A surprising 16 percent of singles have even admitted to checking their mobile phone during sex.

**Just because you can communicate 24/7 doesn't mean you should:** 20 percent of singles are annoyed by someone who sends more than 10 text messages in a day, with the majority of singles becoming irritated after being sent more than 15 text messages in a day.

**Want to meet someone new? Your smartphone is a good place to start:** 55 percent of singles feel their mobile devices make it easier to meet and get to know people they may be interested in dating.

**What are some ways you take advantage of technology while dating? Tell us in the comments below!**



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# 8 Kissing Techniques That Will Make You an Unforgettable Kisser



By Anna Karimo

Kissing is an excellent way of connecting with someone you care about. Although some people take kissing very casually, kissing has more meaning when it's between couples or people with strong romantic feelings for each other. According to relationship experts, kissing is an excellent way to express love and affection. However, it's important for individuals to recognize that kissing requires conscious tact and technique.



You can't give magical kisses if you don't know how to kiss. Below are some effective kissing tips that will teach you how to kiss the right way:

**1. Keep your lips soft:** This is by far one of the best kissing tips for giving magical kisses. Nobody wants to kiss tense, rough lips. Use chapstick or lip gloss frequently if your lips are usually dry and cracked. This always does the trick for both men and women.

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

**2. Start off with a few soft, slow kisses:** This kissing technique is perfect for avoiding common kissing mistakes like lip-smacking or being too loose with your tongue. Soft and slow kissing at the start helps set the right mood. It also allows you to gauge your smooching partner's kissing interest and style. Once you gauge the other person, you are in better position to know when to change up the intensity of your make-out session.

**3. Manage saliva levels:** If you can't keep your spit under control, you run a very high risk of ruining a good kiss. Although there are people who don't mind sloppy kisses, you should make a point of managing your saliva levels just to be on the safe side, especially at first.

**4. Lock lips:** This tip is effective when the first few kisses have gone well and you want to initiate a closer connection and body contact with your partner. The best way to lock lips is putting the other person's lower lip between yours. More advanced pro-tip: lightly suck and nibble on their bottom lip to be a playful, sexy kisser.

**5. Remember to breathe:** For some reason while you're kissing, it's easy to forget to breathe. But it's impossible to commit to a good kiss if you're uncomfortably oxygen-deprived. Regardless of how intense the kiss is, take time to breathe

softly or break away for a few seconds to catch your breath (which can be sexy—don't you like feeling the soft breath of your kissing partner grazing your neck?). Don't be afraid to breathe. Breathy nervousness and excitement are crucial ingredients to giving magical kisses because they flatter your partner.

**6. Use your hands:** Don't be skittish with the rest of your body. Let your hands roam and feel. Restricting hand movement is unnatural and will most likely prevent you and your partner from getting lost in the moment. A hand on the back of the neck, a slight tug of the hair or a scratch down your partner's back can amp up the sexiness factor while you make out. Sometimes it helps to make your movements sequential, moving from the head downwards to create anticipation.

**7. Try using your tongue:** You're probably going to have to use your tongue, at least a little, if you want to give mind-blowing kisses. You must exercise tact for this technique to be effective. Start slowly and see how your partner responds. If your partner returns the gesture, you are clear to use your tongue to increase the kissing intensity. If your partner pulls away, stick to the lips only.

**Related:** [6 Tips for Texting Your New Crush](#)

**8. Mix it up:** You should also remember to mix everything up if you want to give exciting kisses. Don't just stick to one kissing style. Alternate light, fast kisses with slow, deep ones. You should break away for a few moments to give other areas of your partner's body a little attention. Kiss their neck, chest, eyes or cheek. Always remember that variety kills monotony and boredom. Mixing up everything will keep things spicy.

Follow these tips and you'll be an excellent kisser in no time. Being a good kisser isn't hard—and practicing is the best part.

*Love and dating expert Anna Karimo can see solutions to your relationship problems where others see only blind spots. She is the founder of Nouveau Dating, where experts strive to answer all of your dating questions and help you through your journey to finding love. Sign up for our newsletters to get the newest dating tips and advice right away!*

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## **Celebrity Couples Giving Back on 9/11**



By Courtney Allen

If there is one thing celebrities have in common with those of

us who spend our lives out of the spotlight and away from the paparazzi flashes, it's giving back. As a nation, and as individual people, we all have the ability to raise our country's standards through strengthening the educational system, empowering youth, women, the homeless and the disabled, raising money for disaster relief, sustaining the environment and so much more.

Although it often slips our minds as celebs glamorously glide down the red carpet in Alexander McQueen and drop six figures on Bugattis and Bentleys, celebrities are classified by more than just "the rich and famous". They are volunteers, humanitarians, environmentalists and ambassadors. Many of them often use their fame, power and influence for the benefit of others, especially in the midst of tragedies like September 11th. These super-famous couples did just that in order to both support and honor those who suffered and continue to suffer as a result of that horrific day in 2001:

**1. Beyoncé and Jay Z:** You could say that Beyoncé and Jay Z have it all. The proud parents and performers are one of the most powerful pairs in the entire world, both bringing in one of the largest incomes of any couple. There is no doubt that Bey and Jay are living the lap of luxury with baby Blue Ivy in New York, but they spread just as much love as they do money. In 2009, the king of rap himself held a September 11th benefit concert in New York City, of course, with Queen Bey by his side. The concert was expected to raise nearly one million dollars, which was all donated to the New York Police and Fire Widows' and Children's Benefit Fund. But it doesn't end there. For the 10th anniversary of 9/11, Beyoncé released a single entitled "God Bless the USA" in order to raise funds for the same organizations as her hubby just two years before. Back in 2011, Mrs. Carter told Ace Entertainment reporters, "We were all affected by the tragedies of 9/11 and continue to keep the families who lost loved ones close to our hearts." Bey and her other half sure showed just how much 9/11 means to them.

**Related:** [5 Ways that You and Your Honey Can Give Back during the Holidays](#)

**2. Mariah Carey and Nick Cannon:** With 5 years of marriage, a set of twins and extremely successful careers in every field of entertainment between the two of them under their belts, Mariah and Nick are unstoppable in every aspect of their lives. The parents may be super busy these days with play dates, romantic vacations and appearances, but they still make time to give back to those in need, just like they always have. In 2001, just ten days after the tragic events of September 11th, Mariah participated in a benefit concert, America: A Tribute to Heroes, in New York City. Her performance helped raise money for 911 victims and their families, as well as New York City firefighters and police. Triple-threat Nick Cannon still gives back on 911, but in a different way. Two years ago, the actor/comedian hit the streets of Baldwin Hills in Los Angeles and hosted a back-to-school event in which he gave away backpacks and school supplies to over 500 kids. Cannon also joined the kids for fun and games, as well as a concert that featured the New Boyz and other artists. Looks like this power pair knows how to give back in all the right ways.

**Related:** [Celebrity Couples in Interracial Relationships](#)

**What are some ways you can give back on 911? Share your ideas with us!**

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# How to Support a Partner



# Whose Ex Passed Away



By April Littleton

Dating someone who has lost a significant other can prove to be challenging. It'll be hard for them to let someone else into their heart after such a tragedy, but if you're willing to be patient and show them there's love after loss, the relationship you might be able to build will prove to be worth it. Cupid has some advice:

**1. Be understanding:** During the grieving period, don't take anything your significant other may say or do personally. It's natural for him/her to reminisce about his/her late partner. Be patient with your honey and give them the space they need.

**Related:** [How to Deal with Your Partner's Professional Failure](#)

**2. Time:** Consider how long it's been since your honey's ex passed away. If it's a fairly recent death, expect more hardships and hurdles to overcome in your relationship versus being with someone who's had time to accept the situation and move on from it.

**3. Don't be something you're not:** The last thing your significant other needs is someone trying to be exactly like their former lover. Your partner fell in love with you, not a copy of what he/she lost. You need to stay guarded if you notice him/her intentionally looking for similarities between you and their ex. Let him/her know that you're not a replacement and you can't make up for the person they lost. This might be a sign that he/she isn't ready for anything serious yet.

**4. Don't bring up the past:** Don't bring it upon yourself to talk about your partner's deceased ex. It's not your place to discuss such a sensitive topic unless your honey wants to talk about it. In that case, let him/her start the conversation and listen to what they have to say. Put yourself in their shoes. How would you feel if the person you were currently dating kept bringing up a subject you'd like to move on from? Think about what you're going to say before you say it.

**5. Be honest:** You need to be upfront and honest about your feelings. If you don't feel like the relationship is progressing in the way it should be, let your partner know. Yes, you want to be there for them, but your needs and desires are important too. It takes time to get over a death of a loved one, so your significant other may not be emotionally ready for someone new in his or her life. You can give it as much time as you'd like to see if things improve, if not, stop the relationship before you end up getting hurt too.

**Related:** [Absence Shouldn't Make the Heart Grow Fonder](#)

**6. See a counselor:** Dating someone whose ex has recently died

will be tough and you won't be able to solve all of the complications on your own. When the relationship starts to get serious, talk with your partner about seeing a professional therapist. Your significant other might find it easier to open up to a third party about their unresolved feelings.

**How did you support a partner whose ex passed away? Share your experience below.**

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## 10 Celebrity Couples We Never Knew Existed



By [Whitney Johnson](#)

Most of the time, famous folks can't get away from the spotlight. Rumored relationships and long-term loves alike are splashed on every magazine cover or tabloid site, making it difficult *not* to know who dated who in Tinseltown. Every so often, though, a celebrity couple flies so far under the radar that gossip-hungry fans miss their Hollywood romance. Read on for a list of 10 celebrity couples that you may not know existed:

**1. Shia LaBeouf and Hilary Duff:** These Disney darlings went on a terribly bad date – “probably the worst date either of us have ever had,” according to the *Transformer* star.

**2. Lance Armstrong and Ashley Olsen:** This unlikely duo were spotted making out in 2007 at Rose Bar in New York City. Their relationship never took off – which is no surprise given that the cyclist is 15 years older than the designer.

**3. Matthew Morrison and Kristen Bell:** These famous faces attended New York University together and dated very briefly. Despite their eventual breakup, Bell still calls the *Glee* star “Matty.” Perhaps we’ll see them double dating with their respective fiancés soon.

**Related:** [Matthew Morrison and Renee Puente Are Engaged](#)

**4. Jake Gyllenhaal and Natalie Portman:** Long before his heavily documented romance with country singer Taylor Swift, Gyllenhaal was linked twice to the *Black Swan* actress, once in 2006 and again in 2008.

**5. Dennis Rodman and Madonna:** Rumor has it that Madonna desperately wanted to have the former basketball star’s baby when they dated in the early 1990s. Luckily, no child resulted from this unlikely pair.

**6. Jake Pavelka and Kristin Chenoweth:** It’s hard to believe that the star of *The Bachelor: Wings of Love* and the pint-size



Broadway powerhouse are an item, but they've been dating since late 2012 after meeting at an awards show.

**7. Donald Faison and Minka Kelly:** This under-the-radar twosome dated for a year from 2004 to 2005. Now, they're both happily taken: Faison is expecting his first child with wife Cacee Cobb, while Kelly has reunited with ex Chris Evans.

**Related:** [Celebrity Couples That Reunited](#)

**8. Sean Penn and Florence Welch:** It's no secret that Penn has a thing for sultry songstresses – anyone recall his post-divorce romance with Scarlett Johansson? Lately, this potential pair has been laying low, but earlier this year, there were a number of paparazzi photos filled with PDA.

**9. Ashton Kutcher and January Jones:** Long before Kutcher married and divorced Demi Moore, he dated up-and-coming actress Jones, who had recently relocated to Los Angeles to pursue her big screen dream. The couple, who dated from 1998 to 2001, attended his *Dude, Where's My Car?* premiere together in one of their rare red carpet appearances.

**10. Matt Dillon and Cameron Diaz:** Who knew the stars of *There's Something About Mary* were an item off-screen too? This duo dated for three years, splitting in 1998 – the same year that the hit comedy was released.

**Did we forget one of your favorite couples? Tell us in the comments below!**

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# How to Deal with Your



# Partner's Failure

# Professional



By Courtney Allen

It is said that “a woman’s loyalty is tested when her man has nothing, and a man’s loyalty is tested when he has everything.” And let’s face it; every guy and gal is bound to face these crucial tests in their relationship.

That is because in this complicated and unpredictable life, failure and success go hand in hand; whether it is at your first D1 college soccer game after your coach unexpectedly declares you goalie or your first, real job out of college as a local reporter at your hometown television station. But it’s not failure that defines you; it’s how you recover from the seemingly life-ending experience that determines just how

bright your future will be. Believe it or not, your partner can make all the difference in getting you back on the path to success. For better, but in this case, for worse, every great partner will do these exact things to get the one they love through the hardest of times:

**1. Express empathy:** When your partner's world is crashing down around them, all they want to know is that you understand. Everyone has been in the professional "hot" seat and it is important to remind your honey that it is a typical experience. Take powerful stories of basketball god, Michael Jordan, Apple mastermind, Steve Jobs, and talk show host turned Forbes Most Powerful Woman in the World, Oprah Winfrey, who experienced some of the biggest failures before reaching their ultimate success. Even though failure is common, be sure to make your love feel special by showing that their particular situation is especially important to you. Be extremely attentive and respond to their feelings with sensitivity, taking into account the type of person they are.

**Related:** [How to Master Being in a Relationship](#)

**2. Be a source of encouragement and support:** Bouncing back after a failure is the toughest part of the experience. Constantly reassure your partner of their full potential. Failure creates a world full of doubts that can often be very hard to go up against. Help build up the confidence of the one you love after it has been stripped away by vocalizing their strengths and engaging in activities that they feel confident in. Express your 100 percent commitment to their happiness and let your honey know you are in it together.

**Related:** [5 Ways Your Relationship Can Overcome his Loss of Ambition](#)

**3. Help look toward the future:** Moving forward is essential after a failure and can determine what comes next. Create a positive atmosphere for your partner so that they can leave

the negativity in the past. It is impossible to visualize a better future if the past is clouding your vision. Lend a hand in the tiresome search for a new job or the discovery of methods of improvement. Help come up with an ambitious plan that includes dreams, goals and means of reaching them. Your love's future is in their hands. Be a continuous reminder of this, as it will lead their life in the exact direction they want it to go.

**What are some ways you've helped out your partner after a failure? Share your ideas with us!**