

Handling the “Kids” Question On a Date



By Sheila Blagg for GalTime.com

The kids-or-no-kids debate is an issue for many couples. But, bring a child into a new dating relationship and the issue becomes even more complex. As people move from one relationship into the dating realm, they often wonder, “Does he want kids?,” Will she still want to date me?”

When both parties are on the same page in regard to the kids question (either in favor of kids or not), the new relationship experiences fewer bumps. But if one wants kids and the other doesn't, the debate may result in a huge rift that not many couples survive.

When to talk about kids

It is my opinion that the do-you-want-(more)-children question should be tackled within the first couple of dates. Why continue to date someone who doesn't have the same goals and desires as you do? Sure, there are some cases where, along the way, someone changes his or her mind, and everyone lives happily ever after, but there are more cases that end in heartbreak and anger.

Related: [Relationship Advice: Can You Have a Friendly Meeting with Your Ex?](#)

Are you willing to take that chance? Does it make sense to invest so much time in a relationship that may never work?

Most people know whether or not they want children by the time they reach adulthood. Personally, I have five children, and three of them already know that they definitely want to have kids of their own. One of my kids is a no go, and one is still on the fence (which is fine since he's only 14!). My point is that, even though my kids are still relatively young, they already have a picture of what they want their family lives to look like.

I can change his/her mind

I've heard so many stories of heartbreak resulting from one person trying to change a potential partner's mind about having or not having children. The bottom line is, if someone you're dating does not want children (and vice versa), don't try to talk him/her into it. It's important to respect the vision of what that individual has in mind for his/her future.

Stop trying to change the other person and accept that you may need to change how you deal with the situation.

When I began dating after my divorce, I decided that I wanted to date only men who wanted children. I felt that the desire

for kids was one common ground on which we could relate to one another.

But, one of my very best friends approached the kid debate in a completely different way. She decided that she had no interest in dating a man with kids. She didn't feel that she was cut out to manage someone else's kids and the ex-wife that would inevitably come as part of the package.

Related: [Relationship Advice: Why We Are Insecure About Relationships](#)

Know what you want

What it boils down to is that you must first decide what your goals are for the future. Do you want (more) kids? Do you want to date someone who already has kids? Know your limits, set boundaries and stick to them. It has been my experience – and the research will back me up – that it's never a good idea to try to “change his/her mind” on something as important as having a family.

Although there are always exceptions to every rule, dating someone who is like-minded – especially when it comes to children – makes for a less complicated relationship.

How to Create a Great (No Meal) First Date





By Kristin Mattern

You've met someone special. You're electrified with excitement and looking for a date idea, but you don't have the money for a meal, or you're just not feeling food for your first date. No problem! There are tons of great date ideas that will wow your new sweetie without having to deal with preparing a three-course dinner. With a little creativity, and a quick bite before you leave, you and your honey will have a wonderful time sans-food.

Start your date after dinnertime, and while you'll still be ingesting something, grabbing a cup of coffee is a great way to begin the date. The two of you can meet up at the coffee shop of your choice, order your favorite drinks and treat your darling to his/her cup-of-joe. This nice gesture will get the date going. Sit and enjoy the cozy coffee shop atmosphere and chat over your drinks about what each of you do for a living, favorite activities and interests. Make sure to listen as much as you speak. You don't want to dominate the conversation.

Related: [Five Conversations to Avoid on the First Date](#)

While you're both enjoying your cozy caffeine haze and butterfly jitters, continue the date by heading over to a local museum. Admission is fairly priced, if not free, and the abundance of art or historical pieces makes for great conversation starters. *Howaboutwe.com* recommends The Merchant House Museum in NYC, the Museum of Contemporary Art in LA, the Hirshhorn Museum in DC and the Cartoon Art Museum in San Francisco as some great date museums. As you tour, show off your art or history knowledge, or discover if your sweetie is a museum lover. Slowly meander through the exhibits as you chat about one another and the various items on display. Museums or art exhibitions are great because the two of you can still speak to one another while enjoying the stimulating cultural atmosphere. Learn about each other while you share the moment of learning something new.

After you've both exhausted the exhibits, grab your babe and take an urban stroll. Explore the town or city that the museum is located in, or drive to the nearest downtown area to take advantage of what the strip has to offer. Check out the town or city website before you go to find out what is going on in the area. Sometimes, especially in the warmer months, there will be live music or other free events like festivals and street fairs. Aim for your date to be on a day when an event is going on, so as you walk around you can enjoy the sweet sensations of a smooth jazz concert, or share some screams at a community carnival with your sweetheart. Play it smooth and make it seem like you didn't know the event was going on, it will increase the first date magic and feeling of serendipity. If you live near a historic town, see if you can walk around battlefields or visit houses where important people have lived, like Teddy Roosevelt's house, or where George Washington grew up. This date can take you anywhere; just make sure you both wear sturdy shoes.

Related: [Falling In Love: When to Say the L-Word for the First Time](#)

To end the date, find a place where the two of you can look out over the landscape of the city or town you are in. If you live near the water, head out to a local pier to admire the open ocean. Hold your honey as the sun goes down, or take in the beautiful sight of the moon shining over the scenery. Get a little sentimental with this date ending, it's sure to be a memorable one.

Ever gone "hungry" on a first date? Tell us all about it in the comments below!

5 Ways to Avoid Bad Breath While On a Date





By Dr. Joseph Banker

You're on a date and everything seems perfect until you get a little closer...and realize that maybe it's a little too close. Bad breath can ruin an otherwise perfect date- we can safely assume that there would be no Brangelina if Brad had bad breath on the set of *Mr. and Mrs. Smith*! However, avoiding bad breath starts long before the date even occurs. Here are my five top tips to avoid bad breath while on a date:

1. **Avoid smelly foods for at least a day:** Certain foods, such as garlic and onions, can cause offensive breath that lingers long after they are consumed. If you have a big date planned, drink plenty of water and avoid these foods for at least 24 hours prior.

Related: [The Good, Bad and Ugly of Dating Advice Guides](#)

2. **Improve your oral hygiene routine:** Poor oral hygiene is the biggest culprit of bad breath. Regular dental visits are very effective in preventing bad breath and developing techniques to maintain optimal oral hygiene. Food that remains between

teeth must be removed by flossing. Tongue scrapers are also effective in removing odor-producing bacteria that builds up on the tongue.

3. **If you have chronic bad breath, squeeze in a trip to the dentist:** The underlying cause of most chronic cases of bad breath is odor-producing bacteria, which are present in chronic infections that are often associated with advanced gum disease (periodontitis). Those with active periodontal disease tend to have a higher incidence of bad breath. Although many factors contribute to periodontal disease, there is also a genetic predisposition. There are so many techniques we can use today, such as lasers and targeted delivery of antibiotics that are extremely effective to eradicate these bacteria and get to the underlying cause of the problem.

4. **Say no to coffee and alcohol:** Coffee and alcohol are both responsible for causing a decrease in salivary flow. Saliva is needed to cleanse debris from the mouth and to flush away odor producing bacteria. Coffee also contains some compounds that may cause offensive breath regardless of its effect on the salivary flow. It may be a better idea to skip that cup of coffee at the end of the meal and opt for a glass of water.

Related: [5 Cue Cards for New Couples](#)

5. **Carry sugar free breath fresheners:** A sugar free mint or gum can freshen breath, which is always better smelling than the last course of food you ate. It could make the difference between a handshake and a kiss goodnight!

Dr. Banker is a member of the American Academy of Cosmetic Dentistry, The Crown Council, and has studied at the UMDNJ Dental School in New Jersey. He has been named a top New Jersey dentist five years in a row and has contributed his expertise to **Shape**, **Newsweek**, and **Good Housekeeping**. Please contact me if you would like to receive more information or set up an interview with Dr. Banker.

Four Telltale Signs He's NOT the One



By Robert Manni for GalTime.com

We've all heard the old adage of addition by subtraction. Most women keep a mental list of the qualities they seek in their partner. Some lists are short and to the point. Many are long – way too long and they can get in the way of finding The One. Your Guy's Guy suggests that being mindful of a few red flags can save time and streamline your search process. If the man you are seeing has issues with any of these four behavioral traits, it's a good bet that you are in for a challenge and he may not be worthy of your unconditional love. Take it from a

guy who learned the hard way and ask yourself if any of these traits are too familiar.

Related: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

He's cheap.

Yes, the economy's tough and the gap between rich and poor keeps growing, but you want your guy to know the difference between thrifty and stingy. Seventy-five percent of Americans live paycheck to paycheck. Sad, but true. That means that your guy needs to know how to manage and grow his pile of cash. He also needs to prioritize what he spends his money on. If the first time he asks you out he assumes you're splitting the check, that's a bad sign. If he takes you to a concert or sporting event and you're craning your neck in the nosebleed section – unless it's the Super Bowl or a Rolling Stones concert – it's a bad sign. If he drinks cheap wine, buys cheap clothes and tips ten percent, it's a bad sign.

He's jealous.

Jealousy is toxic; jealousy has no benefits. Jealousy always results in hurt and resentment. It's an emotion driven by fear, anger and insecurity. Do you want to sign up for that? Of course not. You don't want your guy taking you for granted either, but if he gets jealous about your crush on Ryan Gosling or when you share a casual story that includes your ex, that's a bad sign. I know a woman whose guy became upset because the voice on her GPS was male. Seriously. That's a very bad sign.

He's controlling.

See above. Controlling behavior also stems from fear, anger and insecurity. If he doesn't allow you to have your own life,

that's a bad sign. If he doesn't approve of a night out with your besties, it's a bad sign. If you can't have a drink with your colleagues, that's a bad sign. Relationships are about joy and sharing, not being held captive. Don't let any guy take away your independence. Both partners need their own lives.

Related: [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

He's got vices.

I don't mean drinking socially or an addiction to the tv. But if he is doing drugs regularly and needs to in order to function or he gambles compulsively or he is a nasty drunk, you're in for a bumpy ride. These are diseases, so your partner needs help. How far you choose to go to help him with his recovery is up to you. Ultimately, he has to make the key decisions about how he chooses to live his life. If he favors drinks, drugs or gambling over you at any time, it's a very bad sign.

I hope this helps. Everyone has issues so finding the perfect partner is not easy. Your list is your list. Make it work for you. If you flip the script and factor in what you don't want in a relationship, it might make it easier to find a connection that brings you the love you deserve.

Does your guy own negative traits that prevent him from being The One?

Celebrity Couples Who Met on Set



By Kerri Sheehan

Like many other people, Hollywood relationships are likely to form at the workplace. For them, this means on the set of their latest movie and television ventures. People tend to date who they're in close contact with, so if you're famous then your close contacts will most likely be other celebrities. Hollywood co-stars who become romantically involved are a common occurrence; still America can't help but to be fascinated by it. Here are six of our favorite celebrity couples who met on set:

1. Kristen Stewart and Robert Pattinson: Know affectionately

as K-Stew and R-Pats, these two met on the set of their vampire flick, *Twilight*. Although they tried to make the relationship work after Stewart had an indiscretion with “Snow White and the Huntsman” director, Rupert Sanders, the duo has recently parted ways for good.

Related: [Celebrities That Remained Friends After Dating](#)

2. Andrew Garfield and Emma Stone: Andrew Garfield and Emma Stone played love interests in last summers hit *The Amazing Spiderman*, but it seems they let the love stay after the cameras stopped rolling. The movie’s sequel is currently under production and set to be released in 2014.

3. Jennifer Garner and Ben Affleck: Many think the Oscar winner and his wife met on the set of their 2003 movie *Daredevil*, but they really met two years prior while filming *Pearl Harbor*. However, they didn’t begin dating officially until 2004, as Affleck was previously part of another Bennifer, with Jennifer Lopez. Garner and Affleck tied the knot in 2005 and have three kids together.

4. Brad Pitt and Angelina Jolie: The start of this couple was a tad controversial as they met on the set of *Mr. and Mrs. Smith* when Pitt was still married to Jennifer Aniston. Pitt and Jolie claim they didn’t start dating until after his divorce from Aniston. They are not yet married, but have six children together, three of which are adopted.

Related: [How Can Jennifer Aniston Make Her Love Last?](#)

5. Ashton Kutcher and Mila Kunis: *That 70s Show* co-stars, Mila Kunis and Ashton Kutcher were in close proximity while filming the show from 1998-2006; however, at the time Kunis was with Macaulay Culkin and Kutcher with Demi Moore. Fast forward to the summer of 2012 and the two single stars chose to give love a go. They’ve been happy and in love ever since.

Who are your favorite Hollywood couples? Share below.

What Women Don't Know About Men



By Robert Manni for GalTime.com

Ladies, we're all human, but the similarities stop there.

How many times have you heard from a guy, who was just dumped by his long time partner, that he had no clue there were problems? A lot. Right? There's a reason for that. Remember the time when you bought a birthday card for his mother, and he just grunted before asking you to sign it from the both of you? The point is that men and women approach life and experience relationships differently. That does not mean that

men and women cannot evolve or improve their relationships. It means that there are things that men and women need to know about each other before any real progress can be made. I'm a Guy's Guy, so let's focus on men first. Here are a few pointers to help you understand how men think and what you can do about it.

1. Men are not complicated. You're probably already aware of this, but you might need a reminder. Sure, dudes have layers, but for the most part it's "what you see is what you get". Guys are straightforward and lay things on the line, especially with each other. We don't dance around with our feelings. And if we are having a problem with our relationship, we say so. If we don't bring anything up, consider us happy. If that black bustier and thong ensemble turns your guy on, he'll probably expect you to wear it every Saturday night until hell freezes over. But if you can top it, he's game. Men can be that simple. I'm not saying that this is necessarily a good thing, but at least we're predictable and we've got to start the conversation somewhere.

Related: [Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?](#)

2. Men don't pay attention. You might think and secretly hope that we're paying attention to the little things the way you are, but unfortunately we're not. So when he brings home a bouquet of fresh flowers because you mentioned liking daisies, it's a small act but at the same time a big deal for a guy. It means he's paying attention and you acknowledge it, which is really cool. Unfortunately guys suck at paying attention, so these tender moments can be far too rare. But don't abandon hope. He did bring you those flowers.

3. Men can't read your mind. This one is my personal pet peeve. I can't tell you how many times I've dealt with women in relationships and business where all of a sudden (at least it seemed that way to me) they just picked up and walked. And

they seemed pissed about it. As a result, like other dudes, I've come close to having abandonment issues. It's this passive aggressive behavior that bugs me. Unlike women, men don't hold their feelings in, solemnly fuming or grouching to our friends about the relationship, prior to finally breaking up two years later. If we're no longer interested, we'll most likely say something to that effect and hear you out even if we're set on dumping you. We're just wired that way and it's much cleaner. You might want to give it a try. Of course there are guys who keep a broken relationship going for the sex, but they always end up being the one that gets dumped.

Related: [Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?](#)

So what can we do? Just being aware of our differences is a good place to start. Men need to shape up quickly if they plan on keeping up with all of the strides women are making and their long overdue recognition. The best thing men can do is pay attention a lot more closely to their partner's needs. Women are amazing at this, but they can't expect men to just lock in and get it. Guys need a little prodding now and then. Try to be as clear to your guy as he is with his friends. Put your guns on the table. No secret pouting or carping about him with your girlfriends. Be crystal clear and talk it out. Guys will get the message if you communicate with them the way they talk to each other.

Do you think you know everything you need to know about men?

Summer-Themed Ideas For Your

Partner's Birthday



By [Whitney Johnson](#)

The eternal sunshine, lazy days and carefree attitudes make summertime the ideal season for celebrating. If your beau is lucky enough to have a July or August birthday, be a great partner and throw him a party he'll never forget. Before you pick a theme, consider your man's hobbies and passions. Once you've settled on an idea, go all out: make sure the food, drinks, decorations and even the guests' outfits align with the bash. Below, we've developed a list of five fun party themes – ideas that can be further flushed out on Pinterest. Happy planning!

1. Country-themed party: It's the season of outdoor concerts, and if your man grew up listening to Hank Williams and Willie

Nelson, this party will be just what he had in mind. Stick with southern comfort food for the menu: macaroni and cheese, fried chicken and biscuits with homemade lemonade. And, of course, build a playlist with your beau's favorite country tunes, including old-time favorites as well as some current hits. As for attire, ask your guests to wear their broken-in boots and favorite cowboy hat.

Related Link: [Date Idea: Listen to the Music](#)

2. Red, white and blue bash: With holidays like Memorial Day and Fourth of July coming up, summer is the perfect time of year to honor America and show your patriotic pride. For appetizers, consider snacks like red peppers and hummus or mini-sandwiches with turkey and Swiss cheese. Summer fruits like strawberries and blueberries are great to use in festive cocktails or delicious desserts. Be sure to decorate with little American flags and red and white flowers. Also, be sure to ask attendees to stick with the color theme when they get dressed.

3. Comic book celebration: Did your sweetheart love comic books as a little boy? With blockbuster hits like "Iron Man 3" and "Man of Steel" already released in theaters, it's the perfect time for your man to relive his childhood days and be his favorite comic book character for a day. Plan your menu around the colors in your guy's hero's suit (black and yellow for Batman, green for The Hulk and so on). Transport your guests to a different world with futuristic décor and movie soundtracks. Guests can wear simple T-shirts with their character of choice or go all out and don a full costume.

4. Mexican fiesta: There's nothing like sipping on a refreshing margarita (non-alcoholic or not) with your love on a sweltering day. To fill your guests' appetites, stock up on chips, salsa and guacamole. For the main course, plan a do-it-yourself taco bar: purchase soft tortillas and hard shells along with fresh vegetables, cooked shrimp, spicy chicken and

more. And for dessert, break out the blindfolds and piñatas! Set the mood with bright-colored decorations and Mexican music.

Related Link: [Date Idea: Celebrate Cinco de Mayo with Your Mate](#)

5. Baseball bash: Sure, you may have been to your fair share of ball games this summer, but we have a feeling that your significant other will never tire of the sport. For food and drinks, serve typical game snacks: peanuts, nachos, hot dogs and pizza along with beer and soda. As for dessert, soft-serve ice cream is the perfect way to top off the fun. Decorate using the colors of your hometown team as well as a few foam fingers, baseballs and wooden bats. For attire, your friends can wear a jersey from their favorite team. Let the rivalries begin!

What is your favorite summer-themed party idea? Tell us in the comments below.

6 Clues To Look For in a Keeper





By Marcus Osborne for GalTime.com

If you're one of the millions of women who are single, dating regularly and yet you've had inconsistent luck in the match game, it may be time to do some introspection. I can't begin to tell you how often I hear complaints about scarcity of quality guys. I hear it in the dating echo chamber with alarming regularity: "Men don't want to commit!"

Okay, let me clear that last bit up. The idea that guys won't commit or don't want to commit is an unabashed fallacy. I've said this before, it's not that the guy won't commit – he just won't commit to you. The right guy for you will find you. That's a guarantee.

Now about this so-called "quality guys" drought...complete bunk. Seriously, most of the guys I know who are looking for serious relationships bristle at that statement. Because they know a certain general truth that women don't seem to appreciate: that the quality guys are there but you're either ignoring them or not giving them the opportunity to show you how great they are. But why does this chasm exist? There are

obviously variables aplenty that cause these missed connections. But I would submit that the idea of “dealbreakers” is a major culprit.

Related: [Dating Advice: Words That Wound Men](#)

We all have relationship dealbreakers. That handful of key traits that any potential partner must possess in order to stay in the game. Quite frankly, we all should have them. However, our dealbreakers should be meaningful. I like to have women break their do-or-dies into two separate groups: shallow dealbreakers and substantive dealbreakers. We should have both but with the understanding that the major emphasis should be placed on the substantive kind. You’d think that that would be a given. I mean, of course, the substance should take precedence over the shallow.

Unfortunately, what we know doesn’t always inform our actions. So, let this be your reminder. Keep your priorities in order. Those shallow dealbreakers:

must be this tall

must have this color hair

must have this type of degree

must make this six-figure salary

must come from this kind of family

must look like George Clooney

...Those should ultimately be seen as great-to-haves instead of must-haves.

Related: [Dating Advice: Deal Breakers That REALLY Matter](#)

The real stuff, the substantive stuff, is what’s going to get you through the years. You want to find the quality guys? Use these as your new dealbreaker template:

1. His closest friends should be great people: You want a real gauge on what kind of guy you're getting involved with? Observe his friends. The type of people in your potential partner's inner circle will say a lot about his character.

2. He should be calm under pressure: Long-term relationships are rife with emotional highs and lows. That being the case, the person closest to you had better be someone who you can count on to not only be in control of his emotions but to be a steadying and comforting influence when times aren't quite as great.

3. Must be in pursuit of his passion: Maybe he doesn't make six figures. Heck, most people don't. But he had better be driven by something other than money. Far too often women get involved with guys because they have a juicy bank account, then they get serious with that guy and realize that the man whose passion is making money may never have enough money. This then creates the real possibility that Mr. Moneymaker may only have time to make money and not have time for you.

4. Must appreciate your independence: You're your own person with your own opinions, perspectives and aspirations. Whether you're traditional and expect to be a stay-at-home mom or a lady with dreams of being the President of the United States, your guy had better be on board with you. Do NOT commit that typical mistake of trying to change your guy's mind by trying to get him to understand your position. The right guy requires no convincing.

5. Your friends should like him: This isn't to say that your judgment should be completely colored by your friends' opinions, but if there's a collective aversion to your guy by your inner circle, it's definitely time to start asking questions.

6. Laugh, laugh, laugh: He'd better be able to laugh...and you'd better be able to laugh with him. Few things in a

relationship are as intimate as a couple's ability to share the gift of laughter. You'll find that successful couples' most common trait is that the two simply know how to make each other smile.

So there you go. Take those dealbreakers to the bank and that's where you begin seeing your quality guys. Everything else, the looks, the money, the career, are all amazing icing on the cake, but for long-term potential start with those six building blocks and you're suddenly finding good quality guys to date.

Can You Date Your Friend's Ex And Keep Your Friend?





By Jane Greer, Ph.D. for GalTime.com

Supermodel Naomi Campbell is one of the most well-known faces in the fashion industry and the creator of the model-search reality show *The Face*. It was on the show that Campbell met and began a mentorship with the aspiring model and former Miss Universe China, Luo Zilin. Luo was the runner up on the show and the last model standing on Naomi's "team." She has a long history of modeling successes around the world.

But this week it was reported that her contract with MIX Model Management NYC was abruptly terminated. The agency cited an "unacceptable work ethic" and "unprofessional conduct." The firing comes just a few weeks after Luo was photographed on vacation with Russian billionaire Vladimir Doronin who happens to be Naomi's ex, leaving many to speculate that Naomi was somehow behind the firing. Naomi and Vladimir broke up earlier this year after dating since 2010.

Related: [Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?](#)

Naomi is known for her temper – she was charged with assault in 2006 for throwing a phone at her assistant– and rumors abound that it was she who made sure Luo was punished for liaising with her ex. This raises the question that many face: is it ever OK to date the former flame of a friend or mentor? And if that opportunity comes up, what is the best way to handle it?

This goes to the very core of friendship or mentoring – so much is freely given and exchanged in those relationships that the lines can become blurred as to what is realistic to expect to be mutual. In particular, when it comes to exes, it can be difficult to distinguish those boundaries and, as a result, they can get crossed. So in order to maintain your friendship or the respect and support of your mentor or mentee, there are a few things to keep in mind before going ahead.

Related: [Relationship Advice: Love the Second Time Around](#)

To begin with, break-ups are rarely clean. Oftentimes couples may break up for a short period but then get back together, or at least cling to the possibility that they might. In addition, one person may continue to care more than the other, leaving feelings open and dangling out there. If you think you're interested in a friend's ex, consider the nature of the break-up before you proceed. There are times when a relationship ends with no strings attached – perhaps your friend even feels guilty about breaking up and says that the person wasn't right for him or her, but thinks that you might like them. That could be a green light that it is okay to go forward.

Whether that is the case or not, the only way to approach this without risking ruining your relationship is to be aware, open and honest. Also, before initiating a conversation about the possibility of dating your friend's or mentor's ex: first consider the timeline. If it was a very recent break-up, you might want to wait a little while not only to let things

settle, but also to make sure it is a done deal. Once you are sure, check in with them to see how they would feel about your connecting up with that person. It isn't always an easy conversation to have, but it will let you know where they stand and, consequently, where you stand. If you keep this in mind, you will be able to preserve your old relationship in the event that you do start a new one.

What do you think? Is it EVER OK to date a friend's ex or is it safer to just stay away from that situation all together?

5 Celebrity Exes Who Became Famous After Their Break-Ups





By Petra Halbur

A nasty break-up can leave you feeling pretty hopeless and sad. During your alone time you have two options: You can either convince yourself that you'll never be happy alone, or you can enjoy success without that special someone in your life. Many famous couples have gone through splits, but that wasn't the end of fame for these [celebrity exes](#). Plenty of stars have emerged from a painful celebrity break-up or celebrity divorce and gone on to achieve amazing professional success. Sometimes, it is within only a few years of the split. Here are a few to consider:

Stars Who Became Famous After a Celebrity Break-Up

1. January Jones: Jones' first famous boyfriend was Ashton Kutcher, who she dated from 1998 to 2001. She met singer-songwriter, Josh Groban, in 2003 and had a Hollywood relationship for three years before calling it quits in 2006. Just one year later, Jones was cast as Betty Draper Francis on

the hit show, *Mad Men*, and in 2011, she joined the Marvel universe as Emma Frost in *X-Men: First Class*.

Related Link: [What Does Unconditional Love Look Like?](#)

2. Johnny Depp: In all fairness, Depp wasn't exactly languishing in obscurity when he and *Edward Scissorhands* co-star, Winona Ryder, broke up in 1993. Still, Depp's success starring in off-beat films like *Cry Baby* and *Benny & Joon* in the early 90's was nothing compared to what he has achieved since playing Captain Jack Sparrow in 2003's *Pirates of the Caribbean: The Curse of the Black Pearl*.

3. Robert Downey Jr: Few people remember the days when Downey and *Sex and the City* star, Sarah Jessica Parker, dated in the 80's. Neither actor enjoyed major professional success during their seven-year famous relationship. One year after their celebrity break-up, Downey struck Oscar gold (well, almost) when he was nominated for Best Actor for his performance in *Chaplin*. He has since gone to achieve Marvel film immortality as Tony Stark in the *Iron Man* and *Avengers* franchises.

4. George Clooney: It's hard to believe that Hollywood's favorite bachelor was once a husband. Clooney hadn't achieved much in the way of fame when he married actress Talia Balsam in 1989. The Hollywood couple divorced in 1993. Just one year later, Balsam's celebrity ex had his big break when he was cast as Dr. Doug Ross in *E.R.* The rest is history!

Related Link: [Short Term Celebrity Marriages \(Learn From Their Mistakes\)](#)

5. [Angelina Jolie](#): Long before her relationship with [Brad Pitt](#) came into existence, Jolie was Mrs. Jonny Lee Miller. Jolie and Miller tied the knot in 1996 and went through a celebrity divorce 18 months later. The separation was finalized in 1999, and in early 2000, Jolie won an Oscar for *Girl, Interrupted*. She went on to become an action icon in 2001 when she was cast as the titular character in *Lara Croft:*

Tomb Raider. Needless to say, things have only gotten better for the actress and humanitarian.

Who is your favorite celebrity ex? Tell us below!

Celebrities That Lost Their Fame But Not Their Love



By Jennifer Harrington

For many celebrities, fame can be short-lived. It's easy to quickly list those one-hit wonder stars who quickly vanished from the spotlight. But, have you ever wondered about celebrities who managed to hold onto their romance after they

disappeared from the A-List? Cupid did some investigation to figure out which stars lost their fame, but not their love:

Mike Tyson

During the 1980s and 1990s, Mike Tyson was one of the biggest sports stars, and was frequently the topic of news because of both his numerous successes in the boxing ring, and the controversies that plagued him outside of the ring. Tyson's been legally married three times, fathered eight children and endured the loss of his child Exodus. He also faced a rape conviction, domestic abuse allegations, a bipolar diagnosis and bankruptcy. Despite Tyson losing the fame and star power he enjoyed in his early career days, he is currently a happily married man. In 2009, he married his longtime girlfriend, Lakina Spicer. Tyson told *The View*, "I have an awesome life...I'm very grateful. I don't deserve to have the wife that I have; I don't deserve the kids that I have, but I do, and I'm very grateful."

Related: [10 New Celebrity Dads](#)

Jennifer Grey

Her role in *Dirty Dancing* solidified Jennifer Grey as a movie star in the 1980s. However, after this iconic role, Grey underwent plastic surgery, which drastically changed her appearance and negatively impacted her career. During the 1990s and 2000s, Grey vanished from the Hollywood spotlight and faced long-term survivor guilt tied to a 1987 car accident she was involved in, which resulted in the death of two other people. In 2001, Grey married actor Clark Gregg and became a mother that year. Her marriage to Gregg remains strong, and in 2010, Grey won *Dancing with the Stars*.

Andrew Shue

Andrew Shue became a major heartthrob when he played Billy

Campbell on *Melrose Place* in the 1990s. This was Shue's first and last major acting role. When the popular nighttime soap opera concluded, Shue quit acting and decided to pursue new ventures off-screen. While Shue is no longer acting or in the limelight, he is a happily married man to ABC news anchor Amy Robach.

Lea Thompson

Lea Thompson burst onto the Hollywood scene with several signature parts, including roles in the *Back to the Future* trilogy and *Caroline in the City*, a popular 1990s sitcom. As the 1990s concluded, Thompson's star power faded. Most recently, she has been seen on the ABC Family series, *Switched at Birth*, but otherwise, Thompson has been absent from the Hollywood scene. Married since 1989 to Howard Deutch, Thompson has acknowledged she took a break from acting in order to raise the couple's two daughters. After a quarter-century of marriage, Thompson and Deutch's romance remains intact!

Ice-T

Ice-T is a rapper and actor who held the most star power during the 1990s when gangster rap was the music of choice for teenagers across the country. He became a household name because of the controversy surrounding his 1992 song "Cop Killer". Today, Ice-T is absent from the radio airwaves, but he still is married to his wife, Coco. Coco is a swimsuit model who Ice-T married in 2001, and the couple's relationship has been featured on the E! television series *Ice Loves Coco*.

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

Looking at the life stories of Tyson, Grey, Shue, Thompson and Ice-T, it's apparent that life doesn't always turn out the way we expect. While these celebrities may not currently have the fame or fortune they used to have, they are obviously successful in the love department.

Who else belongs on this list? Which celebrities have disappeared from news, but have gone on to be successful in other ventures or love? Comment below.

Premarital Counseling— The Pros and Cons



By Laura Seldon for GalTime.com

You likely test-drove several vehicles before buying your last car, read every tech blog possible to see which smartphone was best for you and even texted a few dressing-room pics of yourself to a friend before buying that cute maxi dress. As an

educated, modern woman, you know researching your options and getting a few opinions can be a good thing. So, why are we so afraid to get a little help when it comes to our relationships?!

Couples therapy, relationship coaching, premarital counseling – most people would agree these are all great ways to help your relationship grow and thrive. And yet, no one is ever excited about going to see their therapist. Is this reluctance to premarital counseling due to a fear of admitting our lives aren't "perfect?" Or do we just think it's a waste of time? Read on to get the pros and cons of premarital counseling from therapists, counselors and family-law experts who outta know!

The Pros of Premarital Counseling

1. You Can Talk Out Problems... Before It's Too Late

Premarital counseling is a chance for couples to dig up any potential pitfalls that could hinder their marriage from lasting a lifetime. "It causes people to consider and discuss things that will increase the likelihood of a successful marriage," says Mark Baer, a family-law attorney.

Money issues, anger problems, jealous tendencies; premarital counseling can help you and your partner get any potential issues out in the open now so that you're not shocked by them nine months into your marriage.

Related: [Relationship Advice: Reasons Being Nice Doesn't Lead to Love](#)

2. You Get an Outside Opinion

So, you're about to get married and you're pretty sure you and your mate have the best possible relationship you've ever come across – minus the passionately heated shouting match you had this morning over who was the last person to take out the

trash. Going to premarital counseling can give you an outside perspective on your relationship, and how to make it last.

“Couples considering marriage would benefit from having a licensed marriage and family therapist’s wise and trained eye to talk to them honestly,” says Becky Whetstone, Ph.D., LMFT. “MFT’s know to look into each person’s beliefs and values concerning money, child-raising, spirituality, individuality, partnership, marriage in general and more. If we see an emotionally immature or incompatible couple heading for a marital train wreck, we’ll tell them.”

3. It Can Strengthen Your Bond

New flash: many of us were not born with stellar communication skills. Do you ever get mad at your partner and then refrain from telling them you’re angry – let alone explaining why you’re angry? Healthy relationships are based on open and honest communication, and premarital counseling can help you learn those skills.

“People are not born with good communication skills and most people never learn such skills,” says Baer. “Since most marriages fail due to communication issues, I would say that this is an excellent reason to participate in premarital counseling.”

The Cons of Premarital Counseling

1. It Can Create Bigger Problems

What if your premarital counseling actually creates more problems between you and your mate than you had before you even stepped into your therapist’s office?

“Premarital counseling has the potential of creating problems, in that it causes people to think about and discuss issues they may never have considered,” says Baer. “While this can be viewed as a con, I would propose that it is also a pro because

it forces the discussion before marriage, as opposed to after marriage. Why not be preventative and not reactive?"

Related: [Dating Advice: 3 Ways to Master the Art of the First Impression](#)

2. The Counseling May Not Be That Good

"As with anything, some marriage counselors are better than others," advises Baer. "If a couple goes to a marriage counselor, who is not particularly skilled at conflict resolution, what happens if the couple argue over an issue raised in the counseling?"

Just like buying a car requires you to take a few different vehicles for a test drive, you have to do your research when it comes to finding a therapist, or you may wind up working with someone who hinders your relationship more than they help it! A skilled marriage counselor should be well aware of the issues that tend to cause divorce and should also be skilled at properly addressing those issues!

3. You May Wind Up Calling Off Your Wedding

If seeing a therapist brings up major issues for you and your partner, it could turn into an argument that ends with you calling off your engagement. While this is not ideal, it can also save you from marrying someone who is not right for you and it can also save you from the heartbreak of divorce.

While there are a few potential cons to premarital counseling, the positives far outweigh the negatives. Couples therapy is a great way for engaged couples to discuss major issues in their relationship before saying "I do" for a lifetime. Nothing can guarantee a successful marriage, but premarital counseling can help you figure out what it takes to ensure your marriage will thrive!

Should You Date Your Brother/Sister's Best Friend?



By April Littleton

So you've discovered you have a crush on your brother or sister's best friend. Every time that person enters the room, your heart starts to beat just a little faster. What if your crush is reciprocating your feelings? Dating a family member's best friend can turn into a complicated situation. Sure, the two of you could really hit it off, but there's also the possibility of a horrible breakup. In a situation like this, you can't just think of yourself because one way or the other, your sibling will be involved in this romantic rendezvous.

Here's some advice:

Consider your sibling's feelings

Before you make the final decision to give romance a try with your brother/sister's best friend, you need to think about how your sibling will react. You could be creating an awkward situation between the two friends by changing the relationship dynamic between the two of you. If your family member isn't supportive of the two of you potentially becoming a couple, he/she might become resentful toward you and your new boo – which could ruin all three relationships.

Related: [Who Gets Custody of the Friends?](#)

Think about the possibility of a breakup

It may be too early to think about the end of a relationship, but in this case, it's a necessity. If you and your new love end up calling it quits, your sibling will be put in the middle. He/she will be torn between staying loyal to his/her best friend and remaining a supportive family member. The friendship between the two buddies might diminish if your ex ends up talking badly about you. Who wants to hear someone talk trash about a relative? If the two of them do manage to remain friends, you'll have to deal with the fact that you'll still have to see your ex on a daily basis.

Three's a crowd

Dating your sibling's best friend won't just complicate things between the two of them, but also the relationship between you and your brother/sister. Think about it. The best friend turned boyfriend can't be there for the both of you at the same time. Sooner or later, you're not going to want to share his time with anyone else. Your [boo](#) might want to spend some time playing video games with his best friend all day or he might want to have a cuddle session with you. Eventually, this

tradeoff will grow tiresome and you will find yourself at odds with your sibling.

Related: [Can People Really Fall In Love Too Fast?](#)

There's no right or wrong way to handle a situation like this. Just keep in mind that whatever decision you make, your sibling will always be involved in the equation. If you can find a way to follow your heart and keep all three relationships intact, then you should give the budding romance a shot. Ultimately, it's up to the three of you to find some common ground and see what works best for everyone.

Do you think it's a good idea to date a sibling's best friend? Comment below.

Fend Off The Post-Wedding Blues





By Laura Seldon for GalTime.com

So, you finally met the love of your life, got engaged in the most romantic way possible and the two of you toasted your love in the biggest party you've ever thrown (which is a now a day you count among the happiest of your entire life). But after all that fun and excitement, you're finding yourself feeling a little down.

"Post-wedding blues are very normal," says Dr. Ramani Durvasula, a licensed clinical psychologist in Los Angeles. "It's as though the circus packed up and left town, and so too has the event that has motivated the bride's every thought for months, if not years!" If your wedding excitement has turned into wedding-woe-is-me, then here are five great ways to channel your newlywed bliss.

1. Talk About It

If you're feeling down now that your big day has come and gone, there is a good chance your partner knows something is up, but is unsure of what's going on.

“With every great change comes discomfort,” says Cherilynn Veland, a licensed clinical social worker in Chicago. “Expect it, talk about it, even toast to it.” Who knows, maybe your mate is feeling the same way. Talk about it honestly and you’ll likely to start to feel better when you open up.

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

2. Keep the Party Going

“Extend the fun a little longer,” suggests Dr. Durvasula. “When the pictures come out, have friends over and use all of those new dishes. Or, just have friends over and let your wedding be the event that re-connected you with people you care about.”

Connecting with your closest friends and sharing an evening of laughter can’t help but lift your spirits.

3. Get Back to What You Do Best

Not sure how to spend all that free time now that your wedding-planning days are behind you? Put those organizational skills to good use by volunteering at a local non-profit or simply planning a BBQ or movie night for your neighbors.

“Get involved with your community as newlyweds,” suggests Carolina Caro, a life coach based in Los Angeles. “You’ll have more fun and get to know more people!”

4. Celebrate Your Marriage

We often hear that the wedding and honeymoon are the most exciting times in a relationship. “That is just not true – your marriage is,” say Doug and Leslie Gustafson, a married team of therapists in Denver, Colorado. “You are together, you are free, and you get to have all the romance, sex and excitement that you choose to have whenever you choose to have it! Live it up.”

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

Celebrate your love by planning a few date nights, scheduling a romantic getaway or just surprising your mate with breakfast in bed – they'll thank you for it and will be grateful they married such a catch!

5. Grow Your Marriage

After the hustle and bustle of wedding planning, many couples need to reconnect since they have been so focused on organizing their dream wedding for several months (or even years). Now that you've enjoyed that special time together, get focused on the special time you have together as newlyweds.

"Settle in to your new life and get to know each other in and out of the bedroom," the Gustafsons suggest. "Stay involved with each other and keep the love alive by finding new ways to show your love every day."

No doubt about it, weddings are exciting. With so much anticipation, emotions and adrenalin going throughout the months leading up to your wedding, it is inevitable you would experience some type of crash after it's all done. Keep an awareness about the feelings you are having, which are normal and natural responses to such a major life change, and you'll hopefully find your newlywed bliss in no time!

Celebrity Couples That

Reunited



By [Whitney Johnson](#)

There are no set rules in the game of love, and it's easy to question if you're dating Mr. Right or Mr. Right Now. Such doubt often leads to broken hearts, but as many Hollywood pairs have proven, time apart may be just what the doctor ordered during the search for happily ever after. Here are five celebrity couples that reunited after a breakup and found lasting love (for now at least):

Katy Perry and John Mayer: This musically-talented twosome is keeping us all guessing! The couple was first seen together during the summer of 2012; they split briefly in August and then reunited, even spending the holidays together. However, in March 2013, they broke up again. Addressing the split,

Mayer reportedly said, “I’m on the same journey as everyone else. Coupling is a tricky thing.” Even so, as recently as June 2013, they were seen together with pals at Chateau Marmont in West Hollywood.

Related: [Celebrity Couples Who Don’t Need Marriage to Prove Their Love](#)

Jessica Biel and Justin Timberlake: Biel and Timberlake first dated for over four years (a lifetime in Hollywood!) before splitting in March 2011. However, they were together again by fall, and in December, Timberlake proposed in the mountains of Jackson Hole, Wyoming. The star-powered duo married in a top-secret ceremony in Italy on October 19, 2012.

Kristin Cavallari and Jay Cutler: This Chicago-based pair first began dating in fall 2010 and confirmed their engagement in April 2011. However, the Chicago Bears quarterback called things off just a few months later. The couple reunited in November 2011 and announced the *Laguna Beach* star’s pregnancy in January 2012. They took the next step in their relationship, tying the knot in Nashville on June 7, 2013.

Selena Gomez and Justin Bieber: It’s hard to know if these two songbirds are on-again or off-again. The twosome split in November 2012, but always stayed in touch. In April 2013, they confirmed their renewed relationship when the *Spring Breakers* actress flew to Norway to be with her ex-beau. Keeping the romance alive, the couple appears to be going strong at the start of summer.

Related: [Celebrities Who Are Unlucky in Love](#)

Pink and Carey Hart: Pop singer Pink proposed to motocross racer Hart in June 2005, and the couple married soon after in Costa Rica. After two years of marriage, the couple separated in February 2008. However, they remained friends – Hart even appeared in Pink’s video for her song “So What!” – and sought marriage counseling in hopes of reconciling. They reunited two

years later, and the tattooed twosome have been happily together ever since.

Tell us: Who is your favorite reunited celebrity couple? Comment below.

How Do You Handle Your Ex's New Partner?



By Jane Greer, Ph.D. for GalTime.com

Some people are better at romance recovery than others. Recent reports suggest that Elin Nordegren is struggling to accept the new partner of her ex-husband, Tiger Woods. Though it has

been rumored that he has been dating Olympic skier Lindsey Vonn for many months, they only recently went public with their romance, stating they are “happy” together. Elin and Tiger divorced in the summer of 2010. Their marriage ended in scandal when it was revealed he’d had multiple affairs, and was soon after treated for an apparent sex addiction.

Elin has been connected to billionaire Chris Cline, but that reportedly hasn’t seemed to make it easier for her to accept the fact that Tiger’s girlfriend is spending so much time with their children, and comments have been made about restricting his custody access. Though the trio managed to be civil at the kids little league games, it’s not difficult to imagine why there may be some tension behind closed doors. What can people do to ease that tension, leaving those bad feelings behind and trying to finally let them go?

Related: [Dating Advice: How to Introduce Your Kids to Your New Partner](#)

Being betrayed is so traumatic, and then having to face feeling replaced by someone who is now taking the spot you used to occupy with your husband and children can be even harder to take. In some cases, your ex’s new companion may even look like you, perhaps just younger. Adding to that, now you have to share your children with the last person on earth you would want them to be with. Sometimes betrayals are an outgrowth of unaddressed conflicts that were there for a long time and may have created a large enough rift for someone to get in between you. However, regardless of what might have been a catalyst for the infidelity, it doesn’t diminish the intensity of the loss you have to face. Finding the maturity and emotional muscle needed to deal with this difficult experience can be a challenge.

Friends and family might respond by suggesting you just get on with it, and leave the other person in the past where he or

she belongs. Even if that is hard to hear, it is the goal you want to strive for. Continuing to focus on your ex can unwittingly keep you stuck in your anger. Even if you have moved into a new relationship, all that negativity can hold you back and run interference in your life and with your current partner.

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

Instead of using your anger and sadness to launch an attack that keeps you mired in the past, use it to disengage. Put boundaries in place: formalize the necessary times to see each other, be it for picking up belongings or dropping things off; begin to build up new support systems rather than looking to your ex when you have a problem in the house, a flat tire or too much laundry; if there are kids, limit communication with your ex to discussing only necessary subjects surrounding the logistics of their caretaking. Wherever you can, fill in and replenish the areas of your life where you feel the most loss. The more you do that, the less resentful and angry you are going to be.

None of this is easy, but if you become aware of how you direct your energy, you might be able to turn things around. Unfortunately for Elin, “hating” Lindsey Vonn, or any future partner or spouse to Tiger, will not heal the wounds inflicted by a devastating divorce. That effort could be better spent investing in herself and her new life.

Please tune in to “Let’s Talk Sex” which streams live on HealthyLife.net every last Tuesday of the month at 2 PM EST, 11 AM Pacific. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer.

How to Celebrate a Fourth of July Themed Wedding in Style



By April Littleton

The Fourth of July is a very special day for most Americans. This holiday gives people the chance to express their patriotic side in fun, creative ways. Many [couples](#) see Independence day as the perfect opportunity to exchange “I dos” and share their [love](#) for each other and their country. Couples who dream of nothing more than to live the “American Dream” love the idea of knowing that while their celebrating their love, the whole country is celebrating right along with them on this day. Here’s Cupid’s guide to having a spectacular

Fourth of July themed [wedding](#):

Location: The first thing you should think about is where you want your wedding to take place. More than likely, it will take place outside. Maybe even think about holding the [ceremony](#) at a carnival (funnel cakes, anyone?) Whatever location you decide on, make sure it has plenty of open space – that way all of your guests will be able to see and hear fireworks going off.

Related: [10 Ways to Keep the Honeymoon Phase Going Strong](#)

The attire: You can't have a Fourth of July themed [wedding](#) without the proper color scheme. Consider having your bridesmaids and groomsmen wear red or blue – you can even let them dabble with both colors. Maybe the ladies can wear red dresses with white flowers, or blue dresses with red accessories to match – like headbands accompanied with studded stars, while the fellas wear navy blue suits with red bow ties.

Centerpieces and decorations: Keep the American flag in mind as you think of decorations for your wedding. Use the pattern for your linens and chair covers. For your centerpieces, you can fill picnic baskets with flowers or you can choose to fill glass bowls with an assortment of red, white and blue candies. The creative possibilities are endless as long as you stay true to the theme of the American holiday.

The food: What better way to celebrate the Fourth of July on your wedding day than with food that fits the theme? Think about serving barbecue during your special day. Include foods such as hamburgers, ribs and corn on the cob. Get creative with your refreshments. Serve coca cola in vintage glass bottles or set up a lemonade stand. Red, white and blue decorated cookies or a popcorn bar would also give your wedding more American flair.

The reception: Hold your reception at night and let the [sparks](#) and sparklers fly! No Fourth of July wedding celebration would be complete without a few fireworks. You could also switch things up by adding a few sparklers to your centerpieces when the party really gets started. Think about letting each of your guest set off a firework in honor of you and your new [spouse](#). They'll feel even more involved in the wedding and the night sky filled with colors will be a sight to see.

The party favors: Red, candied apples, sparklers and Fourth of July themed magnets would make great favors for your wedding. Give away miniature Liberty bells and American flags as a bonus. If you're more of a foodie, consider making fruit baskets with strawberries, blueberries and blackberries.

Related: [Add a Little "Luck O the Irish" to Your Wedding Day](#)

The music: What good would a Fourth of July wedding be without a little All-American music? Although it would fit the theme, refrain from playing "The Star-Spangled Banner" during your reception. Instead, play a little Elvis Presley or Bruce Springsteen. Songs like "Surfin' U.S.A." by The Beach Boys will surely be a hit with your guests.

Do you have any other ideas for a Fourth of July themed wedding? Share them below.

The Good, Bad and Ugly of Dating Advice Guides



By Sarah Showfety

What can be gained from reading twelve dating advice books in a row? Some valuable insights, actionable information and after a while – a headache.

After years of false starts and flame-outs, I decided to give myself a dating education, buying half the self-help section at Barnes & Noble to try and change my luck in love. I thought quick salvation lay in their pages. I thought if I put on my Love Lab Coat and followed instructions, fruitless years of speed, blind and online dating would be swiftly rewarded with a marriage-minded man.

Wrong! The books did work, but not in the way I thought they would.

The Upside of Dating Advice

How did these dating books help? For the first time, I saw clearly the mistakes I kept repeating. These included being overly available, letting things ramp up too quickly and intensely (hence, the aforementioned flame-out), reacting emotionally if a guy pulled a Houdini and then reappeared, and pretending I was content to casually hang out when I craved a committed, exclusive relationship.

They gave me a toolbox of quick, easy tips to increase the quantity of men in my life. I learned where to go, how to use body language, what (not) to say. I learned to flirt better, keep first dates short, go places without a girl posse and decide what time I'd come home before a date started.

The books also flipped my usual story on its head. Through them, I saw that my poor track record wasn't due to the scapegoats I'd grown fond of blaming (men, "the scene," my parents). The responsibility lay with me – my self-perception and my choices. These were two things I could change.

Related: [QuickieChick's Video Dating Tips: Summer Love](#)

Too Much of a Good Thing

Of course, there were drawbacks, too. The more I looked outside myself for answers, the more my self-doubt grew. *Did I say what I was supposed to say? Was giving him shrimp off my plate too girlfriend-y??*

I got overly focused on following a formula and trying to do it "right." But the fear I was doing something wrong—that perhaps I was incapable of long-term romance—was the real issue. The very act of trying to "fix" myself reinforced the false underlying belief that something was wrong.

Related: [4 Steps to a Stronger Long-Term Relationship](#)

The Takeaway

What I really needed was to trust my own value – only then

would I stop compromising what I wanted. So after months of following textbook rules, I *stopped* trying so hard. I let go of the pursuit and gave up worrying I'd said too much or texted too soon.

Instead, I took care of me. I meditated, hiked, swam and went to outdoor concerts at Coney Island. Only after I cultivated my own joy was I ready and able to meet the man for whom I'd been looking. More than all the techniques, I had to love me and my life first. (Which is the primary message of all the books – though it took me a while to listen).

So, do I recommend dating guidebooks? Yes, so long as they're not used as weapons of self-destruction. Skills and knowledge are important, but no amount of dating tricks will get you what you want unless you believe you deserve it.

*Sarah Showfety is a New York-based life coach and author. You can read about her experiences taking dating advice in her memoir *Dating by the Books: One Blundering Singleton's Search for Love in the Self-Help Aisle*. Connect with Sarah at her website www.straightupyou.com.*

Celebrity Dads Who Are Doing It Right





By Kelly Rouba for GalTime.com

TV dads, like Cliff Huxtable and Ward Cleaver, often made fatherhood look easy. They effortlessly juggled their work schedules so they could spend quality time with their children and, of course, they were always around to set their kids straight if they stepped out of line. While we all know parenting isn't always as easy as it seems on TV, there are plenty of celebrity dads who've managed to set the bar pretty high when it comes to balancing fame and fatherhood as least as far as we can tell from the outside!

Sarah McKeever, a mother of three from New Jersey, thinks Will Smith is a great role model for fathers around the globe. "I adore him, and he seems like a great father and husband. I've seen a few interviews with him and his wife and kids. They seem to keep a healthy balance with all the fame," McKeever said. There may be a lot written about the Smith marriage and their parenting style (a la lack of punishment)" but Will is one dad who definitely focuses on his kids.

Dorothy Cascerceri, an on-air news, fashion, and celebrity

trend expert for *In Touch Weekly*, agrees. “(Smith) loves his kids Trey, Jaden and Willow and has done everything possible to encourage all of their careers in the family business, Hollywood.”

Since Smith isn't the only dedicated dad out there, GalTime asked Cascerceri to name the *Top 10 Celeb Dads Who Are Doing It Right*, and here's what she said (in no particular order):

1. David Beckham— This ultra-hot soccer star is more than dedicated to his four kids, Romeo, Brooklyn, Cruz and Harper. He even has the boys' names tattooed on his back!

2. Ben Affleck— Not only is this Oscar-winner an all-star dad to daughters Violet and Seraphina and son Samuel, but he's also a dedicated hubby. He even thanked wife Jennifer Garner in his Academy Awards acceptance speech.

3. Brad Pitt— In addition to being one of the sexiest men in the world, Brad is tirelessly dedicated to his clan 6 and works extra hard to make sure the entire crew is taken care of.

4. Liev Schrieber— Forget strollers! Liev is usually seen transporting sons Alexander and Samuel around on his back and shoulders.

5. Tony Hawk— He loves his daughter Kadence so much that he Instagramed a photo of the two of them with his nails painted with pink sparkly polish.

6. Taye Diggs— He shares everything with his son Walker, even ad campaigns! The duo flashed their milk mustache smiles for a Got Milk? campaign.

7. Gavin Rossdale— Gavin always pays close attention to the style of his kids Kingston and Zuma, and he always makes sure they have the same rocker look as their dad.

8. Jerry O'Connell— He's a doting dad to his twin daughters

Charlie and Dolly, and oftentimes brings them to the set of his latest projects so they can see their dad at work.

9. Jay-Z— This rap mogul is smitten by his daughter Blue Ivy and even wrote a heartfelt song about her when she was born.

10. J.R. Martinez— Last but certainly not least, GalTime couldn't resist adding new father J.R. Martinez to the list. Even though his daughter Belle just turned one, he's got quite a handle on fatherhood and there's no denying how deeply devoted he is to his precious baby girl.

"I believe I'm a great dad, thus far, because I don't shy away from getting my hands dirty, whether it be by changing her diaper (constantly), making the bottle or setting up for bath time. I believe these are great opportunities to bond with your child," Martinez said.

Martinez also has a piece of advice for all those dads out there who just might be reading this. "I know we're working hard to provide, but don't leave it up to the mom to be hands-on. Show them you're more than capable, because you are."

Celebrity Couples Where Opposites Attracted





By Meghan Fitzgerald

It's true – opposites do attract, but it's odd for outsiders to look in at these partners because it seems so...strange. Although it's unknown for others, the ones involved in these types of relationships are usually the couples who have it all together. Opposite attraction is new, exciting and can result in a strong and healthy relationships. Cupid takes a look at a few cases where opposites attracted in popular celebrity couples:

Related: [Famous Women Dating Non-Celebs](#)

Megan Fox and Brian Austin Green:

Once *Transformers* hit theaters and Megan Fox began to be known as the hot it girl, Brian Austin Green was just that 90210 guy who had a kid with Vanessa Marcil. Even though she became one of the world's biggest sex symbols, they have still managed to keep their relationship going strong. In fact, the couple has been married since 2010 and have a son, Noah Shannon Green, together.

Mariah Carey and Nick Cannon:

Mariah Carey has had quite the extensive dating record, from her first marriage, to record executive, Mottola, to a Latin pop singer and briefly to Derek Jeter. The bold and bodacious singer settled down to a small, lanky rapper, Nick Cannon. The duo has been married for five years now. They are also parents to fraternal twins, Monroe Cannon and Moroccan Scott Cannon.

Brody Jenner and Avril Lavigne:

The born Californian *Hills* star, Brody Jenner didn't seem to fit right with punk rocker Avril Lavigne. Although others thought they wouldn't mesh, they dated from February 2010 through 2012.

Demi Moore and Ashton Kutcher:

Golden Globe and Emmy nominee Demi Moore found an unlikely match in *That '70s Show* star Ashton Kutcher. Despite the 16-year age difference, the pair began dating in 2003. They married on September 24, 2005, but the happiness didn't last for long. Kutcher filed for divorce in December 2012 after a year of separation and rumors of his infidelity hit the newsstands.

Hayden Panettiere and Wladimir Klitschko:

The 23-year-old petite blonde known for her breakout role in *Heroes* settled down with the 37-year-old, 6'6" heavyweight boxing world-champion Wladimir Klitschko from Ukraine. Despite the 1'4" height difference, the odd duo make it work with their relationship.

Tom Cruise and Katie Holmes:

The ex tomboy from *Dawson's Creek* was interviewed to be Tom Cruise's real life girlfriend after her engagement with Chris Klein ended. Holmes seems to be the more down- to-earth type while Cruise stars in super thrillers and actions films.

Lindsay Lohan and Samantha Ronson:

The *Mean Girls* actress dated DJ Samantha Ronson in 2008 and 2009. When questioned about her sexuality, Lohan said, "I don't want to classify myself." Since the brief romance the couple shared together, Lohan has been recently linked to Avi Snow.

David Cross and Amber Tamblyn:

The 26-year-old actress best known for her parts in *The Sisterhood of the Traveling Pants* and *Joan of Arcadia* tied knots with now-hubby David Cross in 2012. The 43-year-old comedian has quite the ego boost with dating a woman 19 years younger than him.

Related: [Finding Your True Destiny](#)

Rachel McAdams and Michael Sheen:

The *Midnight in Paris* co-stars were rumored to be a couple far before they announced their relationship. Sheen has a past relationship with Kate Beckinsale. The two have a daughter, Lily Sheen, together.

Who are some other celebrity couples with opposite personalities? Share your thoughts below.

Date Advice: 5 Conversations Every Couple Should Have

Before Getting Married



By Mark B. Baer ESQ.

While it may seem odd receiving marital advice from a family law attorney, remember that people retain us to assist them in dissolving their marriages. Although the people and situations may differ, the reasons marriages fail tend to be rather consistent. We are therefore in an excellent position to give marriage advice. Here are five conversions every couple should consider having before tying the knot:

1. Communication

Poor communication happens to be a major cause of divorce. Since you are planning on marrying, you should already be familiar with each other's communication style. If you believe that your fiancé could use some improvement in that

regard, it is advisable that you address that concern before marriage. After all, if the problem exists before marriage, what makes you think that it will improve with marriage?

Related: [How to Communicate to Get What You Need](#)

2. Finances

Before people marry, they have little need to discuss their relationship with money because it is not of particular importance. After all, as long as each person is pulling their weight financially in whatever manner is acceptable to both, there is no need for any discussion. However, as Harvey A. Silberman, family law judge for the Superior Court of Los Angeles County, in California likes to remind people, “Getting married in and of itself creates a pre-marital agreement – the *Family Code*.” In other words, the terms of your pre-marital agreement can either be the terms set forth in the *Family Code* or terms that you specifically negotiated as part of the pre-marital agreement. What do pre-marital agreements address? They address financial issues. Therefore, you automatically become financial entangled with each other just by virtue of getting married. The failure to discuss such issues before marriage is a major regret for many. Such conversations should include the nature and extent of your respective pre-marital assets and debts, your values and beliefs with regard to spending and saving, expectations you each have with regard to the source of money to be used to pay for marital expenses, and many other such issues.

Related: [Celebrity Couples Who Let Money Ruin Their Relationship](#)

3. Commitment

Marriage is a wonderful institution that affords couples significant psychological, emotional and financial benefits, in addition to being a commitment of their love to each other. Problems ensue when the couple’s level of commitment

are not aligned. How will this play out if one spouse is a workaholic? Are you committed to the marriage if you are disrespectful of your spouse? A conversation on the issue of commitment would be wise.

4. Expectations

People's expectations for themselves, their spouse and their marriage change over time. Those with the most successful marriages share these expectations with each other.

5. Human Nature

Rounding off the list is human nature. People don't change and nobody is perfect. The question is not whether you can change someone, but whether you will be happily married to them warts and all. This requires a conversation because one might expect to change the other.

Enjoy a happy and healthy marriage.

Mark is the owner of Mark B. Baer, Inc., a Professional Law Corporation. His is a Family Law Attorney, Mediator, Collaborative Divorce Practitioner, Author, Lecturer, and Keynote Speaker. He has been licensed to practice law in the State of California for over twenty years.

**Relationship Advice:
Understanding How Assets Get
Divided In Divorce**



By Jeff Landers for GalTime.com

Dividing the family's property during a divorce can be quite difficult, especially if there are significant assets such as houses, rental property, retirement and pension plans, stock options, restricted stock, deferred compensation, brokerage accounts, closely-held businesses, professional practices and licenses, etc. Deciding who should get what can be quite a challenge, even under the most amenable of situations. But, if your divorce is contentious, then this can be especially complicated.

Assets should not necessarily be divided simply based on their current dollar value. You need to understand which assets will be best for your short- and long-term financial security. This is not always easy to discern without a thorough understanding of the asset itself – its liquidity, cost basis and any tax implications associated with its sale.

However, before we go any further, we need to discuss the differences between Separate and Marital Property and why that's critically important to you. In my experience, this is an area that is not well understood by most people.

States differ in some of the details, but generally speaking, Separate Property includes:

- Any property that was owned by either spouse prior to the marriage;**
- An inheritance received by the husband or wife (either before or after the marriage);**
- A gift received by the husband or wife from a third party (your mother gave you her diamond ring);**
- Payment received for pain and suffering portion in a personal injury judgment**

Warning: Separate property can lose its separate property status if you commingle it with marital property or vice versa. For example, if you re-title your separately owned condo by adding your husband as a co-owner or if you deposit the inheritance from your parents into a joint bank account with him, then that property will most likely now be considered marital property.

All other property that is acquired during the marriage is usually considered marital property regardless of which spouse owns the property or how the property is titled. Most people don't understand this. I've had many clients tell me that they were not entitled to a specific asset, because it was titled in their husband's name – such as his 401K. This is not true! This is worth repeating because it is that important. All property that is acquired during the marriage is usually considered marital property regardless of which spouse owns the property or how that property is titled.

(State laws vary greatly, especially between Community Property & Equitable Distribution States, so please consult with your attorney).

Marital property consists of all income and assets acquired by either spouse during the marriage including, but not limited to: **Pension Plans; 401Ks, IRAs and other Retirement Plans; Deferred Compensation; Stock Options; Restricted Stocks and other equity; Bonuses; Commissions; Country Club memberships; Annuities; Life Insurance (especially those with cash values); Brokerage accounts – mutual funds, stocks, bonds, etc; Bank Accounts – Checking, Savings, Christmas Club, CDs, etc; Closely-held businesses; Professional Practices and licenses; Real Estate; Limited Partnerships; Cars, boats, etc; Art, antiques; Tax refunds.**

In many states, if your separately owned property increases in value during the marriage, that increase is also considered marital property. However some states will differentiate between active and passive appreciation when deciding if an increase in the value of separate property should be considered marital property.

So what's the difference?

Active appreciation is appreciation that is due, in part, to the direct or indirect contributions or efforts of the other spouse (e.g. your husband helped you grow your business by giving you ideas and advice; he entertained clients with you; he helped raise the kids and did some household chores, which allowed you to work late, entertain clients, travel to conventions; etc.).

Passive appreciation is appreciation that is due to outside forces such as supply and demand and inflation. For example, a parcel of land increases in value even though you and your husband made no improvements to it. However, if you used marital income and/or assets to pay the mortgage and/or taxes on this parcel of land, you might have a very good argument

that this property, or at least the increase in value during your marriage, should now be considered marital property. As you can see, this can get quite complicated and convoluted. Hiring a good divorce financial planner can help you sort this out.

It is also very important for you to know if you reside in a Community Property State or an Equitable Distribution State. There are nine Community Property States – Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington and Wisconsin. Community Property states consider both spouses as equal owners of all marital property (a 50-50 split is the rule).

The remaining 41 states are Equitable Distribution states. Settlements in Equitable Distribution States do not need to be equal, but they should be fair and equitable. In Equitable Distribution, several factors are taken into account, including the financial situation of each spouse when dividing assets.

Some of the factors considered are:

- The length of the marriage
- The income or property brought into the marriage by each spouse
- The standard of living established during the marriage
- The age and physical/emotional health of each spouse
- The income and earning potential of each spouse
- The financial situation of each spouse when the divorce is finalized
- The contribution of a spouse to the education, training or earning power of the other

– The needs of the custodial parent to maintain the lifestyle for the children

In addition to these, a court can consider any other factors that it feels might be relevant. This makes it very difficult, if not impossible, to predict the outcome. The bottom line here is that you want to stay out of court, if possible. There's a good reason why more than 95% of all divorces are ultimately settled out of court.

Also, please remember that debts usually get divided in divorce as well. However, Community Property states treat debt differently than Equitable Distribution states, so please make sure that you consult with an experienced divorce specialist.

Hopefully this basic description of how assets get divided in divorce will help you as you are going through your divorce. But as you can see, this can be an extremely complicated process filled with unseen potholes. Having a competent divorce financial professional on your team can help you get your fair share of the assets that you've worked so hard to accumulate.

Dating Advice: 10 Tips to Being Successful With Online Dating





By Sarah Ribeiro

Do you constantly find yourself telling your friends “there are no good guys?” You’ve gone on a million dates on every dating site and you just can’t seem to find the one. It’s true, online dating is tricky. It’s a grueling process to deal with searching through thousands of profiles, hoping to find your true love in a mass of duds. Plus, you deal with the awkwardness of sitting with a stranger who’s a complete creep or is nothing like you hoped. However, if you do it the right way, you can skip all the awkward uncertainty and find your perfect match in no time. Here are some tips for being successful with online dating:

- 1. Take everything with a grain of salt:** Recognize that your date may not be entirely truthful on his profile. Before you head out with an expectation of that tall, dark and handsome doctor, consider the possibility that he may be posting an older photo, or that he may work in a hospital – just not as a doctor.
- 2. Be true to yourself:** If you’re not honest on your dating

profile, you can't expect anyone else to be. Be sure to upload a recent photo and keep your information up-to-date so there's no surprise on your end.

3. Fill up your profile: The best way to avoid awkward silences on your first date is to have a lot to talk about. Upload plenty of photos and include all of your interests to easily initiate conversation.

Related: [Four Dates and a Wedding](#)

4. Don't write a novel: While you want a lot of information about yourself that will reveal your personality, no guy is going to read an 800-word description. Stick to the basic information like your job, hobbies, and interests and limit yourself to five sentences per category.

5. KeepItSimple101: A complicated or inappropriate username may keep the good ones away. Stay away from a confusing and random username or one that is too suggestive and stick with something simple and straightforward, like your name or your favorite sports team.

6. Know your limits: Limit yourself in every aspect. First, don't share too much information. Your date doesn't need to know every detail about your ex-boyfriend. And, of course, don't overindulge. Drinking too much makes you a sloppy date and will likely end the night early.

7. Keep it on the DL: A 5-star restaurant probably isn't the best idea for a first date, never mind a blind date. Skip the luxury and head out to a café or a free concert in the park so you don't have to spend money on someone you'll never see again.

Related: [Online Dating Isn't a Threat to Monogamy – It's a Blessing](#)

8. Utilize multiple sites: The best way to find the perfect

guy is to widen your scope. Make multiple profiles, mixing free sites like OKCupid or Zoosk with paid memberships on sites like Match.com and Chemistry.com to give yourself a bigger population to pick from.

9. Don't talk for too long: While you want to get a good idea of a guy before you date him, try to limit your messaging to about five days before you establish a place to meet. Any longer than that, and he may grow bored with the chitchat and move on. Remember – you're both still actively looking for a partner.

10. Relax: The biggest date-killer is your own lack of confidence. Stop worrying about having the perfect night and instead walk into your date with your mind set on having fun. Once you stop focusing on everything that can go wrong, you can start focusing on everything that's going right.

How have you succeeded in online dating? Share your tips with us in the comments.

Plan a Summer Wedding in Eight Weeks or Less





By Kelly Rouba for GalTime.com

If you recently got engaged and just can't wait to tie the knot, famed party planner Martie Duncan says it's not too late to plan a summer wedding.

A summer wedding can be put together in under two months, assures Duncan, who shares many of her expert tips on her website [MartieKnowsParties](#). Duncan's experience in planning weddings on the fly began when a friend recruited her help not long ago.

"They got engaged on a Saturday and wanted to get married the next Saturday," she recalls. "It wasn't a joke, and we did it! (It turned out to be) a beautiful, simple but sweet and sentimental family wedding with a seated reception dinner for 30. We even ended with fireworks!"

Contrary to what one might expect, the planning process went rather smoothly. "The reason it was so easy is because the couple had seen my work and knew my style. They trusted me," says Duncan, who gained popularity as the runner up on Season

8 of Food Network Star.

After the couple first approached Duncan for guidance, they agreed to meet to go over details. “We sat down for one planning meeting to discuss what they wanted and what it would cost. Within hours, I had most of it pulled together because I knew what was important to them,” she says.

It also helped that Duncan’s friend had already found a farm to serve as the venue for the ceremony and reception. “That made things easy,” Duncan says, adding that she made sure the wedding theme reflected the couple’s personalities. “The flowers, decor, food and drinks were all very rustic—a perfect fit for both the setting and their laid-back style.”

For all those other couples out there who are ready to march down that aisle, Duncan offers these simple tips for planning a summer wedding in eight weeks or less:

SET A BUDGET

“The first big step is to decide on the budget,” Duncan says. “Often, planning a wedding quickly means you may pay more for things because you do not have time to shop around or delay making purchases.”

Also, keep in mind that the vendors you have to select from at the last minute might be more expensive, and there could be added expenses you never anticipated. In fact, while helping her friend plan her wedding, they realized there wasn’t a kitchen at the farm. “We had to create everything,” Duncan says, noting that it certainly made things more difficult, especially since they only had a modest budget.

In the end, it worked out because “we communicated openly about what was possible and what was not under the circumstances. Since we had to bring everything in, we kept it all very simple,” she said.

HIRE A WEDDING PLANNER

If the couple or their close friends have experience planning events, know vendors they can rely on, and have plenty of time on their hands, then a wedding planner might not be necessary, Duncan says. Otherwise, "I would always advise finding someone who knows the ropes to make the process easier. The biggest problem is finding trustworthy vendors who might still have the date open. A planner can certainly help, since they typically know all of the vendors in their area."

Always make sure you have a contract in place with the vendors you select. "Don't skip over these precautions just because you are trying to pull things together quickly," Duncan warns.

STICK TO A SCHEDULE

"When planning a wedding in a short amount of time, you have to make decisions quickly and move on," Duncan says. "There is no time to procrastinate or labor over the choices you have to make."

BE FLEXIBLE

"Most importantly, the couple has to have some degree of flexibility when making decisions," Duncan says. "For example, if the peonies you always dreamed of are not available, you might have to settle for something else. You just cannot be rigid when you only have days to plan. Decide on a few basics, like overall style and color. After that, you almost have to see what's available and go from there."