

# Top 5 Celebrity Couple Predictions



By Yolanda Shoshana

It can be hard keeping up with the love life of celebrities. If you blink, you just might miss a breakup or a week long relationship between two costars. I pulled out my crystal skull to do predictions on some of the celebrities everyone wants to know more about:

**1. Blake Lively and Ryan Reynolds:** This was the surprise wedding of the summer. Some media outlets have called Lively a trophy wife, because they believe she nothing but arm candy. I say, take a good look at Reynolds, because last time I checked, he was quite easy on the eyes. If anyone won a trophy

it is Lively. Their age difference actually evens out since women tend to mature faster than men; they meet right in the middle. I predict that Lively and Reynolds will have a fabulous marriage and stay pretty quiet when it comes to Hollywood drama. Let's root for these two, as their future is bright. By February, there will be baby news from this sexy couple.

**Related Link:** [Blake Lively and Ryan Reynolds Are Married!](#)

**2. Kristen Stewart and Robert Pattinson:** Can you say hot mess? The rumors continue to fly that they are on again, spending time apart or can't live without each other. The list goes on. Who knows what we should believe at this point. Stewart and Pattinson are attempting to figure out what is going on between them, because they do care for each other. Once the *Twilight* hype is over, it will be the end of their relationship. The movie is the glue that holds them together, and Pattinson will end up finding love with another actress which will prompt his ending the relationship with Stewart for good.

**Related Link:** [Sources Say Rob Pattinson and Kristen Stewart Are a Couple Again](#)

**3. George Clooney and Stacy Keibler:** Despite breakup rumors, these two are still a couple. But tick tock! Can't you hear the clock ticking on this relationship? The main reason people are saying the pair is close to splitsville is because it's about that time when Clooney calls off the relationship. Keibler can take a deep breathe; she will make it to the Oscars with Clooney. However, her days are numbered. She will love again, and you know Clooney will. In a few years, I see that Clooney will pull a "Warren Beatty type move" and find someone younger than him with whom to settle down. They will never marry, but she will be around for the long haul.

**4. Mila Kunis and Ashton Kutcher:** This pairing is interesting indeed. Did you know that Kutcher was Kunis' first kiss? From what we have seen, we know that Kutcher has it in him to be in a long term relationship, but it is said that Kunis wants to

take it at a slow nice pace. This is not to mention the fact that Kutcher is still married to Demi Moore. Kunis and Kutcher will have a nice run, but eventually she will want someone a little more grown up, which will break Kutcher's heart. What goes around comes around, dear Ashton.

**5. Kim Kardashian and Kanye West:** Who else is surprised that they are still together? This couple has lasted longer than Kardashian's last marriage. That deserves a round of applause. Then again, according to the media, Kanye has always had a thing for Kim. They are a good match since they both love the spotlight, expensive things and causing a commotion. Kardashian and West may taunt the public with an engagement, which they may actually mean (at the time); the wedding will, however, not take place. Media and money aside, Kardashian wants love just like anybody, but has to get her self love in check before that happens. Kardashian really loved Reggie Bush and continues to seek that type of love. Also telling the media that she thinks she will marry West was a bad move. It's like giving a guy an ultimatum in front of a live audience. The stars are coming into play for these celebrities, so stay tuned into their love stories because now only time will tell.

*Yolanda Shoshana is a lifestyle provocateur, seduction alchemist, and clairvoyant courtesan who helps women tap into their senses to obtain more love and pleasure in life.*

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## Halloween Weddings: Fab or Frightening?





By GalTime Lead Ambassador, Yakima/Tri-Cities, Jenny Tiegs, for GalTime.com

A bridal party dressed as fairies and pirates? Freshly carved pumpkin centerpieces? Frankenstein groom and a equally frightening bride? A hand-tied bouquet crawling with rhinestone spiders? Halloween weddings are a real thing, and it might be the theme of your upcoming nuptials.

We checked in with a Nadia Digilov, author of best-selling wedding book, *Getting Married in New York*, to find out how to plan an All Hallow's Eve affair that's more treat than trick.

"A wedding is a celebration of a marriage between a couple and therefore should not be confused with a tacky Halloween party," Digilov said. Instead, Digilov encourages the couple to infuse the holiday spirit with subtle touches that can add the aura of mystery and romance to the wedding day.

"Anytime I tell people I had a Halloween wedding, they always kind of laugh," explains newlywed of two years and teacher Meghan Robison.

So why would she or anyone else set a wedding date of October 31?

“Halloween has long been a favorite in my family,” explains teacher and Halloween newlywed Meghan Robison. “We decorate our houses for Halloween the way most people would decorate for Christmas. We both have Halloween trees – mine was actually a wedding gift from my parents. Halloween is non-stressful, involves no gift-giving or expectations, and it lets creativity and magical imagination run wild!”

To keep it all organized (and not kitschy), Robison organized her ideas on inspiration boards (remember how we did this pre-Pinterest?) and kept on track with a binder so she or a vendor weren’t tempted to get too crazy.

This is the trick with a Halloween wedding: Celebrating the holiday and the marriage without crossing the line into tacky territory. Of course, you’ll want a bit of “wow” – that’s what Halloween is all about. Digilov suggests doing this while still keeping the event elegant.

Here’s what our wedding expert Digilov and holiday-enthusiast Robison advise to making the event gorgeous, not ghastly.

**Too freaky:** Anything plastic! Say no to the fake Halloween pumpkins, skeleton heads, jewelry and fangs, Digilov says. Also, no masks or hiring actors to wear monster costumes and scare your guests as they make their way to the bathroom. No one wants to be responsible for sending Aunt Barbara to the hospital after a big fright. Also be mindful of children who might be attending as the line between imaginary and real is hard to decipher for a young child (and even some adults after a few cocktails).

**Fabulous:** Robison set the stage with vendors and friends by referring to the event as “masquerade” theme and being clear there would be no “blood, guts or gore” (full disclosure: her bridal party did don masks and her parents did don Dracula

teeth as the bride and groom left the ceremony). These details made the day, she says, without going full-throttle Halloween.

Use textures, colors and lighting to enhance your wedding. When picking fabrics, think luxurious like velvet and silk. When accenting with colors, use rich and deep tones like reds, purples, golds, and bronze. Lighting is also very important and can be used to create a mysterious ambiance. Dimmed lighting is perfect when using candelabras, fireplaces and antique looking lanterns. Digilov reminds brides and grooms that you want your guests to be intrigued and looking forward to the mystery of what is going to happen next, not looking over their shoulder with fear and anxiety.

**Start planning:** If your wedding is next year, don't rush to buy up everything Halloween at the craft store now. Since you'll be skipping plastic skulls, there's no need to panic about the season passing while you plan. Elegant ways to infuse Halloween, as Digilov suggests below, are available year-round.

**Here are some ideas to infuse Halloween into your wedding day:**

**Mysterious Venue.** Let the venue dictate the ambiance. Do you live in an area with historical building or a place that is rumored to be haunted? These physical structures lend themselves to immediately giving your wedding that spooky feel.

**Mood Lighting.** The lighting should be dim. Sources for lighting should include candles, either placed in candelabras, in the fire place or safely on the table. If your venue has a working fireplace, building a real fire is also a perfect way to create ambiance and light, not to mention some heat on a cold, fall night. Keep your eye open for antique looking lanterns to use with candles as well. Robison's loved ones danced in a hauntingly dim hall lit by moons, stars and tiny votives that dangled from the chandelier.



**Sumptuous Colors.** Veer away from bright orange and black paired together. Consider golds, dark purples, black and rich chocolate to convey the feeling of the season, not just pumpkins. While the flower girls in Robison's ceremony donned bright orange dresses and fairy wings, the adults were swathed in black and eggplant, with rhinestone pins to class up the creep-factor.

**Signature Cocktail.** Pour your theme into bright orange, spicy cocktails crawling with sugar-spider garnish and served next to bowls of eyeball candy. The bar can be a little more outrageous than other areas where guests dine, dance and watch the couple take their vows. Robison chose smoking green and purple beverages and treated guests to a late-night candy bar with spiced pumpkin cakes and cinnamon donuts.

**Surprising Guests.** Instead of providing guests with a program outlining what is happening next and in what order, Digilov says to find a way to reveal what is next to your guests shortly before it happens. By doing this, you are keeping your guests in anticipation mode. For an example, instead of advising everyone of a Halloween theme wedding when sending out the invites, surprise the guests as soon as they arrive by having staff at the entrance hand out small lanterns to each guest/couple to carry in order to "lead the way" into the ceremony room. As guests wait for the wedding to start, provide them with a short piece of paper on their chair that explains that they just walked through a haunted hallway or provide them with a scary story about the venue to get them in the mood. After the ceremony and upon arrival at the reception, have entrance staff provide guests with masquerade masks, instead of encouraging your guests to wear costumes. When the guest walk in, they will see lighting and decorations that hint at Halloween, but won't feel the need to use a tablecloth as a ghost costume.

"I know people were skeptical about the theme from the beginning," Robison admits. "I think they were...blown away by

how off-base they were. It was like a magical fairytale dreamland! People still tell me how much fun it was and how much they would love to do it all over again! I would do it over again in a heartbeat.”

I having glittery pumpkins rather than bouquets of roses makes your heart skip a beat, then do what makes you happy, Digilov says. It’s always important to represent yourselves as a couple at your wedding, but also wise to make sure you’re not cringeing at your wedding photo five or ten years down the road.

A beautiful fall background with hints of orange, black and gold is stunning and timeless. A plastic skeleton hanging from the rafters and you with spider webs and fake blood standing next to a ghost groom? Not so much.

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## **Tips to Keep Things Exciting with a Date Night at Home**







By Karlee Wiggins

Whatever stage you're at in your relationship, keeping things exciting and fresh is important for a healthy relationship. You don't have to spend a lot of money on a date night either, and for many people who are busy, going out seems like just another chore. Instead, try one of these unique ideas to have a fun, romantic evening with your partner in the comfort of your home. If you have time, you can even do more than one in a single night.

### **Make Dinner with Your Partner**

Instead of going out to an expensive, fancy restaurant, try making dinner with your partner. Cooking together is a surprisingly romantic experience for many people, and you don't have to be a master chef to make an enjoyable meal. Grab a cookbook from your shelf and prepare something simple, or look up a recipe from a trusted web reference to gather some ideas. If your partner isn't into cooking, you can surprise them with a homemade dinner that you prepared. After all, even if he or she isn't into cooking, they probably still like good

food.

**Related Link:** [Date Idea: Have a Dinner Date at Three Different Venues](#)

### **Watch a Classic, Romantic Film**

Revival theaters are wildly popular these days, often showing 35mm prints of classic films like "Citizen Kane." Instead of going out, try turning your living room or family room into a home theater for the night and show a DVD of a romantic classic like "Casablanca." You'll save money over going out, and instead of stale movie-theater popcorn, serve some chocolate-covered strawberries, raspberries or unique treats with a romantic twist.

**Related Link:** [Top 10 Most Romantic Movie Locations](#)

### **Simply Spontaneous**

Instead of doing something traditional like watching a movie or having dinner, try doing something unique. Go outside and fly a kite on a windy night, take a walk around the neighborhood or set up a blanket on your porch or patio and have an evening picnic when the weather permits. Not only are these ideas unique and cost-effective, they'll also let your partner know you spent some time thinking about interesting ways to keep their attention. That's important, especially for couples that have been together or married for a long period of time.

### **Get Creative**

Try doing something creative with your partner. Even if you and your partner aren't particularly artistically-inclined, working on a small painting, drawing a picture or making a collage can be romantic and fun. Try working on the same piece whatever you decide to do, as that way you'll be close to each other. After all, that's really a lot more important than

whatever it is you create.

*Karlee Wiggins enjoys blogging about dating and relationships. In her spare time she also enjoys finding dates online and helps with Dating Website Reviews.*

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# Celebrity Kids Go Trick-Or-Treating



By Jenny Schafer at [celebritybabyscoop.com](http://celebritybabyscoop.com)

It's Halloween in Hollywood! Could you imagine the likes of [celebrity kids](#) like Shiloh Jolie-Pitt or Honor Warren coming to your front door on this spooky night? For some lucky

neighbors, that's just what happened last year. This week, we're taking a look at five celebrity couples that love to go trick-or-treating with their tots in their swanky neighborhoods.

## Celebrity Kids That Trick-or-Treat

**1. Angelina Jolie and [Brad Pitt](#):** Yo Gabba Gabba! [RadarOnline](#) caught Brangelina and their brood trick-or-treating in the Los Angeles area on Halloween night last year. Pitt looked hilarious dressed up as DJ Lance Rock from the kids TV show *Yo Gabba Gabba!* His celebrity love went as the walking dead, while Maddox was a dead army soldier, Zahara was Batgirl, and Shiloh was a jet fighter.

**Related Link:** [Best Celebrity-Inspired Halloween Candy Choices](#)

**2. [Jessica Alba](#) and Cash Warren:** This married celebrity couple got festive with their two daughters, Honor and Haven. Dressed in costumes, the family of four were seen trick-or-treating in their Pacific Palisades neighborhood. Warren looked great as Superman, while Alba wore a cute cat outfit. Honor was the one who stole the show, though, in her Princess Ariel costume.

**3. Sarah Jessica Parker and Matthew Broderick:** Twin sisters Tabitha and Loretta looked absolutely adorable in their Halloween costumes last year as they headed out trick-or-treating in New York City's West Village. The adorable tots were joined by big brother James Wilkie – dressed as Finn from *Adventure Time* – and their dad. Unfortunately, Parker was not with the festive group.

**Related Link:** [Our Favorite Celebrity Couple Halloween Costumes](#)

**4. Deborra-Lee Furness and Hugh Jackman:** Ava Jackman was spotted with her mom in New York City last year. The adorable daughter of the *Wolverine* actor dressed up as a squirrel as she went trick-or-treating in their Manhattan

neighborhood. Meanwhile, Jackman and big brother Oscar were spotted collecting candy with a group of friends.

**5. Naomi Watts and Liev Schreiber:** Watts and Schreiber (we assume it was him under there!) got into the spirit last Halloween night, dressing up as they headed out for some trick-or-treating in New York City with their sons Sasha and Kai. The week before their big night out, Watts admitted that her boys were still deliberating over their costumes, saying, "They're very into it this year. We've got kings. We've got dragons. We've got turtles. We've got policemen. They're all over the place."

*To read more about these celebrity kids and families during their spooky escapades, you can read the full article at [CelebrityBabyScoop.com](http://CelebrityBabyScoop.com).*

**Which celebs would you like to see at your door this Halloween? Tell us below.**

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## Do Not Marry Yourself







By Terri Trespicio for GalTime.com

### **3 strategies for single people who want to get married**

There once was a woman from Fargo who married herself. It's true. She's not the only one, either. But let's stick with Nadine, who was featured on the Anderson Cooper daytime show—and as an outspoken proponent of single living, I was asked to be on the segment to weigh in on the whole thing.

In brief, I think the woman did a cute, quirky thing that I'm sure she knew would get a lot of attention (I don't buy the "who, me?" approach she takes). Ok, that's the end of the brief part.

#### **what does this do, really?**

If you ask me, she's actually *undermining* the single movement. When you get married, you're not single anymore. Nadine has effectively removed herself from the dating pool, since she's married to herself. She's opting *out* of being single. She doesn't get the benefits of either being married or single. Plus, she's buying into the idea that you need to be married

to be complete. And you don't.

(And, if you are married to yourself AND dating whomever you like, as Nadine seems to imply, is your marriage one of convenience, until someone better than, well, you comes along?)

Look: I like the sentiment here. She decided to stop waiting around for some ideal mate and embrace her life and herself, and stand on her own. OK, fine. But: Please don't tell me we now all need to have a ceremony to do this. Please. I thought one of the great hidden benefits of being single was NOT having to spend thousands of dollars on a single day's event.

### ***full disclosure.***

Fact is, I actually *had* a dream myself years ago that I was getting married: I was in white dress, carrying red roses (reminiscent of my private all-girls' catholic high school graduation where grads take to the aisle in a white dress, something that always raised some flags for me). And in the dream, there was no man, nor was I waiting for one—and that was just fine with me. I call this *metaphor*. I call this A DREAM. I didn't run out and start printing invites.

### **what about the real single issues?**

Now, let's get one thing straight: Nadine isn't marching on Washington to make her marriage legal—it was a ceremony, not a civil rights statement. I'm guessing, anyway, from the footage we see in the segment in which she kisses herself in the mirror, takes herself out for Indian food, and then home for a candlelit bath (all great things, though I don't call that a date. I call it living).

I wish the segment showed less of Nadine talking to herself in her rearview mirror, and more expert insight, from someone like Bella DePaulo, PhD, about the reality that singles face in our culture—and not having a wedding day is the LEAST of it



(a cogent argument she makes in her must-read book “Singled Out”).

All in all, I think Nadine took an empowering and timely sentiment, and put clown makeup on it. My fear is that what could be seen as a brave, symbolic step in theory ends up sheer spectacle in practice.

And you now, it’s too bad—because more and more people are realizing that there are many ways to live a life well outside the confines of traditional institutions (like, ahem, marriage). So, then, why take a fresh, inspiring message and cloak it in *exactly* that?

### **my 3 strategies for single peeps**

If you happen to be single and needing some support, here’s some advice I offered on the show. (*Also featured on the Anderson site complete with pics of sad looking ladies*)

**Stop singing the same tired song.** You know the song: “There’s no good men out there”, “I’ll never find anyone,” “I’m a failure because I don’t have a partner.” What story do you keep telling people and why? I guarantee it’s getting you nowhere fast. Focus on what you want now, not what happened in the past.

**Tell family and friends to back down.** Make it clear to them that you love them and appreciate their support, *but your life is not a problem to be fixed*. You have to lay down the law. And realize that if you’re making choices for other people, you’re not living your life. You’re living theirs.

**Redefine single: Broaden your perspective.** As a single person, you have the ultimate and enviable freedom of connecting with whomever you want! It doesn’t mean being a hermit. Figure out what it is you really want-and stop using fear as an excuse to not pursue meaningful connections with other people.

...And talk to someone. Such as a relationship and dating coach like me.

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# Trick or Treat: How to Celebrate Halloween with Your Man



By Courtney Allen

Halloween is the sweetest celebration of them all, but there are ways to make it even sweeter. Switch things up from all the Halloweens spent with your girlfriends thinking of ways to

stock up on addicting Nestle chocolate goodies or endless Laffy Taffys and Sweet Tarts. Spending Halloween with your partner will end in out of the ordinary fun and leave you with the sweetest treat of them all. Embrace the spookiest night of the year with your man by planning a night that involves one or more of these activities:

**1. Good ole trick or treating:** If Halloween is known for anything, it's trick-or-treating. Keep things traditional with your sweetie and go out for a fun night of trick-or-treating. Trick-or-treating with your man will be nothing like doing it with your best friends. Dress up as killer Chucky and his bloody bride or the infamous Bonnie and Clyde. Collect goodies with your other half until the AM, leaving just enough time to catch Jason and Michael Myers on your favorite movie channels while snacking on all your sweets and cuddling up to your man.

**Related Link:** [10 Ways to Impress Your Date on a Budget](#)

**2. Tour a haunted house:** Nearly every city holds a haunted house come Halloween night. Be daring with your significant other and take a tour of a haunted house while getting spooked by the scariest Halloween characters. If you get too scared, grab hold of your honey's hand and let him guide you through the seemingly cursed house. The goal is to make it out alive... but anything is possible with your man by your side.

**3. Go through a corn maze:** Spend Halloween among humongous stalks of corn with the company of the love of your life. Get lost in the darkness of Halloween night as scarecrows and creatures jump out from behind the corn to scare the both of you. Grab tightly onto your man's arm as you work your way through the corn. Have the time of your life as you try to make your way out of the maze before the sun comes up.

**Related Link:** [Date Idea: Travel Abroad Without Leaving the Country](#)

**4. See a movie at the drive-in:** Going to the drive-in movie makes Halloween a little more special than your usual dinner and a movie on the couch. Catch some of the spookiest Halloween favorites with your love on the big screen. Cuddle up with your honey in your car, snack on jumbo popcorn, fizzy sodas and sweet treats while watching people fight for their lives on the scariest night of the year. Watch fictional characters go wild on-screen while making memories off-screen.

**How do you want to celebrate Halloween with the man in your life? Share your stories with us.**

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## **Why Time Away Is Important in a Relationship**





By Liam Ohm

Spending time away from each other is often important to the long term health of a relationship. As well as helping to keep things fresh, spending time apart can remind both partners about why they're together. At the same time, being apart on a regular basis can help to maintain healthy relationships with friends, and can enable you to get over an argument, while leading to a position where one person is not dependent, or co-dependent on each other. More on these strengths can be found below:

### **Keeping Things Fresh**

Sometimes it's a good idea to keep things fresh by not spending whole days together. In this context, it can become hard to say something new, and you end up running out of conversation topics. This can be a particular problem at the start of a relationship, where it can be difficult to find new subjects to talk about. Taking the time to be apart from each other can mean that you can see friends, enjoy different experiences, and then come back to share them with each other.

## **Reminding Yourself of Why You're Together**

Time apart can make you realise why you miss the other person, and can also enable you to value the time that you do have together. In this way, you may realize that you took things for granted, and that the time apart makes you re-appreciate individual qualities in the other person. This time apart might be as the result of making a business trip, going away to visit friends or simply having to make a few important trips alone, and can be anything from a few days up to a longer period of time depending on work commitments.

## **Healthy Relationships with Friends**

Relationships with old friends can suffer if you're in a very close relationship that doesn't see you spend a lot of time apart from each other. It's important to give time to friends, especially if you haven't seen them for a while due to your romantic relationship taking up a lot of your time. Making the time to go away with friends, or even just meet up for an evening away from your partner, can help you to meet new people and have some independence outside of a relationship.

**Related Link:** ['Hope Springs' Is This Summer's Guide to a Healthy Relationship](#)

## **Getting Over an Argument**

Arguments can develop simply as a result of spending too much time together, whereby small issues get blown up into more serious problems. In this context, it's important to take the time to be away from another person. Doing so can mean that you can calm down, and start to see things from a different perspective. This might mean visiting family and friends on your own, or just taking a trip to clear your head, and allow both you and a partner to come back together in a calmer mood.

**Related Link:** [10 Signs You're Dating a Jerk](#)

## Not Becoming Too Dependent

One of the problems of not spending time away from each other in a relationship is that you can become dependent on the other person for constant emotional support, and can end up over investing. This can be a particular problem at the start of a relationship, and can lead to unhealthy emotional attachments. Having regular amounts of time away from another person can mean that you remain independent, and that you appreciate what each person brings to a relationship.

*Liam Ohm is a regular writer for a range of relationship websites. He highly recommends Boutique Hotels Mallorca for a great way to celebrate being together in luxury.*

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## 6 Signs He's Lying







*By Johanna Lyman, for GalTime.com*

red flags he's not being honest

We've all had moments when we wouldn't mind a little white lie from our romantic partners. Maybe you're having a "fat day" and want to be reassured that he still thinks you look sexy (although he's probably not lying when he tells you that).

And we've all said things in the heat of passion that didn't stand the true test of time. Those are all part of life. But, there are some mistruths that aren't meant to make us feel better or where intentions aren't so benevolent.

I'm talking about romantic deception: when someone purposefully misrepresents the truth about themselves or their romantic situation. Do you think your partner is hiding something from you? Are you worried he might be cheating on you? Could he be telling you he's someone he's not? How can you ferret out the truth, whether it's with a new partner who seems to have a mysterious background or with an existing partner you suspect of being unfaithful? Here are six signs

he's lying.

**1. Non-Verbal Clues.** The body doesn't lie. 93% of communication is non-verbal, and there are some classic signs to look for when you think someone is lying. The most common: he won't look you in the eye. Another classic example, which you might remember from the Clinton era, is that he'll touch his nose. Other body signals include either an increase in gestures or an unusual stillness (he's trying to control those nervous gestures). While you can't hook him up to a lie detector, you can tune into the cues those machines use: an increase in heart rate. It's subtle, but you might notice the pulse in his throat becomes more prominent, or he'll perspire more.

**2. His story changes.** Pay attention to early cues when you're thinking about starting a new relationship. When he tells you about his background or his childhood, are the stories the same? Con artists will have their stories memorized, but if you get them to go into greater detail, they'll have to ad-lib. I'm not suggesting you be suspicious of every new guy, but if your inner warning system is already sending an alarm, you might want to give him the opportunity to tell his stories in front of different friends. While he's spinning his yarn, you can pay attention to the threads.

**3. He gets nasty and start fights with you out of the blue.** According to Dr. Jane Greer, the reason he'll go on the offensive is to back you off his trail. You're looking for behavior that's not normal; if he's always picking fights, this isn't necessarily a sign he's lying. But if he's normally more laid back and suddenly goes on the attack, he's probably trying to throw you off his guilty trail.

**4. He "gets nice."** Dr. Greer adds, "Conversely, they can get very nice... being thoughtful or bringing you gifts, doing what you want (without being asked)." Now, I'm not one to look a

gift horse in the mouth, but again, we're talking about sudden changes in behavior. Men will often try to assuage their own guilt about having an affair, or even thinking about it, by paying extra attention to their partners. They'll buy flowers or jewelry, as if to buy their way to forgiveness without having to admit to their guilt.

**5. He acts different.** Sex and relationship therapist Maria Merloni suggests you watch for sudden changes in habits. For example, he never used to go out on the weeknights, but suddenly now he does, and he might claim to be hanging out with a new friend. Also, becoming protective or paranoid about his phone: bringing it into the bathroom with him, suddenly needing to have his cell phone with him 24/7, going in another room to talk on the phone, making sure you are never in the same room alone, with his phone.

**6. Above all, trust your gut.** Again, the body doesn't lie. Unless you are paranoid from past deceptions, your gut will let you know if it's something to worry about. And although you might be sorely tempted to sneak a peak at his phone or follow him to his weekend hangout spot, I strongly recommend that you don't stoop to snooping.

If you suspect he's cheating, you already have a breach of trust. Snooping will make it worse; neither of you will trust the other, and it's a lot more difficult to heal a relationship with multiple trust issues. Instead, ask him straight up. Tell him you're suspicious (and why). Tell him you were tempted to check his phone, but you'd rather hear it from him.

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# Celebrity Baby News: Best Announcements from Famous Couples



By Lily Rose

First comes love; then, comes marriage; then, comes a little one sitting in a baby carriage. In 2012, things may not happen *exactly* in that order – especially for our favorite celebrity couples. No matter the order of things, when the little bundle of joy does come, it is cause for celebration and for baby announcements. When it comes to [celebrity baby news](#), announcements range from traditional to over-the-top.

# Announcing Celebrity Baby News

Some famous couples opt to announce their baby's arrival with a simple yet heartfelt press release. Kristin Cavallari and Jay Cutler, who welcomed Camden Jack Cutler on Aug. 8, decided to go that route. So did Kelsey and Kayte Grammer, who welcomed daughter, Faith Evangeline Elisa Grammer, on July 13. Also taking a simplistic approach, Hilary Duff tweeted her son Luca's first photo.

**Related Link:** [Why It's OK to Have Kids Later in Life](#)

But why settle for simple and heartfelt when you can do it big and make it financially lucrative? From the date the press first learns there's a celebrity pregnancy to the date the child arrives, most publications are scrambling, begging, and scheming to get their hands on the first baby pics. Some celebs, such as former reality TV star turned fashion designer, Jessica Simpson, chose to circumvent the rigmarole by simply selling the pictures. *People* featured the first snapshots of Simpson's daughter, Maxwell Drew. Simpson was reportedly paid \$800,000 for their exclusive right to her little girl's first photos.

**Related Link:** [Jessica Simpson Says Motherhood Is the 'Best Thing I've Ever Experienced'](#)

Simpson isn't the only one to sell the privilege of offering the public its first glimpse of her child. Former *American Idol* judge Jennifer Lopez and Latin crooner Marc Anthony also sold the exclusive rights to the first pictures of their twins. As far as the price goes, Lopez and Anthony didn't do too shabby either: The celebrity couple reportedly made a cool \$6 million.

# Famous Couple's Expensive Baby Pics

Of course, no one does it as big as Hollywood couple [Angelina Jolie](#) and [Brad Pitt](#). The public waited with bated breath to see the child produced by the genetically blessed superstars. Jolie and Pitt reportedly sold the photos of their twins, Knox and Vivienne, for more than \$11 million.

Still, some famous couples chose a different but still non-traditional route to share their celebrity baby news. For example, singer, Beyonce Knowles and her rap star husband Jay-Z erected a tumblr page displaying daughter Blue Ivy's first photo shoot. The page was offered free to the public.

Some think selling your baby's first photos seems just plain wrong. Others figure, why not? It's better than the paparazzi chasing you down the street for them! Let us know your thoughts.

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## Dating Terminators: Dating Habits to Avoid







By Matt Fuller

Sometimes, and your date may not even realize it, their bad habits could be unknowingly ruining your time together. If you know you have some undesirable habits, make sure you keep these in check on a first date. Fancy dating a girl whose eyes looked like a raccoon? Well, it's called makeup over-kill. It might suit Avril Lavigne, but to the ordinary person, over-doing the makeup smells of insecurity and desperation. Here are a few more dating terminators that you may want to take into consideration before you make a fool of yourself on your next date:

**1. Being late.** It seems like this wouldn't need to be mentioned, but you'd be surprised. Turning up late *especially* on the first date is just uncool. If you get off on the wrong foot at the beginning, chances are you'll be fighting an uphill battle the entire date. Show a little respect!

**Related Link:** [Male Perspective: Don't Strike Out on That First Date](#)



**2. Remember to close your mouth.** There's something quite repulsive about someone who can't close their mouth. All they do is talk about themselves and their trail of life's mishaps. It might be a sign of first date jitters, or they might just have an ego the size of Times Square. So please, let there be some balance in the chit-chat.

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

**3. Your wondering eye.** The thing is, if you're on a date, your eyes need to be on the other person. If you get caught perving on the waitress, your date will make a run for it before you even have time to say, "Wait!"

**4. Don't be a kiss and tell.** This is one of the most common dating terminators. Whatever you do after your date, restrain the urge to go posting your laundry all over Facebook or Twitter. And your friends do not need status updates every five minutes throughout the date. Remember, social media is more powerful than many people realize. And besides that, who really cares what you had for dinner, or what clothes your date wore?

**5. Being a Yes man.** Having no opinions of your own tells your date you're a bit wimpy and soft. If your date offers their thoughts about something they're passionate about, have the balls to offer your own input, but respect their boundaries at the same time. One golden rule: avoid talking about religion and politics at all times on the first date, as it's the biggest dating terminator of all.

**6. Too serious.** You're not at a funeral, so have fun! A recent survey revealed that on average, laughter and good conversation rated far higher in the chemistry department than that of physical traits.

*Matt Fuller is the owner of Girls Meet Guys, an online dating site for singles to Meet Singles Online and get dating advice from a variety of girls and guys.*

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# Think You Need a Man at Your Side? Think Again!



By Michelle Rebecca

Have you stayed in a bad relationship way too long because you were afraid of being alone? Have you rebounded from a breakup too quickly because you missed having a partner? If so, your view of single life may be unrealistically negative. You don't need a boyfriend to make you complete. In fact, being on your own can give you the chance to attend to your own needs and find your own strengths.

**Related Link:** [How to Kick That Bad Relationship to the Curb](#)

## **Self-Discovery**

When you're in a relationship, it's easy to put your personal preferences on hold. For instance, you may have fallen into the habit of watching Sunday football as a way to spend time with your mate, even if you weren't particularly fond of the sport itself. Or perhaps you let your ex choose the décor in the apartment you shared, or the music that you listened to at home. You may even have lost touch with friends who used to be important to you.

Now is a good time to take stock of your life and decide what *you* want out of it. If you have trouble reconnecting with your own dreams and desires, a few sessions of therapy or e-therapy may help you figure things out and set your life on the track that is best for you.

**Related Link:** [Miss Independent: The Joys of Single Life](#)

## **Examine Your Priorities**

Relationships can be all-consuming. Ending a relationship that isn't working can free up your time to focus on other priorities such as parenting, learning a new skill or advancing your career.

If you're looking for life advice, New York celebrity Kristin Davis, former star of *Sex and the City*, is a good role model. Although she has recently teamed up with screenwriter Aaron Sorkin, she spent many years flying solo. In 2009, the actress told *StarPulse* that she had found fulfillment without a partner, and in 2011, she adopted a baby girl on her own.

Sandra Bullock is another actress who has prioritized her role as a mother. Single since a messy public divorce from Jesse James in 2010, Bullock has told the press that the most important man in her life is her adopted son.

## Play the Field

Single doesn't have to mean lonely. Just ask actress Octavia Spencer, who achieved much-deserved recognition – and an Oscar – for her role in *The Help*. Although not involved in a romantic relationship, Spencer rarely appears alone on the red carpet. She enjoys friendships and casual dating relationships with several men, each seemingly more handsome than the last, without feeling pressured to enter a long-term romance.

You, too, can use single time to befriend and/or date a variety of men. It might help to go out with someone who is nothing like your ex or with someone you might not have considered “dating material” before.

Being single doesn't have to be a tragedy. In fact, it can be a huge opportunity to renew your relationship with the one person you can always count on – yourself.

*Michelle is an aspiring writer with a passion for blogging. She enjoys writing about a vast variety of topics and loves that blogging gives her the opportunity to publically voice her thoughts and share advice with an unlimited audience.*

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## 7 Signs You're Ready to Date Again





By Jennifer Oikle, Ph.D., for GalTime.com

## how to know you're ready

When your heart's been bruised by a big break up, it's common to feel a little reluctant about getting back in the game. After all, who wants to go through that again? And in fact, you're wise to be thoughtful about timing your leap back into the dating pool because jumping right back in with an aching heart can certainly result in prolonging your emotional roller coaster ride. So, how do you know when the time is ripe to begin a fresh search for love? Answer these seven questions to gauge just how ready you are:

### **Sign 1: The Tears Have Dried**

Can you think about your ex without getting teary or angry? To do a new guy justice, you need to start with a clear slate that isn't clouded by strong or topsy-turvy feelings. When your ex comes up and you can feel neutral or just a twinge of emotion, you'll know your heart is ready to open to another.

### **Sign 2: Ex-Free Conversation**

Do you still talk about your ex to your friends, co-workers, and family? If the past is still on your mind all of the time and you can't help bringing him up in every conversation, it means you're still in the heat of processing the relationship. When you're no longer preoccupied with him, say, you've gone a week or more without mentioning him, you'll have the freedom of mind to offer to a new cutie.

### **Sign 3: Your Life is a "No Old Beau Zone"**

Do you still see, talk to, or text your old boyfriend regularly? If so, it's a sign that you may still be dependent on him to meet your emotional needs. While it may be ok to remain friendly with your ex, you'll need to stand on your own two feet, without his aid, before you're ready to date again.

### **Sign 4: Your Confidence has Rebounded**

Do you feel like your old, ready to conquer the world, self yet? A break up can do a number on your confidence, making you doubt yourself in ways that feel unfamiliar. If the thought of any new rejection makes you feel devastated, wait until other man's opinions don't matter so much because you know just how awesome you are.

### **Sign 5: Lessons Learned**

Can you list what you learned from the experience, as well as what you would do differently next time around? People tend to make the same mistakes over and over in love. So be sure you've had enough time to gain some new perspective on what happened. When you can see how you contributed to the issues and explain what new choices and actions you'd make, you're ready to do it more successfully next time.

### **Sign 6: Hope Flows**

Do you feel that spark of real hope, knowing that there is someone right out there for you? Repeated breakups or dead-end



relationships can make even a hardy single start to lose hope, feeling bitter and disillusioned. Unfortunately, that crusty exterior will extinguish any new flame, making rejection even more likely, so wait until you're able to embrace a positive attitude before you date again.

### **Sign 7: You're Cutie Curious**

Have you started to notice cute guys again and wonder what it would be like to be with them? After a break up, you can't even think about another guy. So when you guy-dar turns back on and you feel attracted to new men, you're getting close! As long as the other 6 signs are green lights, this might be the final indicator that you're ready, willing, and able to be a partner to a great new guy!

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## **Behind-the-Scenes Guys Who Became the Leading Man**







By Melissa Caballero

It's very common and predictable when co-stars and celebrities start dating each other. They meet on the set of their new hit films and attend the same award ceremonies. They surround each other on a regular basis so why wouldn't they find another who they are interested in? I mean, who else are they going to meet and date? Then you hear news like the fact that Natalie Portman was engaged and pregnant, and you think, "But with who? How could that be?" Well, it turns out you don't have to be an A-lister to date one.

Here are five of your favorite female celebrities who found love with behind-the-scenes guys:

**1. Natalie Portman and Benjamin Millepied:** Portman and Millepied met during the filming of the *Black Swan*. Sure enough, Millepied served as choreographer for the film and was blown away by Natalie's talent and grace on the dance floor. Millipied is a principal dancer in the NYC ballet and is now this ballerina's Cavalier.

**Related Link:** [Natalie Portman and Benjamin Millepied Get Married](#)

**2. Jennifer Lopez and Casper Smart:** After working together for some time, their professional dancing relationship turned a bit more personal. Lopez and Smart connected only a short time after her split with Marc Anthony, but they seem to be getting along better than ever. It is obvious that there's a lot of love and attraction between the two – and boy does she deserve it!

**Related Link:** [5 Reasons Why Opposites Attract](#)

**3. Julia Roberts and Danny Moder:** Roberts met Moder while filming the movie, *The Mexican* in 2001 – he was the cameraman! While he may not have been her leading man in the film, Roberts said after meeting him that she was “born to love and be the wife of this man.” Ten years later, this notion still proves true and they have three beautiful children together.

**4. Whitney Port and Tim Rosenman.** We first met Whitney on *The Hills*, where she worked side-by-side with Lauren Conrad in the fashion bizz, and then we followed her to the Big Apple where she starred in her own reality show, *The City*. Whitney then announced that she was dating *The City*'s Associate Producer, Tim Rosenman. While the show is no longer on the air, it was a still a success for Port's love life.

**5. Kandi Burruss and Todd Tucker:** We heard of the news that *Real Housewives' of Atlanta* star Kandi Burruss was dating one of the show's cameramen during last year's reunion show, and it was all thanks to her cast-mate Phaedra Parks for encouraging him to pursue Kandi. I guess Phaedra knew best, because rumor has it that the two have secretly engaged.

**What are some other behind-the-scenes guys who found love with an A-list sweetheart? Share your comments below.**

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# How to Tell If He's 'The One' After One Date



By Carley Forrester

Have you ever found yourself on a date, wishing that people came with an instruction manual that contained all the information you ever needed to know about them? You don't need an instruction manual to tell if your date is 'the one' – all you need to do is learn how to get them to tell you *exactly* what they are looking for, without them even knowing.

This can be especially difficult when it comes to finding love on an online dating site. Members will often wrongly advertise

themselves, leaving it very difficult to work out whether or not they are the one for you. So how can you work out if your date is 'the one' on the first date?

**Related Link:** [Five Conversation to Avoid on the First Date](#)

### **Decide what *you* are looking for**

What is it that you are *really* looking for? Working this out is the first step to working out whether or not your date is the one for you. Do you want marriage? Are you looking to start a family? Or are you just looking for a little fun? Decide on your own romantic goals and don't apologize for them! Look at Jennifer Aniston: it's always been more than obvious that she's an advocate of marriage.

**Related Link:** [Five Top Tips on How to Find 'The One'](#)

### **Question time**

Inexperienced daters will steer clear of asking loaded questions on a first date as they think it'll put their date off. In reality, the first date is perhaps the only time you can get away with it! Ask your date what they believe in when it comes to love/relationships/life. If you want to dress the question up a little more ask them if they believe in 'the dream' – if they ask what that is, then give them your answer, without telling them it's yours. Now all you need to do is smile and listen.

By asking your date what they 'believe' in rather than demanding to know what they are 'looking for' you will receive a truthful answer, rather than the answer they *think* you are looking for. According to experts, this method encourages men to openly discuss their opinions of marriage, divulge information about past relationships and even their own finances.

### **Don't ask about 'the ex'**

*But* listen very carefully if they do give you a little insight to their previous relationships. If your date makes a statement about their past relationships 'all ending the same way' be aware of why they ended. Relationship patterns are usually repeated and negative statements about past relationships could be a sneak preview of what he'll be saying about you after you break up.

Ahem... John Mayer, we're talking about you!

Rather than interrogating your date (which is easy done) your subtle method of questioning will leave them feeling relaxed. At this point, don't reveal too much about your own relationship mishaps; this isn't a therapy session, it's a date.

Use this simple dating method as your relationship sieve, sifting through the bad, to get to the good.

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## 7 Lessons We Can Learn from Celebrity Divorces







By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

Katie and Tom? Kim and Kris? Seal and Heidi? Do you relate to any of these A-lister break-ups?

With all the celebrity divorces topping the news regularly, there is much to be learned from their trials, and in some cases, triumphs. Here are seven tips to help you steer clear of a Maria Shriver-Arnold Schwarzenegger un-hitching, or handle a divorce gracefully— if that's the best route to take.

**Know what you are getting into before you walk down the aisle.** Could this have been the issue for Katy Perry and Russell Brand's short marriage? We can't know for sure, however, we can take note. I often think of how we take the time to plan a vacation. We decide where we want to go, where to stay, eat, and tour. You wouldn't jump into the car without any thought and head to a destination. Why would you do that with a marriage? Learn what your partner wants out of life, and what they expect from you and the home you build, before you commit to being together forever. That is the only way to ensure a



happy future and continued travel together.

**Pay attention to the signs, so a divorce doesn't blindsides you.** "I had no idea it was going to take this turn," Jennie Garth of "Beverly Hills 90210" fame told "Access Hollywood Live" about divorcing Peter Facinelli of "Twilight" fame after eleven years of marriage. The thing to keep in mind with this one is, if you've been fighting and then the fighting stops, it doesn't always mean things have improved. Maybe your spouse has simply given up. Just because your partner stops complaining doesn't mean the complaints have necessarily gone away. Don't assume all is well; make sure it is.

**First deal with the "me" so you don't get caught up in the "we."** Could Katie Holmes' path been different had she focused more on herself before she wed Tom Cruise? The perception that Cruise overwhelmingly ruled the roost and left no room for the compromise that a healthy marriage demands is something we all can learn from. Before you commit to a life of possible unhappiness, make sure you are a strong individual. Then together you can focus on becoming a couple.

**Make your anger work for you.** Rumor has it that one element in Heidi Klum and Seal's break-up was intense anger. In an intimate relationship everyone seeks a loving and safe shelter, and behavioral issues or outbursts can quickly erode those comforts. Over time, one partner may lose the sense of sanctuary and begin to feel fearful and anxious knowing that at any time their spouse might blow up. That pattern of behavior destroys the foundation of your mutual trust and commitment. Instead of letting things between you become explosive and hurtful, use those strong feelings to do good.

**Don't compare your old partner to your new one.** Was Brad Pitt busy comparing ex-wife Jennifer Aniston to his new partner Angelina Jolie? Well, rumors seemed that way for years, but the honkin' engagement ring on Angie's finger puts that to rest. For the rest of us: If you play the comparison game, you

will just keep yourself stuck on what was wrong with your past marriage. This will keep the pain and loss of divorce alive, instead of allowing you to let go and move on. Create closure for yourself, and to do that you have to be willing to let go. That means being able to cope with what you left behind, focusing on the positive of what you took away from it. When you talk negatively you keep your bad feelings alive. When you talk positively you put them to rest. The ultimate goal is to get on with your new life in a better place for what you gained from your old one.

**Tend to other aspects of your life – financial, professional, health, parenting, education, friendships and family relationships.** When “Desperate Housewives” star Eva Longoria ended her marriage to Tony Parker, NBA star point-guard for the San Antonio Spurs, one of the things that suffered was her financial situation. It is not unusual for the loss you have already been through with your separation or divorce to replicate itself in other parts of your life. Often, people end up experiencing loss in a panoramic sense – it finds its way into everything, taking over even more than their love and home life. Don’t turn a blind eye to other corners of your life that need your attention, places where you can still make a difference. Pay attention so you can focus on and sustain the other things you still have in your life, thereby curbing the widespread devastation.

**Don’t bad-mouth your ex in public.** Alec Baldwin is quoted in gossip mags bashing former wife Kim Basinger. Find an outlet for your anger, sadness or leftover emotions by keeping a journal, seeing a professional counselor, or joining a divorce support group. It might feel good in the moment to go off about your former partner. But even if you’re not in the press or spotlight, be mindful that saying negative things out loud about an ex rarely serves anyone well in the long run.

If you keep these tips in mind you can hopefully use them to insulate your marriage and stay on track. But if you’ve gotten

to the point of no return, then maybe these lessons will help you remain in control so that you don't exacerbate an already difficult situation and make it worse. Use them to regain your footing and start your new life on solid ground.

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# Celebrity Break-Ups That Broke Our Hearts



By Jessica Nappi

We've all gone through our own break-ups, and no matter how painful they can be, sometimes, seeing [celebrities break-up](#) is even worse. These splits involve not only the two in the

celebrity relationship but also their entire fan base. Break-ups in Hollywood mean more than just broken hearts; they also mean no longer seeing them pose together on the red carpet, waving goodbye to those PDA-filled paparazzi shots, and saying sayonara to those lengthy interviews where they gush about how much in love they are. Here are three celebrity break-ups that had us crying:

## Three Celebrity Break-ups

**1. Tom Cruise and Katie Holmes:** Tom Cruise and Katie Holmes's split is the most recent and therefore the most sensitive of topics. From the moment Cruise not-so-humbly jumped on the couches of *Oprah* proclaiming his love for Holmes, we all envisioned a happy ending to this celebrity love story. There was the birth of TomKat, followed shortly by the actual birth of their daughter Suri. The famous couple had a six-year run before Holmes shocked the world by filing for divorce in New York City earlier this month. What will we do without seeing ever-so-cute family photos of the duo with their fashionable little girl?

**Related Link:** [Five Celebrity Divorces We Really Weren't Expecting](#)

**2. Brad Pitt and Jennifer Aniston:** This golden Hollywood couple married in 2000, and everyone dreamed of watching their picture perfect celebrity love story play out. From [Brad Pitt](#)'s guest appearance on Jennifer Aniston's show *Friends* to always walking hand-in-hand on the red carpet, it seemed like this celebrity couple was as strong as could be. Then came the 2005 movie *Mr. and Mrs. Smith*, in which Pitt co-starred with the one and only [Angelina Jolie](#). The rest is history: Pitt and Jolie are now engaged with six kids. Aniston isn't doing so bad either: She has found a new man – Justin Theroux – and was recently voted hottest woman of all time by *Men's Health* magazine.

**Related Link:** [Love in the Limelight: Why You Should be Happy You Aren't Famous](#)

**3. Sandra Bullock and Jesse James:** It *seems* like a woman can't win the Academy Award for Best Actress without subsequently splitting with her man. Kate Winslet, Reese Witherspoon, Halle Berry and now Sandra Bullock are just a few of the many actresses who won big in their career yet fell short in their love life soon after. Bullock's marriage to TV's *Monster Garage* host Jesse James seemed better than ever, especially due to the heartfelt award speech she gave about him. But just days later, Bullock and the entire world discovered James' cheating rampage. As if we couldn't feel any worse for America's sweetheart, the famous couple was in the process of adopting a baby boy, whom Bullock now solely cares for. However, she now seems very happy as a mother.

**What celebrity break-up broke your heart? Tell us below.**

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## **7 Steps to Recover From Ending A Relationship**





By Stan Popovich

Sometimes it can be difficult to deal with the stress and depression of going through a breakup with someone. You feel sad, anxious and defeated. Here are seven suggestions that can help you manage the stress of ending a relationship:

### **1. Give It Some Time**

At first, you will feel sad and will not want to do anything, however things do get better as time goes on. Give it a month or so and you will feel a little better. You'll be up and participating in all of the hobbies you left behind when you were with your ex.

**Related Link:** [Is it Time to X Out Your Ex?](#)

### **2. Stay Active**

During this time you might feel alone. In this case, think about doing some volunteer work to meet some people and make new friends. Getting involved by helping others will make you feel better and your help could assist many people who may be



worse off than you. Go to your local church and see what kinds of volunteer activities are available in the community.

**Related Link:** [He's Texting His Ex: Should You Be Worried?](#)

### **3. Follow Your Interests**

Instead of doing nothing, try to determine what interests you may have and pursue new things. Maybe you always wanted to travel somewhere and never had the time, or maybe you wanted to try a new hobby. This would be a great time to do it.

### **4. Work With Animals**

Get involved at your local animal shelter. Animals can be a great source of companionship, and they can help uplift our spirits. Animals are a great way to prevent loneliness and many of them need your help. You won't be sorry if you spend some time playing with a dog, cat or other animal.

### **5. Manage Your Negative Thoughts**

When you are depressed, you will tend to think of negative things. When this happens, remind yourself that worry exaggerates the problems you have and that things will get better. Try to avoid negative thoughts and remain positive.

### **6. You Will Meet Others If You Try**

After ending a relationship, try to remind yourself that you will meet other people and make new friends. Try to go to places where you can meet other people and just be yourself. You never know when you might make a new friend. The trick is not to sit at home and feel depressed. You need to go out and be around people. This will increase your chances of developing new relationships.

### **7. Talk To A Counselor**

A counselor could give you additional insights on how to get

over a relationship. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

*Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods". For additional information go to: [www.ManagingFear.com](http://www.ManagingFear.com).*

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## **Elisha Cuthbert Proves Patience Can Pay Off**





By Relationship & Sex Talk, Jane Greer, Ph.D., for Galtime.com  
relationships and timing

Elisha Cuthbert, one of the stars of the ABC series *Happy Endings*, is proving that sometimes people do live happily ever after. It was recently announced that she and longtime boyfriend Dion Phaneuf, the Toronto Maple Leafs NFL hockey player, are engaged to be married after dating for four years. For some, that could seem like an eternity to wait.

**But, what about the rest of us? It raises the question, how much time do you give a relationship before getting a proposal? And how long is too long?**

There are many things that can keep one or both members of a couple from taking that big leap toward marriage. Sometimes these issues are never resolved, or worse, they are just excuses. Other times they really are honest concerns that just need time to work themselves out, as was the case with Elisha and Dion. So how can you know the difference?

The most important thing to keep in mind is that despite the

fact that your partner's reluctance to commit can feel like a rejection of you, try not to take it personally. You can do this by recognizing that very often when one partner is holding back on taking that huge step, it often has more to do with their own individual issues and fears than with how they feel about the other person. They might be worried about career success, or making enough money to support a family, or maybe they were betrayed before and have trust issues. If someone has already been married, there might be all sorts of concerns keeping them from trying again.

Talk to your partner about why they are not ready to go forward. See if you can jointly determine what it might take for them to get beyond their fears. Set goals to work toward making those changes and then you can set a time limit for yourself, maybe six months or a year, to see if anything is being done. As long as your partner is trying, then your relationship is still viable and worth fighting for. But if your partner is all talk, and has made no attempt to move toward the goals you set together, sadly, it might be an indication that nothing will ever change. At that point, you can do what they have not been able to do, take the next step yourself and move on.

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## He's Texting His Ex: Should You Be Worried?





By Whitney Baker

When it comes to your boyfriend and his ex, be sure not to let your own insecurity and jealousy make you crazy with worry. If you trust your boyfriend, you should trust him until he gives you reason not to – and texting his ex may have a perfectly acceptable explanation. Did they remain close after they broke up and before you came into his life? Do they share the same group of friends and often hang out in groups? Does he always tell you where they're going and what they're doing – and even invite you too? If so, you may need to accept her role in his life and not let it ruin your own relationship with him.

Of course, there are a few situations that warrant your worry. If any of the circumstances below sound familiar, it may be time to have a heart-to-heart with your boyfriend about his ex and their texting habits.

**Related Link:** [3 Times in Your Relationship When It's Better to Be Safe Than Sorry](#)

**1. He is often unreachable or cancels your plans without a good excuse.** Honesty and good communication are two markers of a strong relationship. If your partner is being completely open with you about his friendship with his ex, then you have no reason to worry. However, if he starts to hide details about their time together or acts elusive about his activities, it may be time to have a chat.

**2. He seems distant and uninterested in your relationship.** Regardless of your boyfriend's ex (or exes), your relationship should be his number one priority. Sure, he once loved her, but that doesn't give him the license to forget about the special connection that you share. If you're starting to feel like the third wheel, remind your guy of how great you are together: surprise with him a home-cooked meal and nice bottle of wine, and over dessert, let him know that you feel like you're drifting apart and want to do whatever it takes to keep that spark alive. Maybe a gentle reminder from you will keep his ex off his mind – and his list of texting buddies– for good.

**Related Link:** [Is Dating Your Ex Off Limits?](#)

**3. Your friends have started to notice his interest in her and have expressed their concern.** It's understandable that you don't like when a third party butts his or her head into your life and interjects unwanted opinions. Even so, when it does happen, it usually comes from a place of love. If your friends are worried about your relationship, there's a good chance you're acting too lenient when it comes to your man's ex. After all, you want her to stay in his past, not become his present.

Before you get too bothered by your boyfriend's behavior, it's important to remember one thing: most guys are going to have ex-girlfriends. While you may not like the fact that they're friends, it's ultimately his decision. Plus, he is choosing to date *you*, so don't spend too much time worrying about *her*.



Tell us: What would you do if you caught your man texting his ex?

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## 3 Ways to Fit Romance into Fall Madness



By Rebecca Garland

It's time to don your sensible shoes and grab the day planner, because the frenzy of fall is upon us. Little Johnny has football practice five nights a week that don't always overlap with Susie's drill team practice. The weekends are full of football games and dance competitions and that's before you

make it to the grocery store and sew on the newest badges for the scout meeting next week. Life is crazy when we get back into the swing of school and extracurricular activities, so how can we ever keep romance alive in the madness?

### **Add Romance to Your Routine**

The easiest way to stay romantic is to find places to actually feel romantic together with the things you're doing. If you have to fill out thousands of forms for the beginning of school, why not sit down with your man on the couch, turn on some soothing music, grab a bottle of wine and fill in all of the necessary contact information and health insurance numbers?

It may not make it into the movies, but sitting close, having wine and music – even when coupled with dress codes and parent contact forms – can be sexy.

**Related Link:** [Top 10 Romantic Winter Getaways](#)

### **Enjoy Early Bedtimes**

The kids are going to be worn out by the end of the week and you probably are, too. There's no rule saying that you have to stay up until eleven o'clock every night of the week.

Make it a new routine in your household to send the kids to bed at eight (or even seven!) on Friday nights to help them get caught up on rest. Meanwhile, the two of you should climb into your bed armed with a movie, some snacks and some serious cuddling.

Watch your movie, or create your own fun in the stillness of a peaceful Friday night – this may easily become your favorite night of the week. It's horribly unproductive in terms of shopping lists and multitasking, but it's a glorious way to relax and spend time together.

**Related Link:** [It's Time to Stop Asking, 'When Will It Be My Turn?'](#)

### **Arrange Date Nights (And Keep Them Holy)**

It can be hard to tear yourself away, but call up a babysitter and make it work. Take at least two hours one night of the week or every other week and go to dinner together. Try a new restaurant every time you go out to keep things interesting while still getting home in time for bedtime routines and a good night's sleep.

If you can't spring for the babysitter, have a light dinner and then plan on cooking together after the kids go to bed. A late supper with candles, drinks and charming company in the comfort of your home is always relaxing as well – and is a bit more flexible with a crowded schedule.

*Rebecca Garland is a freelance writing working hard to populate the internet with interesting, engaging content. With advanced degrees in information science and business, Rebecca enjoys a variety of topics including romance for hard working moms. Learn more about Rebecca on her professional site, [www.internetauthor.net](http://www.internetauthor.net).*

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## **5 Dates You Should DITCH**





By Dating Diva, Jennifer Oikle, Ph.D., for GalTime.com

men to stay away from

Of course you know better, but sometimes the forbidden is just oh... so... seductive. Yah, you know you really shouldn't– yet sometimes you can't seem to help yourself, right?

The next time you find yourself being sucked into a romance with any of these five types of men, think again because here's the cold, hard truth. The biggest reason most of you are still single is that we've wasted too much time in dead-end relationships, with guys like these!

## **5 Guys NOT To Date**

### **Ditch the Date #1: Your Hot Neighbor**

Sweet! The new guy next door is a total hottie. But if you find yourself baking some cookies as an excuse to meet him, bring them to your co-workers instead. While it's super convenient to date when you can walk over to his house in your slippers, once it's over, your heart will never know a moments

peace. "Oh look, his car's in the driveway, wonder what he's doing now?" Sigh. "Oh no, who's car is that in the driveway?" It's still there the next morning. Cry. You get the picture. Home won't be so sweet anymore.

### **Ditch the Date #2: The Last Minute Date Dude**

You know you shouldn't say yes when he calls the same day for a date later that night. Especially when that's the ONLY time he calls. But what should you do? If you say no, then you'll never get to see him? Perfect! Because it's clear he's just filling space (and maybe his bed) with you. Save yourself for someone who wants (and deserves) you more than that!

### **Ditch the Date #3: Your Professor, Boss, Personal Trainer, Coach**

Smarts and confidence are sexy, especially in a slightly older guy who seems to own his world. And his returned interest in you? Sure, it seems like a total flattering turn-on. But you know the drill. Get it on with any of these guys and you're really just a cute plaything, ready to be discarded once the freshness wears off. And then where will you be? Finding a new class, job, gym or sport? Not even remotely worth it.

### **Ditch the Date #4: The Vacation Beau**

So you met the perfect guy while sunning yourself 1,000 miles away. Now you've got a long distance relationship brewing. Which is so romantic, until it isn't. And what about all that longing? It gets old fast. Besides what are you missing? I mean how well can you possibly know the guy when you spent a week with him and all you ever get to do is talk and text. Give yourself to someone you can actually be with.

### **Ditch the Date #5: The Married Guy**

You so know better, but what if his attention and affection just feels so right? What if your drought has been so long?



You can “What-If” yourself till you’re blue in the face, but at the end of the day, you’re still giving your heart to an occupied man. Add in what you’re doing to his wife, and what you’re doing to yourself...and it’s a lot of precious time wasted that you’ll never get back!

By ditching the date with these ultimately unavailable men, you can make you sure you stay totally ready for a great guy that you really can see a future with.

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## How to Redeem Yourself If You Get Drunk On a First Date





By Jessica Smith

**Liquid courage:** It can be the extra confidence boost you need to thin the air (and your blood) on a first date, but a little too much courage can be a bad thing. It's not always our fault, though. Sometimes the devil's drink can creep up on us and take us by surprise. Once you're drunk there's no going back, so your only hope is to handle the situation to the best of your abilities.

With your heightened confidence and weakened morals you're going to experience some urges, but you need to keep them in check if you have any hope of becoming more than a booty call or just a fling. Even worse than being easy is getting on your date's nerves and embarrassing them because you can't handle your liquor. In their mind, you're going to appear immature, and after they drop you off – if they don't leave you stranded – you're never going to see them again. So, how can you redeem yourself if you get drunk on a first date? Cupid has some tips that will help you maintain your dignity, and hopefully score you a second date:

**1. Keep it classy:** Alcohol tends to make us do things we wouldn't dream of doing sober. Therefore, if you have the unexpected impulse to dance on the table or perform a strip tease, mentally slap yourself in the face to bring yourself back to reality. In absolutely no circumstance are you to stay the night with one another on a first date, so to make it easier for you to decide, don't even make it an option.

**Related Link:** [Date From Hell: 10 Ways to Get Out of It, Tactfully](#)

**2. Apologize:** Drunks can be a total pain in the butt, especially when you're sober. The last thing your date expected was having to deal with or take care of intoxicated company. Regardless of how much you may want to hang your head in shame and fall off the face of the earth, you should admit

defeat and apologize sincerely.

**3. Be the DD next time:** What better way to follow up an apology than by offering your driving services so they can seek their revenge by giving you a taste of your own medicine! If they decline, the relationship is over, but if they accept you just might be in luck.

**Did you have a drunk date disaster story? Share your comments below!**

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## How to Get Ready for a Big Date



By Isabella Franklin

Got a hot date coming up? Then it's time to pamper and preen before the big day. Spend time on your appearance and impress your new flame with your ravishing looks (and wonderful personality, of course).

Here's how to prepare in five simple steps:

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

### **Take care of your skin.**

Pimples usually appear at the most inconvenient times, but it's important to look after your skin nonetheless. Exfoliate in the shower to remove dead skin cells and moisturize on a daily basis – paying particular attention to dry or rough patches. Learn how to make one of these face masks recommended by experts and try to relax, as this should prevent a spot outbreak.

### **Get rid of unwanted hair.**

Want to impress Mr. Right? Then make friends with your razor and get rid of stubborn stubble. Bristly legs and bushy armpits are not attractive, so make an effort to de-fuzz. If you're fed up of shaving all the time, waxing removes hairs at the roots and can last for up to six weeks. Laser hair removal is also available at many clinics and can leave your skin soft and smooth permanently. A number of sessions are needed to remove all follicles, but you can have it in between dates – perfect.

**Related Link:** [Fishing for Mr. Right – Types of Guys to Throw Back](#)

### **Shape your eyebrows.**

While we're on the subject of hair, don't forget to pluck your

eyebrows. Shape your brows nicely and avoid over plucking as this does not look good – here are a few basic rules. The inner edge of the brow should line up with the outside of the corresponding nostril and the highest point of the arch should be just at the outer edge of the eyeball. Not a fan of plucking? Then get your eyebrows threaded by a professional. This ancient beauty technique is very precise and is relatively pain free.

### **Book a haircut.**

A new hairstyle can give you a confidence boost, so check into your favorite salon for a cut. Banish split ends with a trim or opt for something a little more drastic. Have a fringe cut in, experiment with curls or add a few sassy highlight. If you've already been for a cut recently, why not book a blow dry? Feel like a new woman and head out and about in style.

### **Dress to impress.**

The right attire can do wonders for your figure, so dress to impress and look fabulous for date night. If you have an hourglass shape, show off your curves in a wraparound dress and if you're a pear, flaunt your slender upper half in a beautiful sleeveless top. Are you skinny or athletic? If so, choose clothes with frills and pleats as these will feminize your figure. Carrying a few extra pounds? Then wear a patterned top with a tailored jacket to trick the eye. Many surgeries offer liposuction surgery, but the right attire can slim you down.

*Isabella has been a cosmetic surgery blogger since her days at university, she writes about various surgical procedures and non-surgical treatments. As well as blogging she enjoys spa days and exploring new beauty products, her latest new obsession is nail art.*

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# 7 Behaviors That Are Keeping You Single



By The Women's Insider, Camille Perkins, for GalTime.com

are you scaring mr. right away?

Ladies, have you been wondering why your friends have an easy time dating and maintaining their relationships but somehow you have difficulty maintaining your romances? Have you been noticing a trend in the way that your relationships end? If you answered yes, it may be time to consider that the problem may be YOU. Admitting that we may be the problem is never easy, but if you're doing the same things and reaping the same

results, it's time for some self-reflection.

As a Love Coach, I've coached many single women on forming and maintaining healthy, successful relationships. Over time I've noticed several recurring themes that prevent women from doing just that. I'm going to share these behaviors with you.

**1. BEING INTIMATE TOO SOON:** Many women feel pressure to be intimate with a man because they feel that it will keep the man's attention. Doing so with a man who is not emotionally connected with you will keep his attention – but only for the short run.

**Solution:** Resist the urge to be physical with a man before you're ready. Also, do not be intimate with a man before there is a mutual emotional connection. Think: If you got pregnant, would he be there for you, or would he run for the hills?

**2. NEGATIVE ATTITUDE:** If you have the attitude that all men are dogs, all men cheat, all men are pigs, this attitude will definitely repel men. Even if you do not vocalize these thoughts, it will be evident in your actions.

**Solution:** Be positive. Be present. Smile with every man that you meet.

**3. WASTING TIME:** Too often women stay in dead-end relationships or put up with being the booty call / friends with benefits girl. Settling to be in a dead-end relationship or the booty call girl will only waste your time and prevent you from meeting the right guy.

**Solution:** Look at your relationship. Where is it going? Is it what you want? If not, you are missing out on meeting the right guy. Don't settle.

**4. LOW SELF-WORTH:** Having low self-worth is never a good thing. It can prevent you from realizing when you are in a bad relationship. Usually when a woman has low self-worth, she



will only attract negative men.

**Solution:** You are beautiful and you deserve to be with a great guy. For the next two months, take note of all the compliments that you receive from family and friends. Make a list of the compliments you receive and write down the name of the person next to each compliment. Each night, read the list of compliments. In no time your confidence will be boosted and you will agree that you are amazing!

**5. TOO PICKY:** You will not date a man if he does not match your long list of requirements.

**Solution:** Make a list of three non-negotiables. Take 10 minutes to write down traits that you must have in a man, then prioritize your list and select the top three things that you ABSOLUTELY must have in a man.

**6. LOSING YOURSELF:** Something that I see very often is that once a woman starts dating a guy that she's interested in, she forgets her friends and the life she had before meeting him. For example, have you ever had plans with your girlfriends, but immediately dropped your girlfriends because your new guy invited you out on a date? Men (and people in general) are attracted to people who have a well-rounded life full and are more appreciative of you and your time when you fit them into your schedule.

**Solution:** Don't make your life revolve around his life. Don't be afraid to have a life of your own.

**7. BEING OVERLY AGGRESSIVE:** Typically, men do not respond very well to what they view as pushy women. Generally speaking, men enjoy the chase and want to be the one to pursue you. If you try to push for a relationship or marriage with a man before he is ready, it will only push him away.

**Solution:** Keep your cool. You're amazing. Allow the man to court you.

What are your thoughts? Do you agree? Are you guilty of these behaviors?