

Letting Go of Past Loves



By Rabbi Arnie Singer for GalTime.com

Move on to Find Real Love

One of the main reasons singles in their late thirties and beyond (who are longing to be married) stay solo has nothing to do with “not meeting the right one.” The “good ones” meet lots of potential right ones. The problem is that they compare potential partners to their great love (actual or imagined). The new guy or girl doesn’t stand a chance.

“I had a shot at my dream person, and there’s no way I’m giving up and settling for anything less. I’ll wait until I meet my ideal Mr./Ms. Right again.”

The only problem is that these folks forget that they were at least ten years younger when the relationship that’s seared in

their memories occurred. They were different people. So were the men and women they were dating. In their minds they are still the same fun-loving, upbeat twenty-somethings with unlimited options and time. Instead of updating their software to reflect their changing environment, they choose to remain blissfully entrenched in the old programs they remember enjoying. They choose to stick with their Atari instead of switching to the latest Xbox. Remember how challenging those space invaders were?

I'll drop the analogies so as not to throw anyone off topic and keep it as raw as I can. If you think you can attract the same guy or girl that you did when you were 29 now that you are 39, you are living a fantasy that is destroying your future. You are trading real happiness for the promise of "true love" that exists only in your imagination.

Here are some of the most common examples of ways we hold on to past loves:

Related: [10 Tips to Avoid Marrying Your Future Ex-Husband](#)

1. Being stuck in a different decade: Daniel is in his late 40s. He's got lots of hair on his head and money in the bank. Most importantly, he's got a heart of gold. Seriously, he's truly a *mensch* and will make a wonderful husband and father, if he gives himself the opportunity. You see, Daniel has a very specific taste in women. It's basically the exact same taste that he had when he was in his 20s. I won't go into details, but let's just say that what he's looking for was probably out of his league in his prime. Now it's impossible. Like I said, he's a great guy, but he's much too old for the girls he's yearning for. And he pretty much looks his age. But Daniel is comfortably entrenched in his vision of the past, and is committed to waiting for "true love" in the form of a youthful-looking super model, just a few years out of college. There are plenty of attractive and personable women within ten

years of his age who would almost definitely make him happy, if he gave himself a chance. But no, he's waiting for true love, the true love of his past, and he won't "settle" for anything less.

Related: [Why Younger Women Date Older Men](#)

2. Getting hung up on age: Lisa was a hot ticket in her 20s and most of her 30s. Now she's in her 40s and still looking good. She always dated guys within a couple of years of her, on either side. Now things are a little more challenging. Most guys in their early-to-mid-40s want to date women in their 30s (That's a fact, so accept it). Lisa is still living in her 30s, searching for that successful 30-something hunk to swoop down from his hedge fund trading desk and whisk her away to a romantic getaway at his Hamptons house (fully owned, no shares). Things aren't going so well for her, and her future is not so slowly being erased by past.

3. Clinging to the memory of an old flame: Carla recently broke 40 and is hotter and more accomplished than ever. She had a major love affair in her late 20s to early 30s that didn't pan out. Since then, she's been comparing every guy she dates to her old flame, and has passed on lots of good ones because they just didn't match up to her vision of manhood (she calls it true love). So, instead of being in a relationship (maybe even a mommy several times over), she is alone, by choice, waiting for true love to revisit after so many years of absence. Unfortunately, 40s true love is going to look much different than it did in her age of innocence.

Related: [5 Signs He'll Be Good in Bed](#)

What happens to people who continue living in the past? Many of them hold on to their fantasies until they reach the stage (drop the "st") where they just decide to give up. Then they have two choices. Either they make peace with their eternal single status and "enjoy" life on their own, or they marry

someone they should have married 20 years before. It's then that that these folks can finally find the happiness that they now understand comes from a loving, caring relationship.

But why wait until the point of surrender? Why not close that door to the past for good and join the world of the present where people age and grow and mature and enter relationships and love and care and share and live meaningful lives?

How have you moved on from a past love?

The Great Marriage Hoax: Why There's More to Life Than Getting Married





By Ché Blackwood

If romantic comedies and romance novels are to be believed, all single women are on a crazed mission to marry the man of their dreams. They aren't on a journey to know themselves, find a job they love, test out their creativity or enjoy life: those are all secondary goals on the road to getting a husband. Of course, Hollywood also says women wear makeup to bed, so it's clear that cinema doesn't always portray things the way they really are. In the real world, humans are complex, and true inner happiness takes more than sporting a ring on your finger. Before getting swept up in the mighty hype of marriage, take stock of these components of your life and be sure you're nourishing them as well:

Related: [Celebrate Being Single This Year](#)

1. Your goals: Planning ahead, working hard and motivating yourself to accomplish your personal goals are some of life's most rewarding challenges. The more you accomplish, the more your life will open up. Go back to school, save enough money to buy a brand new car, write a book, whatever. Once you start

meeting your goals, you'll realize just how capable you are. Plus, you'll be happier. Without achieving personal fulfillment on your own, you'll never be completely fulfilled while in a relationship.

2. Your fears: It's scary to take risks, because when you do you can often lose something. Of course, you'll also find new benefits when you take chances. Moving to a new city could make you lonely, but it also could open your world to romantic restaurants, new friends and amazing experiences. Even if you fail, the rewards of learning from your mistakes are too large to miss out on. Until you feel comfortable facing your fears, you won't be able to navigate the tough waters of love. Nothing is as risky as leaving your heart in the hands of someone else, and it's too difficult to even attempt until you've learned how to lose as well as win.

3. Your career: It might seem obvious, but if you can't provide for yourself, you're also going to have a hard time providing for anyone else. Full-time jobs, high salaries and executive positions are never required for happiness, but you definitely need some type of income. In this economy, an even greater challenge is finding a job you actually like. If you feel accomplished, recognized and appreciated at work, your overall happiness at home and with your partner will skyrocket.

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

4. Your friends: Taking trips, talking until the early morning and sipping wine after a hard week are some of the sweeter moments of a friendship. However, maintaining such bonds take a lot more than just the ability to have fun. Friendships take work, patience and commitment. If you listen to your girlfriend vent for three hours over her boss, you'll learn that while no relationship is easy, they're all worth the effort. Take the time out of your busy schedule and nurture those relationships. The better friend you are, the better

friends you'll receive in return.

What makes you happiest outside of your relationship? Tell us in the comments below.

10 Budget-Conscious Ways To Impress Your Partner



By [Whitney Baker](#)

Sure, sometimes it's fun to splurge on a fancy date, but other times, it's nice to do something simple, entertaining and budget-friendly with your guy. Regardless of what you do, he'll be excited that you took the pressure off of him and

planned a cheap outing. Whether you enjoy exploring a new area of town, staying indoors (and avoiding the summer heat!) or being active, there's a date idea on this list for you:

1. Be Outdoorsy: Sometimes the best entertainment is right outside your front door – no tickets required. Take a hike and soak up the sights and sounds of the great outdoors. When the sun goes down, take a moment to appreciate each other and do a little stargazing.

Related: [Date Idea: Cuddle While Counting the Stars](#)

2. Pack a Picnic: Using only items that are already in your pantry or fridge, fill up that picnic basket and head to your backyard for an impromptu lunch date. Spread out your blanket and chow down! Luckily, there's no pricey bill to face when you're done eating.

3. Free Booze: Take a tour of a nearby winery or brewery. Not only will you learn more about your drink of choice, but you'll pick up some ideas for the next dinner party that you throw with your man.

4. Eat In: Treat him to a romantic dinner at home. Cook his favorite meal, light a few candles and pop open a bottle of bubbly. Taking the time to treat him to a home-cooked meal will remind him how much you love him – and maybe he'll even return the favor tomorrow night.

5. DIY Projects: Spend a day tacking those do-it-yourself projects that you both keep avoiding. Accomplishing something together will remind you of how well you work as a team. Plus, you'll have a new piece of décor to show off to your friends.

6. At-Home Spa Day: Get ready for a day – or night – of pampering. Takes turn giving each other a massage and then enjoy a bubble bath together. When you're finished, wrap up in

your plushiest robe and snuggle up with a glass of wine and some relaxing music.

Related: [Date Idea: Relax with a Spa Day at Home](#)

7. Game Day: Enjoy an afternoon at the ballpark. Tickets can cost as little as \$5 – they don't call them the cheap seats for nothing! By doing something that you know he loves, you'll show him that you pay attention to his likes and work hard to fulfill his needs. Don't forget to take care of yourself too: indulge in a hot dog and cold beer as you root for your favorite team.

8. Hit the Gym: By showing him your sweaty side, he'll know just how comfortable you are around him. You can introduce a bit of friendly competition in to your relationship too: challenge him to a sit-up or push-up contest. Thanks to this active bonding sesh, you'll have a smile on your face, win or lose.

9. Be a Tourist: Sure, you'd love to take a romantic getaway to somewhere exotic, but sometimes, you can have just as much fun exploring your hometown. Check out a local art fair or weekend farmer's market. Wander around a downtown museum and broaden your cultural horizons. Or just take to the streets and do some people-watching. You're sure to have a fun stay-cation with your man by your side.

10. Go Househunting: Spend an afternoon visiting different open houses in your area – everything from a fixer-upper to that mansion with a pool and three-car garage. Even if you aren't in the market to buy, looking at homes is a good way to test your compatibility and see where your future lies. Who knows? Maybe you'll be inspired to do some work at your current house or apartment.

Do you have any cheap date ideas to add to the list? Tell us in the comments below!

Creating a Celebrity-Style Wedding



By Rob Toledo

As summer wedding season continues, it's possible that your own marriage has been on your mind. There are a lot of stressful decisions to make before you say "I do," but you shouldn't feel intimidated. There's no better way to design a unique, stylish wedding than to look to those style-makers. Here are some top tips for using the style of celebrity couples to create your own memorable wedding:

Related: [What to Wear to a Summer Wedding](#)

1. Find your personal estate: From Justin Timberlake and Jessica Biel to Carey Mulligan and Marcus Mumford, estate weddings are very popular among celebrities. Luscious green lawns with perfectly pruned roses and long, elegant white tables can make any ceremony memorable. Sure, you might not be able to rent out Downton Abbey, but you still can turn almost any big backyard into an elegant property. Find a landscaping firm that will let you line the yard with your favorite flowers. Consider swapping expensive bouquets for colorful fruit bowls with a country elegance look. Wedding planning can be the perfect reason to start a backyard fix-me-up project, so get your yard in shape with floral gardens or a stone pathway that you'll be able to enjoy year after year.

2. Celebrate in good conscience: When Natalie Portman and Benjamin Millepied got married, they did it with their morals on display, doing things like buying recycled platinum and conflict-free diamonds. These same ethics are easy to apply to your own wedding. Take a cue from Alicia Silverstone and print your invitations and programs on recycled paper embedded with seeds so guests can plant their own gardens at home. Try booking a sustainable venue such as a wilderness retreat or with a self-sustainable resort like the one where Kristi Yamaguchi got married. Have compost and recycling options readily available throughout the ceremony and use only locally grown food for an all-around low footprint wedding.

3. 'Smush smush' down the aisle: Okay, so Jersey Shore star Snooki has yet to marry her sweetheart Jionni LaValle, but we have a feeling that the vows will be exchanged in pure Jersey style. If you want a wedding like hers, start by getting the biggest rock you can find. The bride's dress should be form-fitting, and there should definitely be a tiara and six-inch heels involved. Men should dress in fully unbuttoned shirts to show off their blindingly bronzed pectorals. For the wedding reception, make sure to rent several hot tubs and place them by a pumping dance floor to continue your hot, Jersey style

late into the night.

4. Bring your furry friends along: Are you the type of person who can't be without your four-legged companion? Be like Jennifer Hudson and invite your dogs up to the stage. Better yet, have guests to bring their own dogs as well and serve dog biscuits right beside that wedding cake. Your canine friends will be sure to keep things fun and playful, and they'll give you a good pick-me-up lick if your energy starts to drop. Just make sure their paws stay away from that white dress!

Related: [Five Celebrity Couples Who Had a Low Profile Wedding](#)

5. Paparazzi it up: Want to feel like a celebrity? Encourage your friends and families to bring cameras. Put little disposable cameras at the entrance table and encourage lots of photography. Get everyone snapping pictures: the more flash the better. This is a great way to get hundreds of unique photos of your wedding. Ask your photographer to focus on mostly candid shots so you can have a celebrity-style photo album. If you run a red carpet down the aisle, those flash bulbs will go wild.

Celebrities are bursting with unique wedding ideas. Use them as a model and plan a big special day of your own!

Rob Toledo is planning his own wedding in the Pacific Northwest this summer. He probably won't use the Jersey Shore idea himself, but thinks you should and share lots of pictures. He is working alongside Embrace pet insurance to create fun guides to animal ownership and encourages considering dog insurance for your four legged canines.

How To Know When It's "Just For Fun": Boundaries For Flings



By Daniela Agurcia

It seems like having a fling with someone you like is incredibly simple, but it can actually be very complicated. When you're in a fling, it's always easy to ask yourself "What are we?" Because of the nature of these sorts of affairs, it seems like there can never be precise boundaries. After all, you're supposed to get all the benefits of being with someone without having to commit. Still, even though there aren't any specific rules, you should consider these hidden guidelines for your not-so-serious flings:

Related: [5 Ways To Know If Your Relationship Is Just A Spring Fling](#)

1. Don't have "the talk": If it's a fling, then you can't assume that your partner is going to fall in love with you and you'll end up having a relationship. The biggest mistake is assuming. Once you have "the talk" with them about where your fling is headed, things start getting serious. Even worse, if it's not mutual, then things can get uncomfortable. A fling is a fling; don't ruin it with a serious talk.

2. You can't get jealous: Not succumbing to jealousy is probably the hardest part of being in light-hearted fling. Without commitment, you can't have control over what your partner does when they're not with you. Make sure you're in the right mindset and remember that whatever you don't know won't hurt you. Don't go looking for answers that might make you upset.

3. Don't change your life around for them: Because a fling isn't a relationship, you and your partner shouldn't be each other's priorities. Don't cancel plans, lose your friends or base decisions on them. Similarly, don't try to enter a routine with them: you don't want to get too comfortable in something temporary. They're supposed to be convenient, so don't act like you owe a fling anything.

Related: [5 Ways To Keep Your Summer Fling Hot](#)

4. Keep it casual: Even if you keep an ongoing fling for a while, don't feel like you have to introduce your partner to everyone or to invite them everywhere. You don't need to take them to meet your family or even your best friend. Doing things like this can make your fling into a serious partnership, and your goal should always be to keep things casual. Keep all that business for someone who is in a committed relationship with you.

What are some ways you think can help keep a fling just "fun?"

Share your thoughts below.

Match.com Survey: U.S. Singles Dating More Than Any Other Participating Nations



Match.com released findings yesterday from a new international survey that revealed U.S. singles are going on more dates than singles in any of the other participating nations.

Inspired by the 2012 Olympic games – when countries around the globe will unite in the spirit of competition – Match.com, the

world's largest dating website, surveyed singles from **six countries including the U.S., U.K., Australia, Japan, France and Canada** to compare dating norms and preferences of each nation. The data revealed many stark differences between the countries on topics ranging from who pays for the first date to which countries' singles are the most likely to kiss and tell. The survey also shattered cultural stereotypes – for example, in many categories, US singles were more traditional than singles from the other countries.

Related: [3 Benefits of Meeting People Online](#)

1. US Singles Win the Gold for Most Dates, with 77% reporting they have gone on two or more dates in the last year, followed by Canada (71%) and the UK (67%). Australia came in last place at 46%, showing that Aussies may want to focus a bit more on getting back into the dating game. **US and Canada's trick to winning the dating race?** Could be their abundance of bold women, with more Canadian (63%) and U.S. (62%) women reporting they have asked a man out on a date – more so than other countries.

2. Friends' opinions matter the most in the US; the least in France: France took the gold for independent thinking, with 74% of French singles reporting that their friends' opinions weren't a factor for choosing a date. Japan, trailing by a large gap, came in second at 47% to claim silver. **For US singles, the opposite held true**, with a large majority (70%) reporting that friends' opinions of their date matter. Northern neighbor Canada held similar attitudes in this category (68%).

3. Who pays on the first date? US singles were the most likely to believe that no matter who initiated the first date, the man should always pay (48%), while 37% of UK singles felt the first date bill should always be split. French singles however were the least likely to believe in a specific rule, with 36% reporting that depending on the situation, either person could

pay. **Additional data on how nations are 'split' over who should handle the bill are included in the below release.*

Related: [Why Amazing Confident Women Remain Single](#)

4. Kiss and tell? US singles bare it all, while the French keep details hush-hush: French singles were least likely to kiss and tell, with 35% of respondents not sharing details of their dates with their friends, closely followed by Japan at 30%. On the opposite end of the spectrum, U.S. singles were the most likely to tell their friends everything that happened on a date – with 92% admitting they would share at least some details with their pals.

5. Hottest singles in the world? Worldwide, the familiar trumps the exotic, with singles from every country overwhelmingly reporting that the hottest singles were in their **OWN** country. Besides expressing loyalty to their own countries, those we surveyed agreed that Southern Europe is home to the hottest singles in the world. Japanese and Aussie respondents preferred the singles in Northern Europe.

For more survey results, visit <http://blog.match.com/dating-championship>. For more information, visit <http://www.match.com>.

5 of the Most Lavish Hollywood Weddings





By Jessica Nappi

Every girl dreams of the perfect wedding, with the most beautiful dress, and of course, Prince Charming. Some celebrities are able to turn these dreams into reality with weddings that both cost millions of dollars and look gorgeous. From custom-made attire to venues that resemble paradise, these celebrity couples top our list of lavish weddings we will never forget:

Related: [Five Celebrity Couples Who Had A Low Profile Wedding](#)

1. Prince William and Kate Middleton: Undoubtedly the most talked-about wedding of 2011 and perhaps the most anticipated 'I do' since Princess Diana's royal wedding, Prince William and Kate Middleton had a lavish wedding that will be very difficult to top. The royal pair wed at Westminster Abbey in front of 1,900 guests, while thousands more gathered outside to watch the newlyweds ride by in a horse-drawn carriage and kiss on the balcony of Buckingham Palace. The cake alone cost \$80,000 and Middleton's custom-made dress cost \$70,000. Overall the wedding had to be supported by the tax-

payers of England because it cost over \$30 million.

2. Kim Kardashian and Kris Humphries: The whole world was fortunate enough to see this wedding thanks to a camera crew so large that 50 guests had to be cut to accommodate for it. Kim Kardashian and Kris Humphries wed in a beautiful vintage Hollywood black-and-white-themed ceremony where she helped design every detail. The venue was at a private estate in Montecito, California that is worth an estimated \$20 million. Over 500 guests witnessed the 'I do's' under large white tents that were built to keep the wedding under wraps and to fit in with the black-and-white theme. Let's not forget about the wedding *dresses*; yes, there was more than one. Each of the three gowns was Vera Wang and reportedly cost \$20,000 a pop. The entire wedding cost anywhere from six to ten million dollars, but we wouldn't expect anything less from Kim Kardashian.

3. Elizabeth Hurley and Arun Nayar: Elizabeth Hurley and Indian textile heir Arun Nayar started dating in 2002 and waited to wed until 2007. The lavish and eight day-long wedding was worth the wait. Because the couple came from different backgrounds, their wedding was divided into two locations. For the British wedding, Hurley married Nayar in a beautiful ceremony at Sudeley Castle in Gloucestershire where Elton John gave the bride away. The nuptials continued in India at a similarly-star-studded ceremony. Hurley wore beautifully embellished dresses and chocolate fountains were scattered all across the venue making this wedding unforgettable. The wedding cost an estimated \$2.5 million.

4. Fergie and Josh Duhamel: This celebrity pair opted for a white fantasy wedding at the Church Estates Vineyards in Malibu. **Fergie** and Josh Duhamel exchanged vows under magnolia trees filled with thousands of white roses. The bride carried a bouquet of flowers studded with crystals and wore a beautifully fitted Dolce & Gabbana gown. The reception was held in a tent that was made to look like a forest of trees,

with the ceiling covered in lights. Kate Hudson, Rebecca Romijn, and Jerry O'Connell were a few of the many celebrities who attended this extravagant wedding.

Related: [Top Five Celebrity Couples Who Have Made Love Last](#)

5. Kendra Wilkinson and Hank Baskett: Kendra Wilkinson and former NFL player Hank Baskett's wedding was not only lavish: it was one of a kind. They were the first couple ever to wed at the Playboy Mansion other than Hugh Hefner himself. Of course, they had to make it special. Kendra walked down the aisle in a princess-style white gown and wore more than \$100,000 worth of platinum jewelry by Michael Barin. The ceremony was held out in the open on a lawn where white rose petals and flower wreaths lined the aisle. Hundreds of guests, including plenty of playmates, watched the happy couple promised to be together forever in this beautiful ceremony.

Celebrity weddings will always peak our interest because of how over-the-top they can be. These five celebrity weddings were definitely lavish, but in the world of Hollywood, there will always be more that will top these. Stay tuned.

What are some of your favorite celebrity weddings? Tell us below.

5 Tips for Awesome Lips for Your First Kiss





By Ferina Santos

Your first kiss with a new guy is a thrill. Not only can it tell you a lot about what kind of a person your potential partner is, but it's also a great way to know if he's ready to go from dating to exclusive. That first kiss can be fun, but to get there, you have to show your new guy that you're ready.

Consider these five tips to get your lips ready before your next big date:

Related: [First Date Outfit Ideas: Dinner and Drinks](#)

1. Exfoliate the night before: Having dry cracked lips with dead skin isn't the right way to get a man to want to pucker up for you. To be ready, exfoliate your lips the night before. To do this, simply take a toothbrush and lightly brush off the dead skin. Afterwards, take a tip from former *Bachelorette* star Ashley Hebert and apply some Vaseline to your lips. She does this nightly to keep her lips looking moist and healthy. You should too, especially after exfoliation.

2. Ruby Red Lipstick: The ultra-stunning bright red lipstick, which is frequently worn by celebrities such as Katy Perry and

Christina Aguilera, is the perfect way to draw in your man and make him focus on your lips. This sends the signal that you're ready for that big first kiss. Test a few shades prior to the date to find the perfect red for your skin tone. If you're able to, boost your confidence in it by wearing it out to a dinner with the girls the night before. Use this hue to make your guy know that you are ready to take your relationship to the next level.

3. Add lip liner: This is a tip that many women forget whenever they apply lipstick. It's simple: lip liner can make your lips look fresh and kissable throughout the night. The liner holds the lipstick in place and doesn't make it smear as you eat, drink or smooch.

Related: [How to Know When It's Time for the First Kiss](#)

4. Use lip gloss: It's important to make your lips look plump and beautiful. Just as *Real Housewives of Orange County* stars Tamara Barney, Alexis Bellino and Gretchen Rossi constantly do, you should apply your lip gloss frequently to keep your lips looking moist and ready to be kissed. If you don't have lip gloss readily available, lip balm will still keep them looking healthy and fresh.

5. Avoid smoking or red wine: Even though you may like to indulge in these commonly-craved splurges, if you're hoping for a kiss at the end of your first date, avoid these wrinkle-causing, teeth-staining and not to mention unhealthy habits. This will keep your lips looking fresh and beautiful all night without the fear of stains or aging creeping in.

Prepare your lips the night before, and use color and gloss during the day to keep them looking great. Your man will be drawn in and have no chance to say no to that perfect first kiss.

Ferina Santos is part of the team behind Open Colleges, Australia's provider of outstanding makeup courses. A feisty,

20 year-old nerd at heart with an obsession for vanity, she captures all her random musings with daily photographs in her blog, A Pink Banana. When not online, she can be found reading a book or riding with her horses while fantasizing she's a real-life Khaleesi.

Shrinkwrap: When Are You Exclusive?



By Jane Greer, Ph.D. for GalTime

Taking Your Relationship to the Next Level

From recent reports it seems that actors Michelle Williams and

Jason Segel have quietly crossed that line between playing with the idea of being exclusive and committing to being a couple.

At a recent premiere party to celebrate Segel's film *The Five-Year Engagement*, they were seen holding hands and gazing into each other's eyes. They are both known for taking their time when it comes to romance. It raises the question, how does a hopeful pair get from one point to the next? When do you actually become an exclusive couple?

Related: [6 Things to NEVER Say to Your Man](#)

One of my patients was pondering this recently, and she asked me about when it's appropriate to have the conversation and negotiate the terms of becoming a committed couple. I told her that in order to gauge that, you want to look at what is going on between the two of you.

Being exclusive is the exciting hill everyone wants to get over in a new, promising relationship. And there will be definite signs that you are successfully making that climb. One example might be if you begin to refer to each other, and to introduce each other, as boyfriend and girlfriend. Other clues are when you start to show your affection in public by holding hands and touching, making the statement that you belong together, or you start to say, "I love you." And the best indication of all is that you no longer want to date other people, or even leave that door open for the possibility. When it becomes clear that you are focusing your energy and heart on that one person, and that it is a mutual choice, that is a good time to check in to determine if you are now being exclusive.

Related: [5 Things to Give Him a Pass on this Summer](#)

Once you decide you are each other's one and only, you will be able to usher in the emotional and sexual trust and safety

that most people crave. You want “the talk” my patient was referring to, and even more important, the move toward steady dating, to be an acknowledgment of what is already happening between the two of you rather than a negotiation to put something in place, just as it seems to be for Williams and Segel.

Top Dating Secrets of Men



By Robert Manni

When you're looking for Mr. Right, it's easy to wonder for what the men you meet are looking. What are men's deepest and darkest dating secrets? Take it from a guy: there are quite a

few things to keep in mind when men are looking for their new partner. Here are some of the tastiest tidbits about the inner workings of men on the prowl:

Related: [The Truth About Men](#)

1. Men are insecure: No matter how self-assured they seem, guys don't think like women do. They're often clueless about the opposite sex. When a guy approaches a woman that he's attracted to, it shows. This can sometimes be exciting and nerve-wracking for a man, but it definitely gives women the upper hand. Remember that you're always in control of a man's insecurity and use that to your advantage.

2. Men like women to "help out": Though most guys love hunting for a girlfriend, they're not always great at realizing that they've succeeded. Since it can be hard for men to read your signals, use easy ones to show your feelings. Nothing works better than a touch on his arm or a smoldering glance.

3. Men don't pay attention: Success with women is often about subtle little things, but men don't always notice those. For example, men might think they have to solve your problems when all you want to do is talk about your day. Make sure he's paying attention to your intentions by any means possible. Don't be afraid to tell him exactly what you mean.

4. Guys are still visual: This shouldn't come as a surprise. When you're trying to find a boyfriend, save the sweatpants and wear some of your nicer clothes. Don't be afraid to show your feminine side; men will appreciate it. Even after you've been with someone for a while, it's nice to dress up every now and again.

5. Men love their sense of humor: If you're already interested in a guy, chances are you already find his humor clever. However, if you're not enjoying his jokes, it's probably best

to move on. Men have a hard time relating to someone who doesn't enjoy their humor.

6. When a guy says he'll call, he means it: Men are usually honest about future plans, but they can be easily distracted. If he says he'll call after the first date, be sure to ask him when. By making this more concrete, you'll help him remember you. If he still doesn't call, forget him. You deserve better.

7. Men dread Valentine's Day: Valentine's Day is a holiday that can make men very nervous, largely because of great pressure of finding the right gift for his sweetie. Don't encourage him to find clothes. When he shops for you, he'll probably be checking out other women to figure out your size, and that's sure to make you uncomfortable even if his intentions are good. Try your best to make shopping easier for him by giving him information before he leaves.

8. When it comes to getting physical, timing is everything: Whether it takes two drinks or ten dates, you both know when it's time to have get intimate with one another. However eager he seems, taking doing this too quickly can make him think of you as being "easy," and no one wants that. Be sure to think carefully about how long you want to wait.

9. The way to his heart is food: Even if you're not an amazing cook, men love to eat. Make that work for you by preparing a special meal or inviting him to a restaurant you think he'll love.

Related: [4 Things Men Worry About](#)

10. He wants a lady he can take home to mom: Ultimately, a man wants to show off his woman to his friends, family and business associates. Remember that no matter how happy he seems with sex, men are looking for a relationship in the same way you are. Though their paths are often different than those taken by women, a family and a future both still matter to men.

11. Don't change for any man: This is the most essential tip for making both you and your beau happy. Don't try to be someone you're not. When you're not acting like yourself, you're definitely going to upset both of you. Be the best version of you and he'll be happy. If he isn't, he's not right for you at all.

Have you taken advantage of any of these dating secrets? Tell us below.

Robert Manni is President of Agent16, a New York advertising agency in midtown Manhattan. Over the past two decades he has watched, played and succeeded in Madison Avenue's relentlessly changing game. A true devotee of New York City, Robert is inspired by and remains in awe of its people, energy, attitude, and romantic backdrop. He is a world traveler, Reiki Master and teacher, certified advanced clinical Master Hypnotist, graduate of the Jose Silva Method/Life System, NYC Marathoner, and a bona fide 'Guy's Guy' who somehow survived twenty years of single life in the big city. THE GUYS' GUY'S GUIDE TO LOVE is Robert's debut novel. He is currently working on his second book. Visit his website at robertmanni.com for up-to-date news, to read his blog and check out his videos. You can also become a fan on [facebook.com/RobertManniAuthor](https://www.facebook.com/RobertManniAuthor), or follow Robert on [Twitter.com/RobertManni](https://twitter.com/RobertManni).

Famous Celebrity Couples Who Get On Our Nerves





By Daniela Agurcia

When two slightly obnoxious celebrities get together, it creates something much worse than either would be alone. Everyone can name one of these celebrity couples: When you see them, you just want to change the channel or put down your magazine. Sometimes, certain famous couples make you want to scream, “Enough already!” Being one of these celebrity relationships can definitely be a bad thing. Whether they’re obnoxiously cute, painstakingly annoying, or overly pompous together, it gets to the point where no one wants to hear about them anymore. Here are some celebrity couples that we could live without:

Annoying Famous Couples

1. Selena Gomez and Justin Bieber: At first, there was a lot of hype about whether Selena Gomez had Justin Bieber fever. Turns out, she did. The couple kept their famous relationship under wraps for a while, and even today, they still try to be discreet about it. They’re that one couple that refuses to be

open about their relationship and love, regardless of all of the cute and cuddly photos found of them or their occasional lovey-dovey tweets and quotes. Either be open about your relationship and act normal about it...or hand him over!

Related Link: [Celebrity Couples Who Have Worn Out Their Welcome](#)

2. Kim Kardashian and Kris Humphries: Even though Kim Kardashian and Kris Humphries aren't together anymore, they were a Hollywood couple that will be hard to forget. There was so much hype about Kardashian finding love and having the most extravagant celebrity wedding with the man of her dreams, only to have it all end 72 days later. The engagement, wedding, and divorce flashed right before our eyes. Ultimately, the marriage was an all-time record, and one we wish would just disappear all together.

3. Angelina Jolie and Brad Pitt: Famous couple Angelina Jolie and Brad Pitt have been non-stop from the start, doing everything to the extreme. From the day that Pitt left Jennifer Aniston to be with Jolie, the two are always aiming for perfection. The pair has adopted from all over the world, constantly donate to charity and attend mission trips all over the globe. Plus, we can't forget that they just happen to be one of the best looking Hollywood couples. Here we can certainly say "Enough already!"

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

4. Kristen Stewart and Robert Pattinson: We loved Kristen Stewart and Robert Pattinson in the *Twilight* movies – who doesn't love a vampire romance? We were all rooting for the two to end up together in real life, but between their low-key status and "I don't care" attitude, they're not as great as we thought they would be. They always seem as if they're in a bad mood about something. Plus, have you ever seen them show

affection?

5. Heidi Montag and Spencer Pratt: How are they famous again? Heidi Montag and Spencer Pratt blew up because of their roles on the reality TV show *The Hills*. Their drama was entertaining at first, but it grew old after the show, thanks to her music videos and several other TV appearances. Between that and Montag's numerous plastic surgeries, the celebrity couple has received nothing but negative spotlight, eventually eliminating all the "glory" from their fame.

What celebrity couple bothers you the most? Share your comments below!

3 Benefits of Meeting People Online





By Evelyn Harris

In the early days of online dating, the service was often seen as a subject of ridicule, the last resort for the otherwise-undesirable. Nearly a decade later, meeting people online has become an accepted practice, with advertisements on subway walls and primetime television that target a large variety of singles. The truth about online dating is that it's an increasingly viable way to find and meet potential partners. If you still need convincing, here's a rundown of the three best things about meeting people online:

Related: [5 Low Profile Online Dating Strategies](#)

1. There are plenty of options: When you commit to an online dating site, you'll have to make a profile. Sure, there might be occasional fibbing, but as a general rule of thumb the degree of truth in a profile matches the desire a person has to meet someone. These profiles can be searched by other members to help them find someone to meet. With hundreds of profiles to peruse on every dating site, the choices available to you are not only larger, but more diverse than what can be

found during a typical night out or by being set up on a blind date.

2. No reservations, no pressure: We've all experienced first date jitters. It's easy to be nervous when you're focused on making a good impression for your date. Although it's a natural component of the dating life, nervousness can be avoided with online dating. When you meet someone online, there's less pressure to impress and no reason to hold back, because the conversation occurs through a computer in the comfort of your home. Developing a repertoire and gradually sharing information once the connection has been made are built before your first in-person meeting. This way, you begin the date with an already-comfortable relationship first.

Related: [7 Ways to Flirt in a Web 2.0 World](#)

3. Celebrities use it, too: Considering the fact that all their love interests and hookups are studied by the media, one would assume celebrities would never consider being an online dater, a position that can still be seen as being embarrassing. However, several celebrities have admitted to considering joining and using dating sites. In 2006, Halle Berry admitted to visiting online dating sites and various chat rooms, while *Gossip Girl* heartthrob Chace Crawford claims that he has "a bunch of different [online dating] accounts that no one even knows about." Weezer's frontman Rivers Cuomo revealed that he once created a profile on an online dating site but was unable to find any matches. With even celebrities experimenting with the world of online dating, it's clearly no longer something to be ashamed about.

For those still hesitant to explore online dating, hopefully the three benefits highlighted here will nudge you across that line of doubt towards your first online profile and a happy relationship.

Evelyn Harris works at Find My Kiss in various roles including

marketing and writing. She enjoys life to its fullest and particularly enjoys dancing, clubbing and meeting new people. Find My Kiss is an online dating site for singles from Houston to Los Angeles to New York City.

When One Partner's Needs Are More Important



By Jane Greer, Ph.D. for GalTime

Why has it been so surprising to us that Katie Holmes filed for divorce last week in an effort to end her marriage to Tom Cruise when so many of us had a hard time taking their union

seriously in the first place?

Maybe it's because despite the public's initial cynicism, people eventually embraced the couple as an example of a true Hollywood love story.

According to the papers, Tom was as blindsided as we were by the news, but, unlike the couple's fans who watched from a distance, he was close to the action. How is it possible that he was chugging along, seemingly happy, when she was evidently so unhappy that she secretly planned her exit?

Related: [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

Tom might have been looking through only one lens, which he does in his role as a director and producer, and was seeing things working according to his vision. Is it possible that he didn't consider her needs at all? Tom's previous two wives, Mimi Rogers and Nicole Kidman, have each said that during their marriage their concerns were incidental to his, especially when it came to his religion, Scientology.

It has been reported that Katie wanted out because their daughter, six-year-old Suri, has reached the age at which she would begin to be educated in the ways of Scientology, and Katie did not seem to want that for her child. In fact, in addition to the divorce she has filed for sole custody. If it really is Scientology that made her want out, then she must never have fully accepted it in the first place or this wouldn't have emerged as a problem. Her concern over Suri's education may have been simmering on the back burner for some time.

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

The push and pull around Scientology might not be so different

from what any couple struggles with if one person wants to raise a child one way, and the other partner has a strong commitment to a completely separate religion. As I wrote about in *What About Me? Stop Selfishness From Ruining Your Relationship*, whenever there are two people who want two different things, one person is going to feel that they've given up more than the other. But for a marriage to be successful, there has to be an attempt to hear the other person and work out a compromise. With Tom and Katie, it appears that wasn't happening. Tom's way seems to have been the only way.

The other thing that may have been going on is that Katie stopped fighting for what she wanted. I see this over and over again with my patients. One partner gives up, realizing that all the conversation in the world is never going to make a difference. But the other partner takes that silence to mean the first partner is now okay with the situation, when in reality they have shut down. They may be waiting for the right time to sever the relationship, or become vulnerable to romantic involvement outside the marriage. This myopic vision, in other words, "my" view, on one person's part, leads them to believe that everything is just fine.

Whatever the case, Tom seems to have left no room for the necessary give and take that a healthy marriage demands. It might be just the right time for him to be making a movie called *Oblivion* since that seems to be exactly where his third marriage is headed.

Red Flag or Quirk? How to Tell the Difference



By Sarah Ribeiro

We've all heard enough urban legends about the dating world to sometimes feel like every potential partner is a cheating, psycho, kidney-stealing horror-date. However, sometimes what you think may be red flags are just quirks that you have to learn to accept in a person ... and understanding that difference is essential. A quirk is something that isn't troublesome in the long term, no matter how strange it seems, while a red flag can be detrimental to your relationship or even your personal well-being. Sure, quirks might not be preferred, but it's those red flags you really need to avoid. Here are two dating quirks and two red flags to help you categorize your partner's behavior and determine if it's time

to call it quits:

Related: [Ten Signs You're Dating a Jerk](#)

Quirk 1. Flirting: A lot of people have a problem when their partner flirts with other people, but more often than not, that's just jealousy on their part. There's a difference between a person who is naturally flirtatious or friendly, and one who is actively hitting on other people. Before you dismiss your beau for flirting too much, think about what kind of person your partner is, and where your own jealousy level rests.

Quirk 2. Being plugged in: These days, a lot of people really are turned off by the smart phone fad. Sure, being attached to your phone can be seen as a social addiction, but it isn't exactly a red flag. After all, living in our fast-paced society has driven most people to be dependent on their devices, so it's not too concerning if you've never seen your date without their phone. However, if their phone becomes a priority over you, it's become a red flag and it's time to call it quits.

Red Flag 1. Talking about their ex: This should be obvious, but for some people it isn't. If your significant other talks about their ex all the time, that's a clear sign that they aren't over them. Why would you want to be in a relationship with someone who is still emotionally attached to someone else? It's a red flag—run away.

Related: [The Authors of 'The Little Black Book of Big Red Flags' Help You Avoid a Dating Disaster](#)

Red Flag 2. Mystery: Pop culture has taught us that being mysterious is sexy, but that's hardly the case. Keeping things from your mate just shows that you're dishonest and that you have something to hide. If the person you're dating isn't open, they can't be open to the idea of loving you.

What kind of quirks and red flags draw you away from a partner? Tell us below.

Celebrity Women Who Built Business Empires With Their Husbands



By Deanna Atkins

It often seems like our culture thrives on talentless women who keep us entertained through guilty pleasure reality television shows. If the media would stop flooding its

audience with Lindsay Lohan's latest relapse, we'd see celebrity gals with brains and million dollar net worth who give women back the reputation we deserve. Below are a handful of leading ladies who chose to make the most of their fame by creating successful empires—with the help of their supportive and loving husbands:

Related: [Celebrity Women Who Are the Breadwinners of the Relationship](#)

1. Bethenny Frankel: As a reality star, entrepreneur, wife and mother, Bethenny Frankel is certainly someone to admire. By combining her passion for healthy, natural foods with her business sense, she developed her signature Skinnygirl Cocktails. She and husband Jason Hoppy brought Skinnygirl to life over the seasons of Bravo's *The Real Housewives of New York* and their own show, *Bethenny Ever After*. Hoppy's background in finance ensured that Frankel's business ideas would flourish, and they did just that. In 2011, she sold her company to Fortune Brands' Beam Global for over \$100 million.

2. Tori Spelling: From actress to author to executive producer of her own show, it's no wonder Tori Spelling stays so skinny: she can't possibly have enough time to eat. She's come a long way since her role as Donna Martin on *90210*. Now she happily resides in Los Angeles with her husband Dean McDermott, their three children and another baby on the way. Spelling has written four books; her first, *sTORI Telling*, because a New York Times Bestseller. Additionally, she operated a bed and breakfast with McDermott and created a signature fashion and jewelry line. Today, she manages her own website, *ediTORIal by Tori Spelling*.

3. Beyoncé Knowles: Bringing in a whopping \$87 million a year is nice, but it's even nicer when you've got rapper, producer, co-owner of the NJ Nets and entrepreneur Jay-Z to "put a ring on it." Their marriage has made their combined net worth over

\$800 million. This brilliant couple brings in the dough with their chart-topping hits, but Knowles also acts, designs and models, placing her at #2 on Forbes's 2010 list of 100 Most Powerful and Influential Celebrities in the World. Hollywood's hottest pair also showed off their business smarts when they trademarked their first child's name, 'Blue Ivy,' which is expected to soon become an empire of its own.

Related: [Fame, Fortune and Love: The World's Wealthiest Celebrity Couples](#)

4. Lisa Vanderpump: Even if you knew her dog Jiggy before you were aware of her husband Ken Todd, there's still no denying that Lisa Vanderpump's bank account is as obscenely large as it is because of her adoring spouse's help. Still, her own business sense has certainly helped, and together the couple has worked hard to be successful. Born in England and a *Real Housewives of Beverly Hills* star, the Brit earned her \$65 million net worth by co-owning 26 restaurants with her hubby of 29 years. Hard work paid off with a luxurious lifestyle, but Vanderpump still keeps busy by designing shoes and clothes, developing a skin care line and writing for *Beverly Hills Lifestyle Magazine*.

5. Jill Zarin: Entrepreneur, businesswoman and *Real Housewives of New York City* star Jill Zarin and husband and businessman Bobby Zarin own a home furnishing and fabric store on the Lower East side. Recently, Zarin has expanded her business to the fashion world by creating Skweez Couture, a functional shapewear line for women. She has also launched her own jewelry and bedding line, Jill Zarin Home. The couple's business was big enough originally, but Jill's most recent endeavors are expanding their empire even further.

Which famous woman do you think has built the most successful business empire? Tell us below.

5 Lies Your Single Friends Like to Tell



By Ché Blackwood

Everyone has their own preferences when it comes to dating. Usually these differences are insignificant, like preferring blue eyes or waiting until the third date for the first kiss. However, other differences matter a lot more, like those who love the single life versus those who prefer to stay coupled up. While few will say no to being treated to an expensive dinner date, not everyone wants to commit afterward. You can tell these “commit-a-phobes” the advantages of dating over and over, but they’ll be filled with reasons why they’re better

off on their own. While there's nothing wrong with staying single, there's also nothing wrong with taking on a partner. We gathered the most common arguments for staying single, and explained the reasons why they're wrong:

Related: [‘Miss Advised’ Dishes Surprising Single-Gal Advice](#)

1. Single folks have more fun: It's hard to argue that being single can be enjoyable. After all, you can focus on your own desires and dreams. However, the same should be true in relationships. Deciding to be exclusive shouldn't strip you of freedom. A healthy relationship leaves plenty of room for both partners to focus on themselves, as well as on each other. If you feel you have to keep sacrificing your dreams, your relationship isn't average, it's unhealthy.

2. Singles are too busy for relationships: Between focusing on a career, balancing friendships and trying to squeeze in a single afternoon for that long overdue dentist appointment, it's not surprising that some think the addition of a significant other is too much to handle. Of course, falling in love is not the same as working toward a promotion or scheduling in a root canal. Love is a wonderful treat that breaks up the monotony of everyday life. If you have the time to do things you don't want to do, you certainly have the time for some romance on the side.

3. Singles are too independent to answer to anyone: There isn't much room for selfishness in a relationship. Your actions are, in a lot of ways, going to directly affect your partner. Even something as minor as going to sleep at 3 a.m. on a weeknight could wake your beau up. As a result, compromise is a huge part of successful relationships and that will never change. However, considering someone else's feelings is very different than having to answer to someone. You're even allowed to be a little selfish now and then. While couples will discuss their weekend plans together, they can

choose what to do together and what to do apart, and both are equally valid. If you find yourself having to answer to your partner all the time, you should probably call it quits.

Related: [Five Steps To Turn a Date Into a Relationship](#)

4. Singles know relationships are too hard: Every relationship will have bumps now and then, so it's clear that relationships aren't always easy. Spending the majority of your free time with one person can be stressful and you're bound to fight occasionally. Still, nothing good in life comes easily. You and your best friend undoubtedly have a few fights under your belts, but that doesn't negate how much you love each other. The same can be said for dating.

5. Casual dating is better: Running into the grocery store, catching the eye of the cute guy in the vegetable section and leaving with a new number in your phone is the kind of encounter single women dream about. The constant chance that you may run into your next date is always an adrenaline rush. However, though first dates are interesting and offer you the chance to experience new things, you won't form lasting memories if you change partners every Friday. Eventually, even your single friends will feel the need to couple up. All it takes is the right start.

What do you think are the advantages of dating as opposed to staying single? Tell us below.

Stars and their Pets: Dating

and Mating Habits



By Alejandro Russo

You might follow the love lives of stars, but have you ever wondered what their pet choices say about them and their dating habits? A new study sponsored by [Klooff.com](https://www.klooff.com), the app for pet owners, could explain why Jennifer Aniston had such a hard time finding and keeping a good man after Brad Pitt, and why Paris Hilton has an endless string of boyfriends: it's their dogs. Klooff.com surveyed 1,000 people and found that certain breeds were the most popular when finding a date or when just looking for a casual fling. Consider how these dogs can change your appearance to the other sex:

Related: [Kristen Stewart Calls Robert Pattinson's Dog a Baby](#)

1. Dogs that make you seem like boyfriend material: The survey

found that the top dog breeds to attract women were German shepherds, Golden retrievers, Labrador retrievers, Siberian huskies and French bulldogs. Respondents noted that they were over ten times more likely to see a man who owns a golden retriever as being “marriage material” than someone who owns a pit bull. This can explain why the ladies love Ryan Reynolds, who owns a golden retriever mix named Baxter, and Zac Efron, who is often seen with Puppy, his Australian shepherd. Plus, those who own a Siberian husky are viewed as more manly than those who own bulldogs: a perplexing fact when you consider that Justin Bieber has a husky and Brad Pitt has a bulldog.

2. Dogs that make you seem like girlfriend material: To attract a man, the survey found that women who own Golden retrievers, Labrador retrievers, Chihuahuas, poodles and beagles were most effective. However, Golden retriever owners are significantly more likely to be viewed as the sort of woman who men would like as a girlfriend than those who own Chihuahuas. Kristin Davis, Sheryl Crow, Eliza Dushku, Anna Paquin and America Ferrera are all women who have this very appealing dog.

Related: [Miley Cyrus and Liam Hemsworth Get Cuddly With Dog Ziggy](#)

3. Dogs that make you seem like a one-night stand: So what about Chihuahuas? Their owners, like Paris Hilton, aren't usually perceived in the best light. Most people thought that Chihuahua owners were more likely to be dumb and “just a one-night stand” than those who owned any other breed. Of course, if you're looking for hook-ups, this might not be a problem: Chihuahuas are still very attractive to men.

Alejandro Russo is the CEO of Klooff, the premier app for pet loves. It lets users express themselves and show off their pets in a fun and stylish way. With Klooff, users can create profiles for their pets, post pics of them to Facebook and create cool custom products featuring their lovable pooches

and kitties.

How to Handle Wedding Season as a Single Gal



By Jennifer Harrington

Summer is the season of many things, including warmer temperatures, weekend getaways, sundresses and weddings. As wedding bells are ringing, it's no secret that the arrival of an invitation in the mail can bring angst to a single lady. No matter how you feel, remember that weddings are a reason for everyone to celebrate, even single folks. Keep these tips in

mind in order to navigate and embrace wedding season, even if you're "without guest":

Related: [What to Wear to a Summer Wedding](#)

1. Consider the men you know.

Once a wedding invitation arrives, take stock of the guys in your life. Do you have a crush or even just a good friend? Ask him to accompany you. Most guys, whether their interest in you is purely platonic or not, are eager to accept a wedding invitation, as it usually means a fun day with a free open bar. Having someone as your arm candy gives you a partner in crime for the wedding. Plus, if you have romantic feelings for your date, no place has more romance in the air than weddings.

2. Try to meet new people.

Even if you don't have a special guy in mind to accompany you, don't forget that weddings are an excellent place to meet someone new. Flying solo gives you the opportunity to mingle, particularly with members of the opposite sex. Some have even said that showing up unattached to the festivities labels you as a "hot commodity." You can be sure that the bachelors in attendance will take note and will flock to make introductions. Embrace their attention, dazzle the gentlemen, and remember: it's not uncommon for people to meet their future spouses at a friend's wedding!

Related: [Nine Unexpected Places to Find Love](#)

3. Be confident.

If you're self-assured and confident, you'll be a lot more likely to have a great time. Wear a dress that makes you feel your best (for inspiration check out celebrity-style guest attire), and enter the wedding ceremony with the right attitude. Take the day as an opportunity to have fun and celebrate the bride and groom. Don't forget to test your luck

at the bouquet toss!

How do you handle weddings when you're single? Leave a comment below and tell us.

Weddings Show Single Men What They're Missing



By DeAnna Lorraine

Summer is here, which means wedding season is already well underway. That's good news for those walking down the aisle, but how about for those who are still single? Sure, some might use weddings as a hot singles spot to meet someone new, but

others just feel depressed. There's a reason that therapy bills increase every summer. Though major movies like *Wedding Crashers* always cast single women as being desperate and emotionally vulnerable, it seems that men are more and more likely to be bitten by the love bug first at a wedding. In fact, they're also just as likely as women to be emotionally vulnerable. Here are some other things you might not have realized about single guys at weddings:

Related: [What to Wear to a Summer Wedding](#)

1. Men can be vulnerable: Sure, they pride themselves on showcasing a tough and "manly" exterior, but men have feelings just like women do. They're not just at weddings looking for casual relationships; they're usually feeling just as strongly about commitment as their female friends and relatives.

2. Men don't always show their feelings: Because of the need to appear strong, most men aren't used to expressing themselves outwardly. Although they might not be using an entire box of Kleenex while at the wedding, their emotions are definitely getting stirred up on the inside, usually just as much if not more than women's. Because men don't typically deal with their feelings as thoroughly as women do or analyze them to death with their friends, when they are faced with something like a wedding, they're often even more stirred up and affected.

Related: [What Kim Kardashian Taught Me About Marriage](#)

3. Men are anxious for love: The popular stereotypes that cast women as the clingy, needy gender and men as the cold and insensitive one just aren't true any longer. Men are more sensitive and anxious for love than you might think. Weddings actually seem to activate a man's own version of a "biological clock," leaving him feeling more eager to find a woman of his own and settle down. Suddenly the bachelor life looks less fun when they see those happy couples walk down the aisle. In the

last seven years of coaching singles, I've always had about 10% more male clients than female clients. However, that number has been steadily increasing in the last few years. This might be a reflection of this trend: a growing number of men seem to be the ones who are more interested in getting married and settling down.

Are men and women gradually starting to switch roles? It might not be long before women are the ones passing the tissues to men at the weddings, with men going back home updating their Hope chests. Let's stay tuned and see.

Nicknamed, "Ms. Hitch," DeAnna Lorraine specializes in helping even the most introverted men and women find the best ways to find confidence to express themselves in order to find love. She has years of experience coaching hundreds of singles of all kinds on how to go from lonely and distressed to total romantic success in a few months. She's seen regularly on television and has appeared on the Rachel Ray Show offering her insights and advice.

Six Famous Relationships That Started with Celebrity Scandals





By Jessica Smith

Nothing in Hollywood is juicier than a celebrity scandal. Many Hollywood couples work through humiliating experiences while dating, including Kim Kardashian and Reggie Bush, who went through a sex tape scandal; Justin Bieber and Selena Gomez, who recently dealt with Bieber's accusation of getting a fan pregnant; and Miley Cyrus and Liam Hemsworth, who had to deal with negative press on Cyrus' sexual antics.

Many of us can relate to similar problems on a smaller scale, but it can still be exhilarating and deeply saddening to watch our favorite famous relationships let us down in these ways. Sometimes, celebrity couples even begin their love lives under this sort of scrutiny. Although not all celebrity affairs work out, some blossom into long-lasting relationships and love. Here are six famous couples that made the headlines with their scandalous splits, affairs, and ensuing sprint to the altar.

Celebrity Scandals That Turned Into Celebrity Relationships

1. Brad Pitt and Angelina Jolie: After being married to the beautiful Jennifer Aniston for five years, Brad Pitt and Aniston's relationship began to fail when he confessed his love for Angelina Jolie. Pitt and Jolie worked together on the set of *Mr. & Mrs. Smith* as a sexy spy couple, and they took their on-screen romance off-screen – even while Pitt was still married. The humanitarian couple has now been together for seven years. We can thank their six children for pressuring them to get engaged, so they can *finally* tie the knot.

2. LeAnn Rimes and Eddie Cibrian: These two stars met on the set of *Northern Lights*, where their characters' relationship spiraled into a real-world celebrity affair that ended both of their marriages. While LeAnn Rimes and her ex-husband Dean Sheremet claimed to go their separate ways with plans to remain loving friends, Eddie Cibrian's ex only had negative things to say about him. Rimes and Cibrian are now happily married.

Related Link: [You've Cheated, So Now What?](#)

3. Richie Sambora and Denise Richards: This was a celebrity scandal that cost Denise Richards a friendship but gained her a new man. Richie Sambora was married to Heather Locklear for 12 years before things started to get shaky between them. Richards encouraged her good friend Locklear to file for divorce, and despite girl code, Sambora and Richards were caught making out like teenagers a few weeks later. This seemingly-forbidden romance also required Sambora and Richards to deal with some pretty messy divorces of their own. Unfortunately, their relationship recently ended.

4. Tori Spelling and Dean McDermott: Tori Spelling and Dean McDermott fell in love on the set of the Lifetime movie *Mind*

Over Murder, but they were both married at the time. The two quickly separated from their spouses. Before either one was legally divorced, they decided to announce their celebrity engagement. The two were married just a month after Spelling's divorce was finalized, and they have been married since 2006. They have three children and recently announced that they are expecting their fourth celebrity baby.

Related Link: [Eva Longoria Says She's Not Angry About Ex Tony Parker's Affair](#)

From Celebrity Affair To Celebrity Engagement

5. Jesse James and Kat Von D: Jesse James and Sandra Bullock were married for five years and had just adopted a son together when rumors began about James' unfaithfulness. After confirmation of numerous affairs, Bullock filed for a celebrity divorce and decided to raise her son as a single parent. Not soon after, James started dating tattoo artist Kat Von D. The two made it as far as an engagement, but they never made it to their wedding day.

6. Blake Lively and Ryan Reynolds: Although the two didn't date immediately after Ryan Reynolds' divorce from wife Scarlett Johansson, it's believed that Blake Lively was a factor that led to their split. Considering their marriage seemed to be going smoothly, their celebrity divorce announcement was surprising. The actor jumped from one serious relationship to another, as the celebrity couple was recently spotted house hunting.

What's your favorite celebrity scandal? Share your comments below!

Enjoy the Summer Together Like Halle Berry and Olivier Martinez



By Lauren Bailey

The always-gorgeous Halle Berry has been photographed out and about with her boyfriend Olivier Martinez quite a bit recently, and the two seem to be having a blast enjoying the sun and sand of summer. These two celebrities set a great example of the perfect way to celebrate this time of year together. Not only can we take style notes from the pair, we can also learn a lot about using the summer months to make our

own bonds stronger with loved ones. The beauty of this season is that you can go anywhere and feel like you've just stepped into a vacation, making it the perfect time to reconnect and have a blast with your beau. Check out some tips for setting up your own romantic mini-getaway:

Related: [Memorial Day Getaways For Lovers](#)

1. Choose a location near water: Sure, you might not be able to choose a California beach like Berry and Martinez did, but any location near water can be a romantic place for a stroll, a day in the sun or even a quick picnic. If you don't live near the coast, try to find local rivers, lakes or ponds, though even a pool will do. Remember, atmosphere is everything, and getting out of the house and into a waterside setting will certainly do you and your sweetie both some good.

2. Enjoy the sun: Instead of heading indoors the moment the temperature rises past 90 degrees, try letting the sun add a little romance to your activities. Warm weather provides the perfect opportunity to wear that tiny little skirt that's been sitting in your closet or even nothing but a bikini and a wrap. Berry and Martinez were able to enjoy the sun but avoid most of its harmful rays by strolling in the evening. Cool mixed drinks can help you beat the heat and set the mood for a good time. If you stay in the shade, let your legs hang out and get a little tan. If you try to enjoy the sun, you'll feel like you've been transplanted to a vacation on a beautiful island and the romantic vibes will start flowing.

Related: [Three Far Flung Honeymoon Destinations](#)

3. Pick a calming environment: No matter where you choose to celebrate the summer with your partner, make sure that locale is peaceful. The beach might sound like the perfect idea, but it won't be romantic if it's packed with screaming kids and angry parents. Even the silence of the pool in your own backyard seems calm enough, but that could be disrupted by

your neighbor's plans to build a deck next door. If you're trying to set up a romantic summer day, make sure to pick a location that will be quiet enough for the two of you to be together and enjoy the ambiance with the privacy you need.

Lauren Bailey regularly writes for Best Online Colleges. She welcomes your comments at her email, blauren99@gmail.com.

Duchess Kate and Prince Harry: Is it Flirting?



By Jane Greer, Ph.D. for GalTime

[Relationships: When Does Flirting Cross The Line?](#)

Catherine, Duchess of Cambridge, (formerly known as Kate Middleton) and her brother-in-law Prince Harry were recently caught by photographers exchanging “flirty” glances. The pictures were taken during the Diamond Jubilee celebrations in honor of Queen Elizabeth II. Standing with the royal family on that famous balcony, Kate and Harry swapped what appeared to be secretive smiles and a knowing laugh while William had his head turned. Only the media would peg this as possibly inappropriate flirting instead of the more likely scenario that Kate and Harry were just having a good time, as a brother-in-law and a sister-in-law often do. But it does raise a question that many people ask: when is it actually flirting? And to take that a step further, when does flirting cross the line?

The answer is that it depends. Flirting generally gets a bad rap, especially if you aren't single, just as Kate's smiling at someone other than her husband drew negative attention. But the truth is, whether you are unattached or committed to someone, putting yourself out there with a member of the opposite sex and making smart conversation helps you feel desirable and confident. It creates positive energy that can make you feel good about yourself.

Related: [Chatting or Cheating? How to Tell](#)

If you are already in a relationship, however, you have to make sure that you are both comfortable if either of you flirt with other people. One of my male patients, for example, became upset when his girlfriend would reach out and touch other men while joking with them in bars or at parties. When he asked her about it, she assured him that she is just a “touchy-feely” person and it meant nothing to her. But her boyfriend didn't agree. From a guy's point of view, he felt that the touching took the flirting to a different level. In their case, they had to set boundaries, which can be different for each couple, to make sure that whatever went on didn't

make them feel bad or doubt the other person's feelings. Flirting definitely crosses the line when it becomes a sexual invitation to someone you are not in a relationship with.

If you are able to stay on the appropriate side of the line, though, then you can make sure all that heightened sexual energy is stored up for your partner with whom you will share it later. If your relationship is solid and you feel you are being given enough one-on-one time, then that generally works. Sometimes watching your partner flirt can give you a sense of pride. It can even be a turn on.

But if it makes you feel threatened, then it's a good idea to talk about how you are feeling in order to handle it. If the foundation of a relationship isn't strong, it can increase your feelings of doubt and mistrust. The person doing the flirting might feel good, but it can make the other partner feel insecure. If it seems that your partner is flirting with everyone but you, or you are flirting with everyone but them, then you might want to look at why that's happening and think about what's going on between the two of you.

Related: [5 Telltale Signs It's Time to Breakup](#)

If that is the case, it is a good time to take stock and realize that rather than looking outward, you can focus your energy inward to work on strengthening your trust. You can do this by being affectionate, complimentary, and expressing your love toward each other. If you still feel uncomfortable with your partner's flirting with others, it can also help to set ground rules, as my patient was able to do with the no-touching rule. For someone else, a little conversation might be okay, but if it goes beyond that and someone offers or asks for a phone number, the answer is no.

Everyone has a different level of what they can tolerate in terms of their partner's socializing outside of their relationship. You don't want it to be divisive or take away

from you as a unit. The goal is to be clear about what your partner's behaviors mean to them, and to make flirting work as a positive rather than a negative for your relationship. And there are times, of course, when people might just be being nice to each other. If William thinks Harry is making a move on Kate, then that would be a huge problem. As long as he trusts his brother and knows his marriage is solid and secure, Kate and Harry can smile and laugh all they want.

When do you think flirting crosses the line? Tell us below.

Dating After Being Dumped: How to Avoid Messy Rebound Relationships





By Sari Holtz

At the young age of 26, screen siren Scarlett Johansson was seen snuggling up to Sean Penn, 51, mere days after her divorce from Ryan Reynolds. Similarly, Jennifer Lopez started stepping out with Casper Smart very shortly after her marriage to Marc Anthony ended, though she is 18 years Smart's senior. While these rebound romances may seem extreme, they are actually quite common, both among celebrities and "normal people" looking for love after a relationship sours. Although most rebound relationships end in failure, it stands to reason that anyone coming out of a breakup should be in the proper mindset before entering a new relationship. Here are some ways in which you can avoid a painful rebound relationship and find one that works:

Related: [Rachel A. Sussman Helps Us Recover After a Breakup in 'The Breakup Bible'](#)

1. Expand your options. If you've already dated your coworkers' relatives and your hairdresser's brother unsuccessfully, it's time to expand your social circles in

your search for a soul mate. One great way to do this is by using an internet dating service to get new options. Online dating sites have now been used by celebrities such as Chace Crawford and Halle Berry, and have produced millions of happy couples. It helps that top online dating sites are no longer a mishmash of singles looking for love. Instead, many of today's dating websites cater to select clientele, so that singles can find someone with similar values to theirs. Research your options carefully to increase your chances of success, whether you're looking for specifics like the best gay dating websites or just a general dating website. Planning will also make the process more exciting, which will make you eager to get back into the dating scene.

Related: [7 Ways to Flirt in a Web 2.0 World](#)

2. Go slow. No matter how you plan to snag a date, make sure not to rush into things out of fear of solitude or eagerness to find love again. Carefully consider your options to make sure that this potential suitor is truly relevant before committing to a date. That way, even if it doesn't work out, you can know you tried your best.

3. Get help. If you're nervous about rejoining the dating scene, a dating coach can help you find the balance between being careful and going too slowly. People coming out of a painful relationship are often unsure about what went wrong or what is preventing them from dating again. A coach will talk about these issues and help you focus on your positive attributes so that you can start a new relationship with confidence.

Most importantly, remember to learn from your past mistakes. By doing this, you'll be a more educated dater when you move forward.

Sari Holtz is an associate editor at Consumer-Rankings.com, a website that offers comprehensive reviews of the top online

dating sites, web best hosting providers, online tax software and more.

Hollywood's Messiest Splits



By Evan Goldaper

We all wish it could be different, but breakups are rarely painless. Whether it's the kids, money, future plans or just anger, there's almost always something to fight over. In a word: drama. If you follow the roller coaster ride that is Hollywood relationships, you're sure to have realized that celebrity splits are the biggest and most dramatic splits around. Cupid took a look at some of the worst celebrity

divorces in recent years to see what practical lessons could be learned from the wreckage:

1. Kim Kardashian and Kris Humphries: No discussion of celebrity breakups would be complete without a look at Kim Kardashian's legendary split with Kris Humphries following a 72-day marriage. The two only dated for six months before Humphries proposed, and they never settled on plans for life after the wedding. Both accused the other of using their relationship as a money-making scheme. Financial issues aside, it's this pair's insistence on keeping themselves in the public eye that turned what could've been a quick and quiet split into a massive, messy parting of ways. In fact, their divorce is taking longer than their entire marriage ... but it *has* kept their names in the tabloids.

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

2. Arnold Schwarzenegger and Maria Shriver: The aftermath of Arnold Schwarzenegger and Maria Shriver's relationship shows that no matter how long a couple has been together, breakups can still be difficult and dramatic. Though the two had been married for 25 years, Schwarzenegger revealed in May of 2011 that, over a decade earlier, he had fathered a child with his housekeeper. The longtime couple tried to work things out in couples' therapy, but even Schwarzenegger admitted that what he had done was inexcusable. Though Shriver quickly moved into a separate mansion, the two are technically still married and discussion of their divorce continues to this day.

3. Charlie Sheen and Brooke Mueller: In December of 2009, reports broke that Charlie Sheen assaulted his wife Brooke Mueller with a knife, setting in motion another of Tinseltown's biggest breakups. Both Sheen and Mueller are known for their erratic behavior and substance abuse, which ended up putting a huge amount of stress on their

relationship. Sheen's violence quickly led to a split, but the ensuing custody battle lasted for months. Though they initially settled on joint custody of their twins, the two began tossing threats back and forth to get that changed. It wasn't until Mueller got close to \$1.75 million in settlement that things simmered down.

4. Heidi Montag and Spencer Pratt: And finally, the most confusing breakup of all: Heidi Montag and Spencer Pratt's. They were married twice—in 2008 in Mexico and in 2009 in the United States—but their marriage still didn't last long. As early as March of 2011, rumors began about their breakup when Montag fired Pratt as her manager. Soon after, she divorced him, claiming he insisted on controlling both her life and the press surrounding her. The two battled on and off for months, with Pratt threatening to release their sex tapes if Montag didn't film a new reality show with him. However, the two were spotted together in Costa Rica during one of these battles, making many assume that these overblown arguments were just attempts at getting attention. Either way, the two were back together by September.

Related: [On & Off: When Celebrities Should Call It Quits](#)

So what can we learn here? Well sure, you might not have \$1.75 million to give to your ex or paparazzi hounding your every decision, but you certainly do have your own level of concerns about your well-being. Talk about your issues with your partner, and you can keep them from getting in the way of romance. Even if you do break up, communication will keep your split clean.

Have you had any messy breakups? Tell us about them below!