

Host a 'Bachelorette' Viewing Party



 By Andrea Woroch

I don't watch much television, aside from an hour of news to go along with my morning latte. Yet there's something about this sappy, reality dating show that makes me scramble to the couch every Monday evening. Though I hate to admit it, I eagerly awaited the premiere of season eight of 'The Bachelorette' as America's favorite past contestant and single mom, Emily Maynard, took the stage in her quest for love.

Though Emily weeded out some of the weirdos in the first episode, there's still plenty of drama, tears, exotic destinations and heartfelt goodbyes to enjoy. So whether you're looking to gossip with some gal pals over your favorite eligible bachelor or you simply have nothing better to do on Monday nights, consider hosting a 'Bachelorette' viewing party, using these tips to make it memorable and fun.

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1. Create an Entrance: What's a 'Bachelorette' party without any roses? To set the mood, hand out red roses to each guest upon arrival. Depending on the number of friends attending, you may consider red carnations as an inexpensive alternative. Otherwise, pick up some faux flowers from a nearby craft supplier.

2. Dress to the Nines: Request Rose Ceremony-appropriate attire. Ladies should come dressed in fancy gowns, and men should sport a suit or coat with a tie.

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

3. Be Refreshing: ‘Bachelor’ and ‘Bachelorette’ contestants are always sipping on a cocktail, enjoying a glass of wine or toasting with champagne, so decide what drink you’d like to serve at your party. Ask guests to chip in with their favorite beverage to keep costs under control, and pick up inexpensive plastic flute glasses from the dollar store.

4. Serve Exotic Food: In addition to festive cocktails, you may also consider offering ethnic finger foods based on the show’s upcoming destination. Check out Pinterest for recipe ideas, and load up your supermarket loyalty card with mobile coupons from CouponSherpa.com to score savings.

5. Drink Up: Reality TV drinking games are an exciting way to get your friends into the show, especially those who could care less about which bachelor is sent home. Identify a common word or phrase that gets overused by a specific character, and ask everyone take a sip of his or her drink each time it is said.

6. Vote On It: Ask guests to vote on which bachelors they think will be picked for a one-on-one date and which guys will be sent home during the Rose Ceremony. Make sure that anyone who read a spoiler blog keeps his or her lips sealed!

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7. Try Trivia: During commercials, quiz your guests on their [‘Bachelor’](#) and ‘Bachelorette’ IQ. Grab details about past episodes and contestants on TV.com, and create a trivia game using index cards.

8. Offer Goody Bags: You can’t play games without handing out prizes to the winners. Keep it cheap with inexpensive treats like candy and candles for the goody bags.


Andrea Woroch is a nationally-recognized consumer and money-saving expert who helps consumers live on less without radically changing their lifestyles. From smart spending tips

to personal finance advice, she transforms everyday consumers into savvy shoppers. Woroch has been featured on top news outlets such as Good Morning America, NBC's Today, MSNBC, New York Times, Kiplinger Personal Finance, CNNMoney and many more. You can follow her on Twitter for daily savings advice and tips.

For all media inquiries, please contact Andrea Woroch at 970-672-6085 or andrea@kinoliinc.com.

Celebrity Couples Who Let Money Ruin Their Relationship



 By Lily Rose

It's 2.6 inches wide and 6.1 inches long, and we all want it. We're not sure what you're thinking, but we're talking about the Benjamin's, dough, loot, c-notes, otherwise known as ... money. The green stuff may not be the root of all evil, but it certainly is the root of a lot of relationship woes. Just ask these celebrity couples:

1. Sir Paul McCartney and Heather Mills: In June 2002, model Heather Mills and former Beatles member, Sir Paul McCartney, married, but then divorced just four years later. Money may not have ruined this couple's marriage, but it certainly made an amicable post break-up relationship seem improbable. Once the divorce papers were filed, the mudslinging started. Mills branded McCartney an abusive drug user, while she was labeled as a high-class prostitute. Watching the nasty insults and allegations flying back and forth was like watching a fast

moving tennis match—it left the public dizzy and a bit nauseous. With a model on one side of the court and music royalty in the other, our bets were on McCartney. Mills ended up with a £24.3 million settlement, a mere fraction of McCartney's total net worth.

2. Rihanna and Chris Brown: It's all in the tweets, folks. Pop star Rihanna and long time ex-beau, singer Chris Brown, may be doing a little something-something on the down low. Brown's new girlfriend, aspiring model, Karrueche Tran, and Rihanna have even engaged in a little social media sparring on Twitter. If Rihanna and Brown are privately seeing each other, money is a likely factor in their unwillingness to publicize their reconciliation, as Rihanna fans may never forgive the pop princess for taking back her abusive ex. And seeing Rihanna and Brown together is just one more reminder of Brown's assault conviction— a reminder his career may not survive.

Related: [Rihanna Explains Why She's Still in Contact with Chris Brown](#)


3. Nick Lachey and Jessica Simpson: No one can argue that reality television is financially lucrative. But, many celebrity couples pay the ultimate price – their relationship. Just ask Jon and Kate Gosselin, Travis Barker and Shanna Moakler or Carmen Electra and David Navarro. Maybe it's the stress of having each of your private moments taped and shared with the public, or maybe it's having a camera crew following you around, hoping for controversy. Who knows? But one thing is crystal clear – couple-centered reality TV shows are almost always a precursor for divorce. For singer Nick Lachey and *Fashion Star* judge, Jessica Simpson, however, divorce may not have been such a bad thing. On July 15, 2011, Lachey married television host, Vanessa Minnillo and on May 1, 2012, Simpson and fiancée, Eric Johnson welcomed their daughter, Maxwell.

Related: [What Attracts Us to Bad Boys?](#)

What are some other celebrity couples who let money get in the way? Share your ideas below.

When Dates Go Bad: 5 Ways to Find the Funny in Dating



 By Sujeiry Gonzalez

We've all had our share of bad dates. Even gorgeous celebrities like Katherine Heigl have dished on terrible romantic encounters. She admitted to once having an awkward date with a personal trainer, who not only gave her his headshot, but also shaved his legs. Total turn off!

My latest bad date was with a Miami artist who was new to New York City. I met him at Bryant Park and demanded dinner, as opposed to sitting on a bench with a basket of fruit. He obliged, and we ended up at BBQ's in Times Square. As he discussed his career goals in a monotone voice (I thought I was on a date with Ferris Bueller's English teacher), I realized I was on yet another bad date.

So, what can we do in this common situation? For my survival, I decided to find the funny in the ever present bad date. Here's how you can, too:

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1. Imagine yourself on a deserted island.

If you picture this, you can appreciate your date's company even when he chews with his mouth open. Besides, wouldn't you

rather have someone to laugh at with than be alone?

2. Chow down as if you're with a girlfriend.

You don't need to impress a bad date, so why not unbutton your jeans and order a real meal? On my date with Miami Monotone Man, I ordered a quarter chicken, French fries and a piece of warm cornbread. Leave the salad for the one you want to impress!

3. Drink yourself into a tizzy.

Drinking will make your date seem funnier, hotter and much more pleasant. When he slurps his soda, slurp your drink. When he picks up his cell phone to text, take a shot. It's like your very own drinking game! That said, don't let it get *too* out of control. Bad decisions, anyone?

4. Make a mental list of things to tell your friends.

This won't be difficult when you're on a bad date. Just make sure to jot down what's funny. You could focus on the bad, but that's less challenging. Plus, what fun is that?

5. Test out different dating techniques on your bad date.

You're already out, so why not use him like a guinea pig? You can flirt in different ways or ask questions you wouldn't dare ask a man you want to impress. This experiment can be a fun twist to a dud of a night.

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

Next time you're on a bad date, remember that it's supposed to be fun even when you're not hitting it off. Try these tips and have a laugh while you're out with Ferris Bueller's English teacher.

Sujeiry Gonzalez, often referred to as the "Latina Carrie Bradshaw," is a funny and vibrant relationship (non)expert

*that tells it like it is – with just add a little more sass, a lot more Bacardi and ton of laughs. Recently she penned her first book, **Love Trips: A Collection of Relationship Stumbles**, a poignant and witty collection of personal essays in which she chronicles her relationship stumbles. For more information on Sujeiry Gonzalez, visit lovesujeiry.com or lovetripsbook.com.*

What Role Does Ambition Play In a Relationship?



 By Steven Zangrillo

Women and men have ways of motivating each other for the greater mutual success. The need for a partner with drive and ambition is an overarching common criterion among people looking for healthy relationships. Ambition affects how we choose our partners and is an attractive quality when a person gives you the confidence that they will always be looking to improve on their successes. It begs the question of what role ambition plays in the dynamic of our relationships; how do we reconcile our need for better things? It is important to know that when ambition, positively or negatively motivated, is driving or dragging on your partnership. Here are just a few ways ambition plays a significant role in a relationship:

- 1. Career:** This is where the prospect of ambition becomes a two-pronged situation. Ambition is a dangerous factor in the scope of a relationship – it can bring goal-oriented love birds together or it can split you in two different

directions. Someone ambitious for a life as a successful writer who is dating someone ambitious for immediate success in a finance career might have a hard time making that work. Our level of ambition affects the way we make career and social choices.

Related: [Snooki's Pregnancy – Can You Salvage Your Image?](#)

2. Finances: The whimsical notion that “love conquers all” is difficult to uphold when you have a mortgage to pay. This, of course, is different than gold digging. However, when people are looking for their potential life-long mate, they are essentially searching for someone who is, or plans to be, financially stable. In that reality, ambition walks hand in hand with how far you're willing to take your relationship.

Related: [Celebrities – Love, Marriage and the Money in Between](#)

3. Love: Ambition should, at the very least, determine what kind of partner you pursue. It's unfair to pursue someone who won't help you achieve the things for which you're ambitious. While it isn't someone else's job to adjust their entire life strategy in the interest of solely supporting the life you want, you should find someone who is willing to compromise in the means of supporting both you and their endeavors. In this sense, you should also make sure that you are both following paths that are more or less on the same track. The search of lasting love, being taken care of emotionally and being loved for who you are all timeless notions. People want that, and will go to great lengths to ensure they are in an emotionally stable and healthy relationship.

There is no universal advice to be given on how ambition should define the scope of your relationship. Everyone is ambitious for different reasons – success, money, healthy love, being taken care of financially or being able to provide. How that ambition affects the steps you take together is up to you. Don't put yourself in a position to be

disappointed. Above all, the things that we are ambitious for determine the arc of our life paths; so, if you're ambitious for happiness you'll never fall short.

What role does ambition play in your relationship? Share your comments below.

Hollywood Relationships: Love, Marriage, and the Money in Between



 By Victor McGlothin

Katy Perry was in love with Russell Brand. They got married, and then 14 months later, they experienced a celebrity divorce. When Hollywood relationships heat up so fast and end just as quickly, we all go running to blogs and message boards looking for answers. Often, reasons why celebrity couples break up are obvious...and it usually involves money.

Causes of Failed Hollywood Relationships

In Perry's case, she was a popular singer before marrying Brit uber-talent Brand. Both of them were exceedingly busy on photo and movie shoots, concert tours, and everything else that accompanies stardom. With so much time spent apart, it's no wonder they experienced problems that ultimately resulted

in a failed celebrity marriage. The question is: What makes celebs think they can sustain a healthy relationship and love while living apart and chasing the almighty dollar rather than the connection that keeps the home fires burning?

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

Perry and Brand aren't the only culprits to this type of demise. Perhaps the biggest wedding sham of all time was Kim Kardashian's televised nuptials to NBA power forward Kris Humphries of the New Jersey Nets. After 10 million viewers watched the choreographed broadcast on *E!*, 72 short days later, it was all over. Once it occurred to Humphries that Kardashian got what she wanted – astronomical wedding coverage gracing dozens of magazine covers and an \$18 million payday for the exclusive rights – he filed to have the marriage annulled, citing fraud allegations. It was merely an attempt to save face after being used and branded in the national tabloids as the villain and then subsequently lambasted online by Kardashian's family.

Kardashian refused to ante up the \$9 million owed to Humphries for his role of a lifetime in the wedding plot, but then, she offered \$7 million as a consolation prize. Over 90 days after the 72 day scam marriage ended, their celebrity divorce is still pending and adoring fans are still choosing sides. Yet another hot mess caused by money!

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

Money, Relationships, and Love

Stories of Hollywood relationships like Brand and Perry's or Kardashian and Humphries's are all over the place, and there's usually the issue of money behind all of them. Even if money doesn't destroy a relationship and love, it always has a place. Even famous couple Brad Pitt and Angelina Jolie use

money to buy happiness on occasion (see her massive engagement ring and \$25 million donation toward children's image rights).

Although us normal folk don't typically have the type of cash that popular celebrities bring to the table, it's still good to learn from the often careless ways in which they throw that money around. We should keep cash in the back of our minds, if at all possible, while pursuing a deep connection.

Victor McGlothin is a best-selling novelist and writer for [wastedcash.com](#), providing commentary on celebrity spending and consumerism.

Memorial Day Getaways for Lovers



 By Deana Meccariello

Kick off a new summer with your beau the right way by getting away! Memorial Day is a time for fun, sun and relaxing with that special someone. Here is a list of places you and your loved one can take off to celebrate the arrival of summer as well as your feelings for each other:

Related: [Three's a Crowd: Four Perfect Couples Holidays](#)

1. Montauk: Long Island, New York is home to Montauk, which not only offers a romantic and picturesque setting for couples to enjoy, but an array of fun filled activities for you to enjoy over the course of your weekend. Intimate outdoor restaurants and bars and beautiful beaches where you can take

in a breathtaking sunsets are just some of the activities you and your partner can enjoy.

2. The Beaches of Fort Myers & Sanibel: One of the benefits of vacationing in Florida is that it offers beautiful beach getaways. While visiting this romantic wonderland, you and your lover must be sure to visit what the state deems to be its “most romantic park,” Lovers Key, which overlooks the Gulf of Mexico. Here you can partake in beautiful walks along the beach or thrilling water sports with your beau like parasailing or jet-skiing.

3. The Delaware Water Gap: Enjoy a day floating along the Delaware River or rent a raft and float along with your lover. If you’re looking to get more than just your feet wet, go for a swim or unleash your inner dare-devil and partake in cliff diving, which is available in certain areas along the way. Surely, after enjoying all morning tubing down the river, a meal will be long overdue, so enjoy a romantic lunch while taking in the sun and each other’s company.

4. Wine Country: For the romantic, low-key couple, San Francisco’s Wine Country offers a gorgeous place to indulge in wonderful wine and great food. This place offers many secluded cottages for you and your love to find solitude together. Napa Valley and Sonoma County are also infamous for the wine and their activities. Depending on which destination you choose, you and your partner can enjoy live music, BBQ oyster among other foods at Sonoma’s “Oysterpalooza” or sip organic tea and honor the memory of a loved one at the “Tea & Memories in Rose Garden.” If you and your mate have your heart set on Napa Valley, “Sterling Vineyard’s Greek Festival” and “Tres Sabores Movie Night” are just some of the activities you and your lover can enjoy

Related: [Date Idea: Plan a Picnic with Love](#)

5. Lake Tahoe: California’s Lake Tahoe is a wonderful place to

spend Memorial Day with the one you love if you're the outdoorsy type of couple. It offers an escape from the heat and fog present in other parts of California and leaves you with beautiful landscapes and fun activities such as mountain biking and hiking. It truly is an outdoor enthusiast's paradise.

What do you and your partner have planned for Memorial Day weekend? Share your comments below.

Do Fairytale Relationships Only Exist in Hollywood?



 By Keryl Pesce

When Richard Gere came galloping back on his white horse (AKA stretch-white limo) to rescue Julia Roberts (AKA Cinderella), a not-so-small piece of the dreamer in us melted as we sighed and secretly wished real life were just like that. I mean, fairytale relationships only exist in childhood stories and movies, right?

If you want to get closer in touch with what relationships are really like, tune in to *The Real Housewives of NJ, NY, Atlanta* or wherever. That's more like it. Relationships are hard work, next to impossible to maintain and filled with drama, jealousy and cruelty. Umm, how about not!

I'm going to let you in on two very big secrets:

Secret #1. What you believe equals what you receive.

Secret #2. Fairytale relationships DO exist in real life.

There. I said it. I know it's not what you're used to hearing. That's precisely the problem.

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

We're bombarded with statistics, negative news stories and a personal thorn in my side – reality TV which hammer into our brains that divorce, affairs, selfishness and crap relationships are the norm and what we should expect. Make a note. What we focus on expands.

Related: [How to Avoid the Reality Show Relationship Curse](#)

If you're wondering why you've had a difficult time finding Mr. Right or why your "was hoping he would turn into Mr. Right" made a left, I've got good news for you. There are fantastic people and amazing relationships waiting to be had. They exist. They are real. I know, because I'm in one.

I had the "get married in case no one better comes along" relationship. He cheated. I left. And truthfully, I'm not knocking him. It was simply the wrong two people coming together.

Fast forward to today and the newer, younger (by 8 years – go me!) version is quite frankly, a fairytale. My happiness is more important to him than his own. He cooks, helps with laundry, is generous in bed and yes, calls me "Baby." Hate me if you wish, but I'm not here to brag. I'm here to raise your expectations. Because that is the one and only thing you need to do to bring yourself closer to the same thing.

The problem isn't you, life or the lack of quality people. The problem is that we believe (wrongly) that we should expect all the negatives about relationships. That's the bad news. The good news is that the solution is pretty simple. Hit reset.

You attracting an amazing relationship begins with deciding

what you want and believing you can get it. When I crawled out of the pitiful depths of despair, I began to think in terms of what I wanted, not what I didn't want. From there, it was simply a matter of training myself to stay focused on that and to trust. Think and act out of faith that what you want will come to you, not fear that it will not. Make this one small shift in your thinking, and watch what happens.

Keryl Pesce is the author of "Happy Bitch – The girlfriend's straight-up guide to losing the baggage and finding the fun, fabulous you inside." She is co-host of the weekly talk radio show "Happy Hour" and is co-founder of Happy Bitch wine.

Stars Who Go Public With Love and Affection



 By Samantha Mucha

Finding the right person is a thrilling experience, but keeping your hands off of one another in public is often a challenge. A new relationship is filled with flirty kisses, not-so-secretive butt grabs and romantic handholding.

In some cases, a little PDA is cute and picture worthy. Finding the balance between over-the-top scandalous make-out sessions and a cute peck on the cheek is the key to being a favorite couple versus a hated couple. These celebrity couples are all successful at acting like a couple in the spotlight without going overboard with their PDA:

1. Selena Gomez and Justin Bieber: Every time a photo of this

duo surfaces, they are usually smiling, [holding hands](#) or sharing a kiss. Since Gomez and Bieber are young and have a young fan base, acting appropriately in public is important for them not only in the relationship world, but for their careers as well. Nothing Bieber and Gomez do would be banned PG rated film.

Related: [Justin Bieber Proves Honesty Is the Best Policy](#)

2. Khloe and Lamar Odom: This celebrity couple is famous for their baby talk and goo-goo eyes, however they do it in a way that makes people fall in love with their love. These lovebirds share a special bond that's obvious to those who see them interact. Sweet kisses and giggles are all this couple allows the press to capture, making them appear innocent and sweet.

3. Liam Hemsworth and Miley Cyrus: This is another fairly young couple who shares their love for one another with linked arms, holding hands or gentle kisses. Each photo seen of Hemsworth and Cyrus appears happy and simple. Whether it be a giggle on the beach or a deep glance into each other's eyes at an award show, this couple is the epitome of happiness and love.

Related: [Liam Hemsworth Says Miley Cyrus Would Beat Him in 'Hunger Games'](#)

4. Nick Cannon and Mariah Carey: Smiling faces are an understatement with this celebrity pair, especially when pictured with their beautiful babies. The duo is usually spotted holding hands and placing kisses on each other's cheeks, creating a special glow about them whenever they are together.

5. Katie Holmes and Tom Cruise: Holmes and Cruise are another charming couple whose photos demonstrate their closeness and the way they deeply care about one another. Cruise always wraps his arms around Holmes or has his hands poised on her

face while he plants a kiss on her lips. Their long, trusting relationship is evident in the simple, but pleased way, this celebrity couple glances into one another's eyes.

What couples do you think go public with love and affection? Share your stories below.

Top 3 Reasons Celebrities Seek Therapy



 By Dr. Fran Walfish

Many of us aspire to live the glamorous life of a celebrity. When captured on camera, they almost always look happy, healthy, wealthy and full of life. As the leading Beverly Hills psychotherapist, I am here to tell you that everyone's problems are the same. Yours, mine and those of the rich and famous all have common threads. It's true that when you have money, the worries about how to make the rent and pay bills are eliminated, but they are replaced with panic about where your next hit will come from and how to remain in your lifestyle. Here are the top three issues for which celebrities seek therapy:

1. Communication problems.

Just like you and I, no one is perfect ... not even celebrities. I teach my patients first to accept their own flaws. We must be kind and non-judgmental to ourselves if we ever hope to accept our companions, spouses and children. When communication (taking turns talking and listening without

judgment) breaks down with defensive arguing, criticisms or interrupting, it causes a crack in the foundation of the romantic relationship. Distance between partners can emerge and begin a life of separateness, secrecy, cheating and divorce.

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

2. Parenting issues.

I have treated hundreds of children of celebrities. The most common reason is to help parents identify, implement and follow-through on boundaries. Contrary to public belief, this is not more challenging because of affluence and privilege. I was on clinical staff for 15 years at Cedars-Sinai Medical Center where I treated underprivileged and underserved families. The issues were the same as in *90210*. It is simply hard for parents to say “no” to their beloved kids. It’s even harder when kids have parents with work, charity, and a variety of other commitments that fill their calendars.

Parents feel guilty about not being available to their children, and when they are there, they don’t want to fight.

They take the easier road by saying “yes.”

3. Controlling personalities.

The old saying that ‘opposites attract’ holds true in the way that we are drawn to our partners. For most couples, there’s usually one dominant and one passive partner. Individuals fall anywhere within a spectrum from mild to extreme. An extreme example is a *90210* couple in which the husband controlled all of their money. The wife never had her name on their mutual checks, nor was she allowed to have a housekeeper. The couples therapy involved slow-motion step-by-step exploration of the source and meaning of the husband’s control. It took long, hard work to chip away at his defenses and help him let go of some of his rigidities.

Related: [5 Ways to Stop Sabotaging Your Relationships](#)


The bottom line is that when there are two people in a relationship, things must feel good (enough) to both partners. Here are my top 10 tips:

1. Always be curious and open enough to look within and become more self-aware.
2. Be kind and nice to your partner, spouse, and child(ren).
3. Do not strive for perfection. Be “good enough.”
4. Don’t get caught in power struggles.
5. Never engage in negotiations, bargaining, or deal making.
6. Balance nurturing with setting and holding boundaries.
7. Listen when dealing with conflicts. Reflect out loud what you hear the other person feeling and needing.
8. Encourage healthy expression of all emotions, including anger.
9. Nurture the relationship by having quality one-on-one time, date night, and daily talk time at least once a week. The foundation of your family is built upon the bricks and mortar of your marital relationship.
10. Shield your children from hearing Mom and Dad fight. It raises their anxiety.

Dr. Fran Walfish is a Beverly Hills family psychotherapist and the author of The Self-Aware Parent.

Nine Unexpected Places to Find Love



 By Kelly Rouba, GalTime Writer

You can find love anywhere, just make sure to keep your eyes

open!

Finding love is never easy— or so it seems when you're single. As many women will admit, the bar scene isn't always an ideal place to meet men and flirting with someone at work is sometimes frowned upon. So if you're "looking for love in all the wrong places" or just unsure of where to mingle with eligible singles, GalTime's relationship expert Nikki Leigh has a few suggestions that just might help you get on the right path to meeting the man of your dreams.

According to Leigh, it's possible to meet someone just about anywhere; whether it's while shopping at the grocery store or while working out at the gym. But if you're looking for a true partner, Leigh believes there is a strategy or two that can help you find someone that you're more likely to be attracted to and really interested in. "If you want to meet someone that may be more compatible with you and [who shares] your likes and dislikes, think about meeting people in places and around things that really interest you," she said. "If you love to read, you could meet someone at a library or at a book store or at a book reading or signing. If you are very health-conscious, think about going to a gym or a health food store."

Also keep in mind when you're looking for love, it's important to be open-minded. "A key to meeting people is to always be open to the idea of making new friends and reaching out to people," Leigh asserts. Here are some more of Leigh's tips with helping you find love in unexpected places:

9 Unexpected Places to Find Love

- The post office
- On the bus, subway, or other public transportation
- An airport
- In a night class or another type of class, such as cooking class
- At a church or church events

- At local senior events, if you're an older adult; oppositely, many colleges are hosting "young alumni" events and some organizations even have mixers for young professionals
- Online (aside from dating sites, you may want to try gaming sites or sites devoted to hobbies of interest to you)
- In the park
- At a local store

"There can be a fine line between reaching out to meet new people and coming across like a crazy stalker," Leigh cautions. Remember, if you do decide to approach someone at a public location or event, make sure to do so with tact.


"If you're in the grocery store and you see an interesting guy or girl and a quick glance in their cart reveals they have similar taste, you may want to say hello as you pass them," Leigh said. "Then, if you can meet their gaze, smile at them, a smile is very warm and friendly." Noting that you should be careful not to leer at the person, Leigh continues "After that, if they smile back at you or, if they are pondering a decision in one of the aisles, you can subtly mention a favorite of yours and recommend they try it, but never be pushy or get in their face." There is a real art to being subtle yet friendly and a little flirty.

"This approach can also be used on a train, bus, or subway, especially when it's a route you travel frequently," Leigh adds. "I've talked with people who have done this with great results, and I've had a great number of fun conversations in the grocery store."

Next time you see someone who catches your eye, don't be afraid to say hello and flash him a suggestive smile. You never know where it might lead you!

Where Did Macho Go?



 By John Powers

Modern love is complicated. Expectations are higher than ever and men are being forced to evolve or risk becoming obsolete. This man believes that there are positives to masculinity that are often overlooked. Here are some tips to help you let your man be a man:

Smell His Pheromones

He is a man, and sometimes smells like one. You should cherish his manly characteristics. His testosterone brings balance to your relationship. Do not force him to shave his chest. If he wants to grow a beard, let him. Admire his manliness, and encourage him to enjoy sports and spend time with other men.

Related: [Pros & Cons – Bonding With Your Man's Friends](#)

Let Him Dress Himself

As long as he wears khakis to your cocktail party, you should allow him to veto the argyle cardigan. He is not Mr. Rogers. If he wears a sportscoat, don't bust his balls about the jeans. They are not as tight as the jeans on a hipster in the West Village, but they are new and clean. Be proud of the man you're with, and he will walk proudly beside you.

Embrace His Sexuality

He is heterosexual, not metrosexual. Allow him to indulge his primal urges. Let him take control in the bedroom, and stay open-minded. He likes your lady lumps, and you should

appreciate your differences. Just because you're vegan doesn't mean he can't enjoy an occasional steak.

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

Masculine Men

Too often these days women look at Johnny Depp or even Justin Bieber as their ideal man. A man need not appear feminine or prepubescent. Hugh Jackman and Christian Bale are both happily married and full of machismo. An old-fashioned man knows how to treat a lady right.

Clearly your man and his masculinity are vital to the success of your relationship. Follow these tips to ensure your man feels like one.

John Powers is a heterosexual, single male. He does graphics for TV by day and standup comedy by night. He enjoys playing and listening to rock music, driving around with the top down on his convertible, walking aimlessly around Manhattan, and sipping on deep red wine near the beach.

Best Celebrity Moms (Who Also Make Great Wives)



 By Che Blackwood

Making a relationship work is hard. Throw in full-time jobs, opposing schedules and nosey families, and it can be darn near impossible to find the time you need to make it work. Now, add

children to the mix, and some might begin to assume you're attempting to commit partnership suicide. Any woman that has the privilege of being called Mom, or even those who've tried their hand at babysitting, knows that after making macaroni necklaces and finishing science projects, there isn't much time left at the end of the day to dedicate to yourself, let alone your partner. Fortunately, it is possible to fulfill your parental duties and keep your mate happy without completely sacrificing your sanity, shower time or friendships. While it may sound like an urban legend, these celebrity moms have found a way to make juggling kids, love and inner happiness look somewhat easy:

Related: [Snooki's Pregnancy – Can You Salvage Your Image?](#)

1. Victoria Beckham: This former Spice Girl ditched her Posh-like alter ego for a life of domesticity after marrying sexy soccer player David Beckham in 1999. Four kids later, Mrs. Beckham can be found naming handbags from her clothing line after daughter Harper and taking her sons to FAO Schwartz. While it's obvious that Beckham is a [fun mom](#), she's also a stunning wife. Low-cut dresses and six inch heels keep this mama looking hot and since their last child isn't even a year old yet, it's obvious that after thirteen years, her style has kept her husband interested.

2. Gwenyth Paltrow: Paltrow makes sure her children, Apple and Moses, think she rocks by taking them to see their dad, Coldplay's Chris Martin, in concert as often as possible. On top of raising her children amongst some of music's biggest legends, she's also made a career out of mommy-blogging, dishing on the most kid-friendly restaurants and best toys. However, this celeb doesn't pretend that being a wife and mom is easy. She's reported that the pressure has caused trouble in her relationship, but in the end, commitment wins out. The actress reminds us that love can't overcome everything, but that the willingness to try sure can. Her devotion to her

family makes her one of the coolest moms we know.

3. Jennifer Garner: Garner is the epitome of a laid back mommy. Regardless of her Hollywood status, Mrs. Affleck walks her children to school every day, is frequently spotted bringing her two daughters to the park and focuses on each of her children's individual interests. The actress is so humble that she had no problem dishing in an interview that her eldest daughter, 5-year-old Violet, called her fat. While a great attitude makes for a great mom, her bouncy personality has made her a great wife to actor Ben Affleck as well. In fact, he admitted publically that his wife's unique demeanor leaves him happier and more at ease than he ever thought possible. With their first son having been born a month ago, let's hope Garner can continue to keep this growing family happy.

4. Nicole Richie: This former party girl ditched her crazy habits when she married rocker Joel Madden, but she didn't walk away from her almost natural ability to be hip. As a fashion designer, Richie has named a number of her companies after daughter Harlow. She's also performed on stage with her children's favorite show, *Yo Gabba Gabba*, and can be spotted bringing Harlow ice cream at ballet class and taking son Sparrow to the beaches of Malibu. With such a rocky past, Richie seems to genuinely appreciate and cherish every moment of motherhood. However, she hasn't forgotten the needs of her husband. The lovebirds continue to make time for each other, recently visiting Coachella, enjoying intimate date nights and making it a point to actively raise their children together.

Related: [Nicole Richie Gives Motherhood Advice to Pregnant Jessica Simpson](#)


5. Jessica Alba: This Hollywood actress went public about the pressure of raising a baby in the public eye after giving birth to her first daughter, Honor. After the birth of her second daughter, Haven, she's grown more accustomed to life in

the limelight. Never photographed without her children, Alba manages to keep their lives as private as possible without sacrificing their time together. Ransacking her house, she has made her life kid-friendly by adding education into everything she does. Alba admits that raising children is hard, but by taking the pressure off of herself, this Bohemian beauty has turned into a baby-raising bombshell. She and husband Cash Warren have also taken the pressure out of their relationship by taking the time to hang out alone. Whether stealing a weekend away in New York City or sneaking in a day at the beach together, Alba has made it a point to keep her relationship fresh; and it appears to us that Warren couldn't be happier!

What other celebrity moms do you think should be on our list? Share your comments below.

Relationship Rescue: 7 Steps to Take Before Divorcing



 By Tristan Coopersmith

Picture this: You are at the altar, on the brink of saying “I do” to your hunky fiancé. Your designer dress is stunning. The weather is perfect. You’ve never had a better hair day. It all seems so dreamy until the officiant tweaks the vows a bit instead saying, “til death do you part or you aren’t willing to work on your marriage anymore.” Naturally, you’d be awestruck. After all, such words certainly don’t channel those fairytale wedding fantasies. The fact though is that most marriages don’t end with one spouse six feet under; they

dissolve because couples often try to rescue their relationship after the chance of survival window has closed.

Take Jennie Garth (our beloved Kelly from the original *90210*) and Peter Facinelli (the grown up *Twilight* hunk) for example. Together nearly TWO decades, this couple recently called it quits, reportedly after trying to work on their marriage. But as any marriage counselor will tell you, working on it may not be enough, especially if that work begins too late. So what's a couple in marriage distress to do? Before you say, "I don't anymore," follow these steps for a promising road to relationship rescue:

1. Accept that you've got issues... big ones. Just like in recovery programs, denial is not option if you want to see a brighter day. Challenges must be faced head on, recognizing that they won't just magically evaporate one day, but rather they must be worked through and seen as opportunities to grow.

Related: [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

2. Communicate. Chances are if you are strutting down divorce road, you've likely ceased communication, or at least communication of the healthy kind. Decide now, today that you will work diligently to express yourself clearly and respectfully, and that you will listen with a loving heart and open mind.

3. Nurture your relationship. Great marriages take a lot of deliberate TLC. Love fades when spouses don't routinely invest in each other. Daily tune-ups can point a broken relationship towards the path of healing. Try simple gestures like compliments, words of appreciation and intimate touch.

Related: [Newlywed 911 – Protecting Young Marriages](#)

4. Get help. Marriage counseling can work wonders, if you

strike while the marriage iron is hot. Seek a counselor who you have chemistry with and who's philosophies and methods align with you. According to Pepperdine University Professor of Marriage and Family Therapy's Mario DiSalvo, "Marriage counseling is usually unsuccessful due to couples seeking help six years too late," so don't wait!

5. Set goals. Without meaningful goals, any partnership will struggle and eventually fizzle. When it comes to a marriage, goals help couples get on the same page about the present and provide a roadmap for the future. Such goals can be co-created by a marriage therapist. They should be measurable and hold both parties accountable for their success. Be sure when developing goals that you acknowledge stepping stone successes along the way, and celebrate them!

6. Build a support circle. Turn towards trusted friends and better yet, couples who's marriages you admire, for support. When the going gets rough, enlist such sources to help you stay strong, focused and positive.

7. Take a trip down memory lane. Re-reading your vows, visiting the scene of your first date, or reenacting your proposal, all offer rich reminders as to why you got married in the first place. Oftentimes life can get in the way of love but a simple reminder of how and why you ended up together in the first place can do a relationship wonders.

Tristan Coopersmith works one-on-one, in groups, through e-courses, in workshops and taking listener calls on-air to uncover people's blocks to guide them towards healthy, fulfilling, sustainable, relationships through designing personal plans for success.

Your Mom's Top 5 Relationship Mistakes: Don't Make Them



By GalTime's Dating Expert Jennifer Oikle, PhD

With Mother's Day around the corner, you've probably got mom on your mind. Sure, you've got a million things to thank her for.

But chances are— unless your mom and dad had a storybook romance, you also inherited a few not so lucky relationship habits from being your mother's daughter. In fact, watching your parent's relationship is the biggest way you learned how to relate to men, so it's not surprising that you may have picked up some patterns that remind you of your mother.

The good news is— you don't have to make the same man mistakes as mom. You can choose to *learn* from her instead. Below are the top five relationship habits you may have learned from your mother and how to chart a new, healthy, happy course for love.

Mom Mistake #1: Staying Too Long in a Painful Relationship

Many mothers stay in hurtful marriages “for the children.” If you watched your mom play this role, you may have learned that you too, should suffer, for the sake of love. Now, you may have a hard time leaving relationships that just aren't right for you because you don't want to hurt anyone.

Related: [Discover 'The Old Fashioned Way' in Ginger Kolbaba's Newest Book About Love](#)

To bust out of this rut, you'll need to examine your definition of commitment. Commitment only works when it's

healthy for both partners involved. Once harm is being created in a relationship, you owe it to you both to move on and create a loving, harmonious environment to thrive in.

Mom Mistake #2: Denying Your Needs

You may have watched your mom so busy pleasing everyone else that it didn't even seem she had any needs of her own! If so, you might find it hard to allow yourself to have a need or ask for help.

To curb this pattern, practice tuning into what you need first and speak it out loud to your partner. He can't honor your needs, if he doesn't know what they are. Also, you don't have to do everything by yourself. Notice when you wish you had some help and ask for it.

Mom Mistake #3: Warring with the Opposite Sex

If your mom and dad constantly fought, you may have learned to associate love with pain. Now, you almost don't know what to do if things are smooth sailing with your partner, so you'll create tension and conflict to stay in your comfort zone.

Related: [Exclusive Celebrity Interview: Soon-to-Be Mom Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!](#)

To break this habit, notice when you begin to nag, complain, or start an argument with your beau. Was it when things were actually beginning to feel too good? Or did you have a legitimate concern? Pause the conversation to see what you really think, feel, and need. Then restart it, with a calm "I statement" that avoids any blame of your partner.

Mom Mistake #4: Giving Up Your Self

Many moms mistakenly become role models for giving up your right to have a life! By always putting their spouse and kids ahead of their own happiness, they can teach you that you too have to give up who you and what you love to have a romantic

relationship.

Ironically, you have the most to offer a relationship when you are fulfilled from within. So, even when you are in a relationship, be sure to take time out for your best friendships, your favorite hobbies, even alone time (a bath and a nap anyone?) that rejuvenates you.

Mom Mistake #5: Constant Self Criticism

Was your home filled with criticism? Maybe mom and dad berated each other, put you down, or were hard on themselves. If nothing was ever good enough for your mother, you might find you are just as hard on yourself as your mother ever was.

Related: [Dating Advice: Celebrate Your Moms](#)

To move on, you'll need to begin offering yourself the kind of mothering nurturance you wish your mom had given you. Notice how you think about yourself and agree to never say anything to yourself that you wouldn't utter to your best friend.

By thanking your mother for all that she gave you that was good, and working on shifting anything you picked up that wasn't healthy, you can honor your relationship with your mother and ensure that her mistakes turn into wisdom well learned

What did your mom teach you about relationships? Share your comments below.

Pros & Cons: Bonding With

Your Man's Friends



By [Whitney Baker](#)

When you embark on a new relationship, you end up with more than just a great guy in your life. Soon enough, you will meet his friends, his family and his co-workers, and your social circle is immediately changed – for better or for worse. Some of these new friendships may come easy for you, while others may be a struggle. Either way, try your best to be open-minded: don't make assumptions about his friends or their feelings towards you and always be yourself. Remember that there are pros and cons to bonding with his buddies. Here are a few things to consider before introducing yourself:

Pros

1. Finding common ground with your man: It's important to understand who your boyfriend was *before* he was your man. One of the best ways to do so is by bonding with his friends. Friendships often have a huge impact on people, and by growing closer to his friends, you're often able to deepen the love that you share for him. Plus, seeing you bond with his friends is sure to charm your beau even more.

2. Going on fun group dates or vacations: Having "couple friends" is a great way to strengthen your relationship, and the best way to meet couples is through your current group of friends. Sure, a date night or romantic getaway for two is great, but it's nice to have a group of friends for an impromptu party or weekend trip. The more, the merrier, right?

Related Link: [Relationship Advice: Marriage Survival Guide for Tough Times](#)

3. Expanding your inner circle: Thanks to your man's friends,

you may meet a new girlfriend or two. These new friendships will enrich your life as well as your romantic relationship. Knowing that he introduced you to some new fun people is bound to make your boyfriend feel good.

Cons

1. Acting like “one of the boys”: Your interests most likely vary from your beau’s, but when you’re bonding with his male friends, you may start to act like one of the guys, making him see you differently. It’s great that you enjoy hanging out with your boyfriend and his friends, but make sure to give your man some time alone with them. Give him a chance to miss you!

2. Neglecting your girlfriends: Bonding with your boyfriend’s friends may keep you so busy that you forget about your girlfriends. Who are you going to call when the weekend rolls around and he decides to take a boys-only camping trip? Sometimes it’s okay to do your own thing; having separate friends and interests will give you even more to talk about when you spend time together again.

3. Causing unnecessary drama: Your man may start to feel like you’d rather spend time with his BFF than with him; or, he may think that the two of you are moving forward with your friendship without him – even though he’s the reason you’re friends in the first place. Before you get too close to his buddies, check in with your boyfriend and make sure he’s okay with your new friendships.

When it comes to bonding with your man’s friends, what has your experience been like? Share it with our readers by commenting below.

Why We're Wired to Sabotage Our Relationships



By Dr. Daniela Roher and Dr. Susan E. Schwartz

In any relationship, you are bound to encounter a few bumps in the road. When this happens, you may be tempted to point a finger at your partner, blaming him or her for your relationship woes. But years of study show that, more often than not, your partner isn't the reason you are at a crossroads. You are.

Your very own physiological wiring, biochemical makeup, and past childhood experiences can sabotage a relationship when you least expect it. And until you understand what's going on "under the hood"—what's triggering issues between the two of you—you'll end up repeating the same dysfunctional patterns over and over again.

There are three ways our minds and bodies work against us in relationships:

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

1. Our bodies are wired for cruise control.

Our conscious mind is only capable of processing 40 pieces of information each second, which means that more than 95 *percent* of what goes on in our minds is outside of our awareness. This overflow of information is automatically handled by our body's limbic and hormonal systems. These systems control feelings of love and desire, whether we feel emotionally safe and happy in our relationships, and how bonded (or distant) we feel toward our partner. These systems also control what happens when a relationship heads south.

When disagreements and arguments spike, the hormone cortisol spikes, too, creating high levels of stress and increased feelings of hesitation and doubt. Even after the two of you work things out, cortisol sticks around, leaving you to question the stability of your relationship, and where things are headed with your partner.

2. Our left brains meddle with right-brain emotions.

The right hemisphere of our brain plays a central role in relationships: it processes unconscious and nonverbal socio-emotional information, and it allows us to feel empathy for our partner. Two people in love communicate in a right-brain-to-right-brain fashion: by gazing into each other's eyes, holding each other, and by touching—which is all more intuitive and emotional than logical.

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

3. We are wired to recreate the past.

Our childhood experiences, including our relationship with our parents and their relationship with each other, create a scaffolding for how we experience love as adults. Adults long to recapture the love they felt (or the love they wished they'd felt) growing up, even if this fantasy doesn't reflect reality. For example, if you were raised by a single parent, and that parent was always preoccupied with work, you might easily spot and be turned off by partners who put their careers first. Finding a person who focuses selflessly on you, giving you the attention and love you've always craved, fills a personal void. However, if you don't become aware of this connection, you might unconsciously be attracted to people or experiences that recreate your past, even if your past was dysfunctional.

Understanding the connection between past and present not only explains who you are attracted to, it provides you with an opportunity to change. It's also a life preserver when your

relationship gets rocky, because it will help you to understand what you and your partner are feeling, where these feelings come from, what triggers them, and why.

*Dr. Daniela Roher is a psychoanalytic psychotherapist with nearly forty years in a career that has spanned three countries and two continents. Dr. Susan E. Schwartz is a Jungian analyst trained at the C.G. Jung Institute, who lectures worldwide. Together, they have co-authored the new book, **Couples at the Crossroads: Five Steps to Finding Your Way Back to Love** (January 2012). To learn more, visit www.CouplesAtTheCrossroads.com.*

Kissing On Screen: Do Celebrities Get Jealous?



 By Che Blackwood

In the real world, most couples are uncomfortable with the idea of their partner locking lips with a co-worker. Since infidelity is one of the leading causes of divorce and emotional cheating is grounds for a split, it's hard to imagine anyone condoning an out-of-relationship make out session; that is, unless you're in Hollywood. Stars have contractual obligations to kiss their co-stars, and their partners have to be understanding in order for their relationship to work. To avoid jealous outbursts and maintain healthy and loving relationships, celebrity couples make sure to follow these simple tips:

1. They work together: Whether they met on or off screen,

famous couples like Kristen Stewart & Rob Pattinson and Olivia Wilde & Jason Sudeikis have managed to share the silver screen with their real life partners. Getting paid to kiss your romantic interest is a sure fire way to keep the jealousy tamed.

Related: [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

2. They visit each other on set: While stars can often be away from their honeys for months at a time, the truly devoted grab every possible opportunity to see one another. Loving couples, like Shia LaBeouf and Karolyn Pho, know that absence can make the heart grow fonder ... at first. But too much time apart is a relationship killer.

Related: [Four Ways to Make Your Long Distance Relationship Work](#)

3. They're supportive: You don't have to understand your partner's career, but the couples that last know that you *do* have to be supportive. By rehearsing together and staying connected through the ups and downs of stardom, Tinsletown twosomes are able to keep their love strong, regardless of occupation.

4. They vacation together: Couples that play together, stay together. After long stints of work, lasting duos like Prince William and Kate Middleton know the best way to keep the fire burning is to get away from whatever was blowing it out.

5. They communicate: By far one of the most important parts of a relationship is communication (or the lack thereof), and it can make or break a relationship. Kris Humphries and Kim Kardashian prove that without a healthy dose of conversation, busy and stressed stars won't get far in their quest for love. By staying open about their feelings with one another, the rich and famous can get rid of jealousy altogether. In the end, when you're with the right person, no amount of on-screen kissing will break your bond apart.

How do you and your beau ward of jealousy? Leave your comments below.

Bachelorette Party Ideas on a Budget



 By Andrea Woroch

Most of us don't have the budget for a Parisian-themed blowout à la *Bridesmaids*, but that doesn't mean the bride-to-be should settle for the early bird special in the name of savings.

Though it may seem like bar-hopping at nearby watering holes is the cheapest way to go, money becomes no object once the booze start flowing. There are other ways to host a memorable ladies' night out sans the life-size cookie and gut-wrenching bar tab, so consider these six ideas before rounding up the girls:

1. Get Out of Town:

This is the ideal option but not always the most economical. There are ways to reduce the costs associated with an all-girls getaway, but be prepared to plan well in advance. First, consider a one-night stay somewhere nearby, or relatively close to attendees' respective homes. Once a location is established, let party-goers know the details so they can get booking. Find party accessories online for less, and outfit the bride in a little girl's tiara for up to 75-percent less than speciality retailers.

Related: [Dating Advice: 7 Things All Healthy Relationships Require](#)

2. Scavenger Hunt:

Channel your inner child and create a scavenger hunt for the bride, complete with challenges to solicit free drinks from strangers and requests for silly photos. If you live in a big city, check out StrayBoots for inexpensive packages tailored for bachelorette parties and be prepared to uncover unknowns in your hometown.

3. At-home Wine Tasting:

If the bride-to-be isn't into the bar-hopping-male-stripper scene, consider hosting an at-home wine tasting. Cut costs by asking attendees to bring a bottle of their favorite wine-and-snack duo. You'll need a wine glass for every attendee, plus water and bread to serve as palette cleansers. If you want to go all out, consult [this advice](#) from Real Simple magazine.

Related: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

4. Lots of Laughs:

The stress of wedding planning is likely getting to everyone, so a night full of laughter might just be what the doctor ordered. Check out your local comedy club and call ahead for front-row seating. Make yourselves known to the entertainers by ordering bachelorette-themed party wear online, making sure to grab free shipping codes from sites like FreeShipping.org to avoid delivery charges.

5. Paint & Sip:

If you haven't yet taken advantage of the paint and sip trend, consider this your golden opportunity. What better way to celebrate the bride's pending nuptials than with a wine-laden arts and crafts session? Hit up Google for a nearby studio,

or better yet, tap into a friend's artistic talent by having her lead the session at someone's home.

6. Bridal Bowling:

You'll get plenty of attention as a group of all-girls in a bowling alley, but consider taking it a step further by outfitting the bride and attendants in the worst available versions of thrift-store wedding attire. Call ahead to reserve a couple lanes and talk to the manager about available packages, including pre-ordered food and a personal attendant. Let the good times roll!

Andrea Woroch is a consumer and money-saving expert for Kinoli Inc. She is available for in-studio, satellite or skype interviews and to write guest posts or articles. For more savings tips, follow Andrea on Facebook and Twitter.

4 Things Men Worry About



 By SMF Marcus Osborne by GALTime

One of the fabrications in our culture that has always driven me bonkers is the myth that "real" men don't succumb to worry or stress. It's the idea is that guys are somehow genetically engineered to shake off the rigors of everyday life— that no guy should crack under pressure, fear or insecurity.

Never let 'em see you sweat.

We guys wish it were that easy. From an intellectual perspective, we all agree that this belief is silly.

Unfortunately, the gut reaction to actually *witnessing* a man's will being broken is generally something less than empathetic. So once and for all, men DO have their own insecurities – just as many as women – and I've listed below a few of the most common concerns that men feel:

1. Making enough money: This one has mass awareness. But the depth of the anguish men feel when confronted with the possibility of not being an adequate bread-winner can be unimaginable. We've all heard the stories about what many have resorted to when money problems become overwhelming. And yet most peoples' reaction is a less-than-understanding, "It couldn't have been that bad." Apparently it was.

Related: [Would You Date a Guy Who is Broke?](#)

2. Age. You think men age gracefully. We don't. Actually, for all the jokes and mythology about women getting older; for example, never asking them their age, facelifts, mom jeans soccer mom hair, etc., women actually seem to handle the transition overall a bit better than men. And of course, they seem to embrace their sexuality as the years tick by; for men, mid-life crisis is no joke! Men can feel frantic—trying to locate that lost hair-line, chasing the younger women, experiencing a dwindling sex-drive and becoming physically vulnerable to younger, stronger guys.

3. Body Image. Seems shallow and of course it is. But this is America...we're ALL about shallowness! Sure the typical belief is that because of a bombardment of media images and our society's focus physical beauty in women, that guys are immune to the insecurities that accompany a negative body image. WRONG. We hide it, but we're just as wrapped up in looking great in beachwear. And it's not just the ladies who are checking out the competition on the beach and at parties. Guys do it too.

4. Intelligence. The only thing guys respect more than money

is intelligence. More to the point, a man would rather be poor as dirt than to have the perception that he's an idiot engrained in people's mind. The guys who have it the worst? Jocks. Those dudes are fighting a lifelong battle attempting to prove that the sum of their parts is more than how fast they run or high they jump. But of course, some of them are actually idiots; but I digress. Intelligence, in spite of the conclusions you may have drawn from reality television, is a highly-valued commodity in our society. Guys want to be highly valued in our society. High value equals respect. Respect equals power. And we love power.

Related: [Are Women Only into Good Looking Men?](#)

Now in the grand scheme of things, these can all seem like fairly harmless issues. But I promise you that these are things about which men are concerned. I'd suggest you talk to your guy and reassure him that you've got his back, you're there and willing to listen to whatever is on his mind. Being a guy, he may simply fire back that everything is fine – even when everything isn't fine. He's keeping it to himself because he doesn't want to seem in any way weak in your eyes. That's yet another concern of his – being strong for his partner. But he'll certainly appreciate your affirmation of support and may even eventually take you up on your offer of a supportive ear.

Keep at it.

Three's a Crowd: Four Perfect Couples Holidays

✖ By John of TUI Activity

Going on a break with a big group of friends can lead to some of the most exciting and memorable vacations you will ever take. Yet there comes a time when taking a break with that special someone beats out a messy jaunt to Ibiza with your pals. Here are four global holiday breaks that make for far better experiences when you're travelling as a couple, not as an extended entourage of troublemakers:

Related: [Top 5 Most Traveled Celebrity Couples](#)

Route 66

If you want to enjoy a holiday on the move, but prefer four wheels to two, it may be time to hit the great American road. There is no better place in the States to burn some rubber than to enjoy the historic motorway known world over as Route 66. Traversing some 2,451 miles from the Windy City, Chicago, to the home of Hollywood, Los Angeles, drivers get to sample some of the finest parts of the American West as well as enjoying authentic roadside diners and staying in traditional motels. Yet, as this is such an epic journey, with lots of ground to cover, you better make sure you do Route 66 with someone whose presence you enjoy. Being stuck in a car with a "third wheel" would just make for an uncomfortable adventure.

St Lucia

We've all seen the clichéd ads for romantic honeymoons in St Lucia and believe it or not the reality on this blissful Caribbean island really is exactly as the brochures describe. Idyllic, laid-back and sensual, St Lucia is home to some of the finest beach-side resorts in the world, perfect for romantic trysts and adults-only breaks in the sun. Cocktails under palm trees, coconut oil massages on the beach and moonlit meals overlooking the sea can all be part of a breath-taking holiday to St Lucia. What's more, many of the resorts

here cater exclusively to couples, so you do not have to put up with boatloads of holidaymakers descending on your beach and causing havoc, or noisy kids running around and spoiling the tranquillity.

Related: [Take a Walk on the Wild Side of the Caribbean](#)

Venice

Let's face it – no-one wants to head to this shimmering lagoon city with kids in tow. People visit Venice as families when they have to, not because they want to. And just about the worst way to experience this city is to turn up on a tour bus with a coach load of other tourists all visiting the same places at the same time. No, the finest Venice holiday is to be had when you travel with your partner, getting lost down the narrow alleyways and haunting canals that mark this mysterious and captivating city out as one of the most romantic in the world. Avoid St Mark's Square and the Rialto Bridge and set out with your significant other to the far reaches of the islands, stopping for lunch at a local *osteria* or *bacaro*, and let the city guide you.

Rural France

Brits visit France more often than any other country, with the exception of Spain, and the most 'in-the-know' tourists eschew touristy Paris or over-exposed St Tropez and head into the glorious French countryside. From the shores of Normandy to the mountains of the Pyrenees, France offers rustic charms just about unmatched on the planet. Cycling holidays in France are a particularly wonderful way to re-connect with your beloved after months of the daily grind. Sample great wines at vineyards, picnic by beautiful rivers and enjoy the endless hospitality on offer at a wide range of well-equipped campsites and B&Bs. And with plenty of easy routes to take you do not have to be a Tour de France rider to embark on a rewarding and romantic cycling holiday.

John is a travel writer who has written on topics from the best cycling holidays in France to the most unusual local delicacies on the planet.

3 Times in Your Relationship When It's Better to Be Safe Than Sorry



 By Amy Osmond Cook, Ph.D.

Zac Efron's well-publicized condom drop on the red carpet sparked Matt Lauer to comment, "Better to be safe than sorry, right?" Zac chuckled, "That's a great message to add to the many messages in the film."

Well, it turns out that "better to be safe than sorry" is a great message that applies not just to condoms, but also to relationships in general. Here are three times when it really IS better to be safe than sorry:

1. You suspect that your partner is cheating.

Barring a traumatic past relationship, people want to trust their partners. So if you keep having that nagging feeling that he's cheating, it's better to look into the possibility than to turn a blind eye. Hopefully, your worry is unfounded. But, unfortunately, each of my friends who suspected her partner was cheating really did have something to worry about. Consider the words of Ronald Reagan when discussing his relationship with the Soviet Union: "Trust. But verify."

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

2. You see a mean streak in your partner . . . but only with the guys.

No matter how nice your partner is to you right now, his true colors will shine through eventually. If you see him losing it on some guy at the bar, you can bet that given enough time, you'll be on the receiving end of the dude gone postal. And don't think that his gallant desire to protect the "weaker" sex will prevent an eventual outburst: a large majority of women who suffer from domestic violence were hit the first time while they were pregnant. Don't mess with a nasty temper. It will always come back to haunt you.

Related: [Hollywood Portrayals of Domestic Violence](#)

3. You get cold feet before the wedding.

Stories of commitment phobes and runaway brides who left their partners at the altar abound. It is often assumed that "cold feet" before a wedding is normal. While it may be common, anxiety before marriage is nothing to sweep under the rug—it's a manifestation that something isn't right about the relationship. Maybe it really is as simple as a commitment problem, and you need to get some tips from a professional about how to manage your impulse to run. But it's something that has to be worked out before the wedding, not afterwards. Just remember, an embarrassing day is much better than a life of misery or a divorce down the road.

Most of the time, it's best to give your partner the benefit of the doubt. But when you encounter a cheating heart, a bad temper, or feelings of anxiety, it's better to be safe than sorry.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-

author of *Hope After Divorce and Full Bloom: Cultivating Success*. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.

'American Guns' meets 'The Bachelor' in Season Two



By [Whitney Baker](#)

Tonight, the Discovery Channel reloads for sixteen episodes in season two of *American Guns*. This reality television show features Rich Wyatt, a gun master and retired police officer with over 20 years of experience, and his family as they work at Gunsmoke Guns. Located in Wheat Ridge, Colorado, just outside of Denver, Gunsmoke Guns specializes in gun manufacture, trade and customization. Additionally, Wyatt, along with his son Kurt and a number of trained instructors, teach numerous shooting classes as well as a three-day self-defense course.

Jesse and Ann Csincsak, both of *The Bachelor* fame, learned firsthand the importance of taking such a self-defense class. Prior to signing up for the class, they both agreed that they needed to learn the necessary skills to protect their family. However, they disagreed about having weapons in the house: Jesse was comfortable with the idea, while Ann was against it. Jesse reached out to Wyatt, who recommended that they sign up for the course and said that he'd refund their money if Ann didn't have a change of heart.

Of the experience, Jesse shares, “The class teaches you that a gun is a tool. If you pull your gun and you own it, the bad guy is going to run in the other direction nine times out of ten. You have to present with self-confidence.”

As for Ann? “My wife had the fastest draw and shoot in the class!,” Jesse says.



Be sure to tune in to the premiere of the second season of *American Guns* tonight at 10 PM ET/9 PM CT on the Discovery Channel. Keep your eyes open for Jesse and Ann’s experience as well, which will be featured later in the season.

On & Off: When Celebrities Should Call it Quits



 By Daniela Agurcia

With fame comes glamour and wealth. These are things everyone wants, but they can also take a toll on a relationship. With a celebrity’s busy schedule and a seemingly bottomless bank account, it’s hard to make time and decisions for things other

than themselves. The fact of the matter is that there's only so much a relationship can take before the best decision is to just call it quits. Here are some of the issues that can ultimately break up a celebrity couple:

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

1. Your age becomes an issue: There are many celebrity couples whose age difference is more than a couple of years and this starts to become a problem. Demi Moore and Ashton Kutcher seemed madly in love and happy to be with each other, until the issue of their ages caught up with them and they realized they both wanted different things in life. When your age difference is significant and you both have a different mindset, this will catch up with your relationship, causing a split. When you're young, you want to continue experiencing life, while when you're older, you're usually ready to settle down .

2. Distance: The life of a celebrity can be hectic. Hollywood stars such as Katy Perry and Russell Brand have crazy schedules that barely give them time to relax and spend time with each other. Celebrities get caught up in everything they have to do and eventually the growing emotional distance between the couples becomes inevitable on both ends. There are only so many times you can Skype before you both realize it's just not enough. If you realize that you're only seeing your beau a couple of times a month, you're not ready to settle down with each other just yet.

Related: [4 Ways to Make Long Distance Work](#)

3. There's someone else in the picture: Celebrities are constantly on tour or on set with many different people so they're bound to meet someone who they have a lot in common with. When celebrities work apart from their partner, they sometimes get lonely and end up finding that missing company and comfort in someone other than who they're in a

relationship with. How can you avoid falling in love with someone like Robert Pattinson when you're cast to play Bella Swan? Sometimes things just happen.

4. Fame and Money: A lot of fame and money can get to some people's heads, and problems for celebrities are easily solved with having both, allowing them to avoid making rational decisions. With a lot of money, celebrities can make a quick escape out of a marriage or relationship, and it ends up being a trend in Hollywood to change your mind last minute about a huge decision, just like Kim Kardashian's 72-day marriage. If you notice a pattern in someone's love life that seems too fast paced, stay away!

How do you know when it's time to call it quits in a relationship? Share your comments below.

Top 5 Don't Tips for Interracial Dating



 By Rachel Khona

She's hot. She's cute. And she just so happens to be of another race. These days, dating someone outside of your own culture is hardly taboo, particularly if you live in a major city. But potential family issues aside, interracial dating can provide its own set of minefields, particularly when it comes to the initial pickup. Here are some handy tips:

1. Don't use her race as a pickup line

As a minority, I've encountered my fair share of men who think the easiest way into my pants is to use my ethnicity as a pickup line. The numerous times men have resorted to racial stereotypes to pick me up are endless. The problem is, while these men may have good intentions, their execution is poor. They forget to take into account that women of other races are people, too – people who don't necessarily walk around thinking about their ethnicity or nationality all day.

Related: [What Does Your Date's Drink Say About Him?](#)

2. Don't assume you know what her race is

As an added twist, no one really seems to know what I am. Guys try to discern what my ethnic makeup is, and my friends even take bets on what he's going to guess. Usually it's some form of Latina, often Mexican or Puerto Rican, but sometimes men branch out to Columbian or Chilean.

Alas, I'm none of the above. I'm Indian.

But that doesn't stop men from walking up to me in bars and saying "Hola!" or "Como esta?" Failing to relate to me as a person, they immediately use race as a cheap tactic to start a conversation. One man even went so far as to say I'm sassy because of all that Latin blood running through me. I am sassy, but being Latina has nothing to do with it.

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

3. Don't act as though she's not American, Canadian, Australian...

Not all of these men are uneducated, dumb or otherwise ignorant. Everyone from lawyers, businessmen, police officers and artists have asked me where I'm from, seemingly perplexed when I respond "New Jersey," as if that couldn't possibly be the right answer. "No, where are you really from?" they ask again. When I once told a man I was Indian, he responded by

saying, "You're not all Ganesh and stuff."

He was right. Funnily enough, I didn't have eight arms or walk around in a sari. I was raised in New Jersey. I pepper my sentences with "like" and "omigod." I have a predilection for classic rock, going to the shore and dive bars. My life is not a Bollywood movie. I am more likely to be found joining every other red-blooded American singing "Don't Stop Believing" at a bar than dancing to Bhangra music. For all intents and purposes, I am as American as anyone else. Yes, I am of Indian heritage and proud of it, but that's hardly all there is to me.

4. Don't pretend to be culturally enlightened

Some men attempt to use race as a way to prove how culturally enlightened they are. Case in point: As I was writing this article at an airport bar, the bartender asked me what ethnicity I was. When I told him I'm Indian, he responded by saying, "That's what I thought. I've traveled to India quite a bit, so I could tell."

I didn't believe him, of course, as even Indian people often don't know that I'm Indian. What I believed is that he was attempting to impress me with his worldliness. I imagine I could have said Brazil, Italy or Iran, and he probably would have said the same thing. When I expressed my surprise, he continued by telling me most people are ignorant for assuming I'm Latina.

Even one of my closest Indian friends thought I was Puerto Rican upon first meeting me. I hardly consider my friend to be ignorant. In dissing everyone else who thought differently, it's as if he sought to show me how culturally enlightened he was. Not only did he assume that everyone else is just an unintelligent a-hole, he made the dire mistake of behaving like a know-it-all.

He then dropped the fact that he used to date an Indian girl.

I wondered if I should respond, “Oh, I used to date a white guy. I’ve traveled all over America, Canada and Europe, so I know a lot about white people.” I decided against it. He continued to tell me everything he knew about India, and even peppered the conversation with a few Punjabi phrases. My family doesn’t speak Punjabi and isn’t from Punjab. Not even close.

5. Don’t stereotype

Regardless of what end of the spectrum these men fell on, they didn’t realize how simple-minded they were showing themselves to truly be. They relied on racial stereotypes.

There’s nothing wrong with talking about race with a woman, but it shouldn’t be the first thing that comes out of your mouth. It should be something that comes up organically in the conversation, not a way to impress her. If you find yourself interested in a woman of another race, whether she is Asian, Latina, or black, get to know her as a person first. Nobody wants to be reduced to a stereotype, and if that’s what you resort to when meeting a woman, you most certainly will not get very far.

Rachel Khona is a model broker and writer. She serves as a contributing editor for Vaga, and has written for Cosmopolitan, Inked, Treats, Richardson, Your Tango, and Ask Men. She’s often consulted for her dating knowledge, though she claims to know next to nothing about men.