

# Top 10 Sayings that Can Destroy Your Love Life Before It Begins



 By Nisha Ramirez

Whether you're on a first date or in a new relationship, the things you say can play a huge role in finding and keeping love. They say that "actions speak louder than words," but we're here to tell you that sometimes certain phrases can destroy your love life before it even begins. Check out these 10 expressions you should avoid when you're looking for Cupid's arrow to hit your target:

## 1. My biological clock is ticking.

Okay, we know women have to think about time when it comes to having a baby, but asking your new beau what day you should schedule a visit to the OBGYN together is just crazy. Let time run its course, and then the two of you can begin to talk about children. Rule of thumb: If you haven't discussed moving in or adopting a puppy together, chances are he is not ready to talk about babies.

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## 2. Do you find that guy attractive?

It happens: you see a cute guy or television star and ask your boyfriend if he thinks the guy is good looking. If you occasionally do this just because there isn't another female around, we understand. However, if this is your way of finding out if your guy is gay, stop it now! The more you question a

man's sexuality, the less attractive you will become to him.

### **3. Do you think that girl is cute?**

Asking a man if he finds another girl attractive can really make things awkward. Besides coming off as insecure (a huge turnoff), you look like you don't trust him. Don't worry about him checking out another girl unless you see him doing it. If that's the case, you have our permission to use some other sailor mouth "sayings."

### **4. You remind me of my father/mother.**

What? No one wants to be reminded of their date's parents. Comparing your partner to your mom or dad can cause major problems in a relationship. Your significant other may begin to feel like they have to live up to be like your parent, and expectations often lead to disappointments.

### **5. What's the passcode to your phone?**

Asking for a person's passcode is equivalent to asking for the key to a person's privacy and not their heart. Having your partner's phone can lead to constantly checking their emails, text messages, Twitter and Facebook. This unhealthy habit can really make you paranoid and might make your partner actually give you a reason to have to look through his things.

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### **6. How much do you make?**

Unless you're about to make a huge purchase with your partner, such as buying a house, this question is off limits. What if you make more money than him? That could really cause some self-esteem issues. Or if you make less than him, that could make you look like a real gold digger, when you should be looking for love.

### **7. Do you believe in God?**

Religion and politics should be off limits. They can really cause unneeded tension and can make the both of you feel uncomfortable. In a diverse society, we still tend to categorize people based on their religion and for whom they vote. Don't put a block on potentially meeting your soul mate.

### **8. This is going to be a great story to tell our kids, after the wedding of course!**

Letting a guy know that you want to marry him early on can really be a turnoff. You shouldn't be talking about children if you haven't made big life decisions together, and choosing what movie to go see after dinner does not count. Still don't understand? Telling a guy that you want to marry him on a date is like a guy saying he just wants to hook-up with you.

### **9. You look better in pictures.**

In our world of tech dating, sometimes we first meet our date through an online profile picture. If you ever meet someone for the first time, don't say that they look different in pictures. You're basically saying that they look worse in person. We're all for being honest, but not when it comes to hurting someone's feelings and self-esteem right after you meet them.

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### **10. I loved being intimate with my ex.**

Conversations about exes and intimacy should not happen on first dates. Your date will think that you are not over your ex and that will definitely stop potential love in its tracks. If you stay away from this subject, you'll have a much better chance of the relationship surviving another date.

**Have you ever said or been told any of these expressions? Share your comments below.**

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# Justin Bieber Proves Honesty Is the Best Policy



 By UK Date

Teen heartthrob Justin Bieber believes that he is the perfect boyfriend because he's loving, patient and honest, according to a recent interview. The 18-year-old even revealed his top dating tips on just what makes him such a good partner to 19-year-old Selena Gomez. Bieber, who has attracted millions of teenage fans since his rise to fame, exposed his relationship skills when speaking to Radio Disney while promoting his new single which is coincidentally dubbed "Boyfriend." The celeb's most important advice? Honesty. He claims that people dating have to be honest from the very start, and he concluded that your partner will appreciate trustworthiness over deceit.

This dating tip transcends for all couples around the world, because honesty really is the best policy. No one enjoys being cheated on or lied to, even though small fibs are necessary at times to make a relationship work. Here are ways to keep things legit in a relationship:

## **Date one person at a time**

The best way to start a relationship based on honesty is to refrain from dating more than one person at a time. It may seem innocent at first, but should the truth come out later, the whole relationship and its foundation may be called into question.

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## **Speak up about your likes and dislikes**

There's a fine line between impressing a partner to make them like you and being false, so if your prospective lover asks if you like horror films and in reality they make you squirm, say so. Often times opposites attract, so it's really in your best interests to be frank.

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

That's not to say that couples don't face challenges. For instance, Selena Gomez and Justin Bieber began dating last year, but it wasn't made public until March 2011 due to hate mail from angry jealous fans. Gomez even received death threats after she was pictured kissing and cavorting with Bieber in Hawaii in May. The young idols have definitely faced their own trials and struggles in the relationship, and if they hadn't had a strong and honest foundation, they never would have stayed together. In fact, they never would have gotten through the next challenge they faced in November 2011 either, when 20-year-old named Mariah Yeater alleged that Bieber had fathered her son. This allegation was strongly denied by many in the pop star's court.

So perhaps Bieber's advice to be sincere is a top dating tip for real relationships in 2012. It seems to be working well for him!

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# **Five Signs Your Partner Is**

# Using You for Your Money



By Melissa Caballero

Every relationship has its ups and downs, and in our economy today, a major love obstacle is money. It takes two people to form a stable life together, and one of the main factors to stability is the almighty dollar. There are many ways for couples to navigate through the everyday expenses of life and joint payment decisions. However, this burden should never fall on just one person, no matter what the circumstances may be. If you feel that your partner is only in this relationship for your money, step back for a moment and evaluate why you are putting up with this fact. You may feel that you are caught up in a web of guilt or obligation to your mate, but that should never be the case. Here are five ways to tell if your partner is using you for your money:

## **1. You often give your partner money and lend them things without getting them back.**

If your partner is always broke and is relying heavily on you to pick up their financial slack, this may be a clear indication that you are being used. Your mate should respect every aspect of you and this includes your belongings. You may have just moved in together, but that doesn't mean they can abuse what is yours. If you are always paying for them or letting them use your stuff, then they are not treating you with the respect you deserve. You need to protect yourself, your money and your emotions.

## **2. Excuses flow freely about not being able to find a job.**

You may not want to admit this, but maybe you are dating a loser. They feed you every excuse in the book as to why they

are broke this month: the economy, their previous boss was a jerk or they are waiting for a check to come in. If you come home to find a filthy kitchen after working all day and you see your partner lounging on the couch playing video games, this is a clear sign of a lazy deadbeat with no motivation. It is not your responsibility to 100 percent support your mate with no reciprocation. You may think you are helping them, but in the long-run you are allowing this behavior to continue and enabling their laziness. Instead, talk to them about how you feel.

### **3. When you go out to dinner, you're always expected to pay.**

Chivalry is not dead. So, women if you find that your man is always leaving the dinner check for you, he is taking advantage of your hard work and income. Even if you are the breadwinner in the relationship, you work hard for your money and this fact alone does not automatically qualify you as the one to always pick up the check. On the reverse side of this equation, if you have been together for at least a couple of months and your man usually pays for every dinner and movie you attend, it wouldn't hurt to once in a while offer to pay for something as well. You do not want him to become resentful and feel as if you are taking advantage of him.

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### **4. He expects you to pay for everything without blinking an eye.**

If your partner always expects you to pay the rent or buy any necessities for your apartment without EVER offering to chip in, question their motives. It may be the case that your partner is truly struggling to find a job and is dealing with their own personal finance issues, making it difficult for them to equally contribute to the relationship in that capacity. However, if they feel burdened about their situation and lack of ability to partake in purchases, you will know.

Your partner would show you appreciation, thankfulness and love in a way that would make it clear they are not using you for your money. If not, you may be dating a [jerk!](#)

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## 5. Pure intuition.


If you are having any sort of feelings that your partner is using you for your money, you are probably right! Too many times, people ignore their intuition, denying that their partner would be in this relationship if it were just about the money. Trust your inner feelings and communicate exactly how you feel and what you need. You should never feel an ounce of doubt, and you definitely do not want to find yourself taken advantage of.

**How can you tell if you're being used? Share your comments below.**

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# 3 Reasons Nice Guys Shouldn't Finish Last



 By David Wiseman

For many women, there's something exciting and stimulating about the bad boy. He's a rascal and a rogue, and that's part of the attraction. Confident, good-looking, stylish and poised, he knows how to conduct himself. So, then, what is the downside? Here are three good reasons that nice guys shouldn't be left unnoticed:



## **Bad Boy Attraction Can Quickly Burn Out**

At first, part of the attraction stems from the fact that things are so spontaneous and exciting. He doesn't call four times, but rather just shows up unannounced. But after a while, this can become a bit tiresome and a woman wants someone she can rely and depend on.

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

Take George Clooney, for instance. He's a bad boy who is seemingly never going to be tamed. He has said that he doesn't want to get married again and would rather just hook-up. For a girl who wants a long-term commitment, the glamor and excitement is quickly going to fade.

## **The Long Term and Starting a Family**

If you're after something serious, a nice guy shouldn't finish last. A relationship needs to be built on a platform of trust, communication and honesty, and you will be struggling to get that from a bad boy.

Plus, there's the desire to start a family. If this is something you're after, you are going to want someone who will parent with the same concerns and values that you will.

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

Some celebrity example of this is are Kevin Federline and Matthew Broderick. K-Fede is now barely a part of Britney Spears' life, and she takes care of her boys without his help. Matthew Broderick is anything, but a bad boy and is a devoted dad. This isn't something you're going to be thinking of in the early stages of a relationship. Many women regret their choice of partner because the bad boy couldn't successfully make the transition from boyfriend to father. So, it's important to think ahead wherever possible.

## Getting Bad Out of the Nice

The thing is, it's very easy to write off a guy after a first meeting. He may be a bit shy and a socially awkward. His dress sense isn't the best, and he says the wrong thing at the wrong time. But, after a while, you get to know him; he feels more comfortable in your presence and comes out of his shell.

What you may have is nice guy on the outside and a bad boy on the inside.

He will give you the best of both worlds. For example, Ashton Kutcher was like this with Demi Moore until the bad boy just took over, and they split. But being bad doesn't always lead to relationship failure. One famous guy who seems to have been able to keep the faith is Jon Bon Jovi, who married his high school sweetheart and is still happily married to her.

They have four kids, and he seems to be one of the very few who has been able to get the balance just right.

Dating a bad boy is like flying too close to the sun. If he gets a little bit worse, he might not be loyal to you, and staying faithful is one of the biggest issues that prevent bad boys from being in long term relationships.

*David Wiseman loves popular culture and is one of the few people left who think Ted Mosby will actually get married. His dream celebrity video chat is Christina Hendricks. His role models are Don Draper and Walter White.*

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# Breadwinners of Their Celebrity Relationship



☒ The ladies of Generation X were some of the first to trade the domesticity of the housewife for the slacks of Corporate America. Powerful and confident women are sexy, but society hasn't completely caught up with us yet, and it's still uncommon for a female salary to outweigh that of her spouse's. That's where Hollywood comes in with a good message for once, as stunning starlets are throwing off the national average by earning more than their celebrity loves. Below is a list of sexy female celebs empowering themselves through healthy relationships *and* hefty paychecks:

## Women's Upper Hand in Celebrity Relationships

**1. Gisele Bundchen:** Other than her svelte silhouette and pristine profile, Bundchen impresses with a net worth of \$200 million. Her hunky husband Tom Brady is known for his jockey skills on the football field but is only worth \$100 million. While both salaries are envy worthy, Bundchen makes far more than the man she shares her bed with. Regardless, this celebrity relationship is picture perfect, and Brady doesn't look at all emasculated by his wife's high salary.

**Related Link:** [Gisele Bundchen Says She Knew Celebrity Love Tom Brady Was The One 'Straightaway'](#)

**2. Jessica Simpson:** We've watched Simpson transform from a young singer and clueless newlywed into a confident entrepreneur. With a net income of \$100 million and a shoe line that wracks in over \$500 million annually, she would be hard pressed to find a man wealthier than she. Fortunately,

she's has found happiness with ex-NFL player Eric Johnson. Though his salary hasn't been reported, he *is* currently unemployed. Regardless of their paychecks, the two are expecting their first child this year, proving that money is not an issue with this celebrity relationship.

**3. Oprah Winfrey:** Whether you're an Oprah devotee or totally impartial, there's no denying this woman grabbed life by the reigns when she began her journalism career in the mid 1970's. Forty years and one huge following later, Winfrey is worth a staggering \$2.7 billion. Longtime partner Stedman Graham may not make as much, but he isn't loafing off of Winfrey's riches either. As CEO of S. Graham and Associates, Stedman has wracked in an impressive \$10 million of his own.

**Related Link:** [Oprah Winfrey Explains Why She Never Wanted to Raise Children](#)

**4. Julia Roberts:** Roberts, America's *Pretty Woman*, has a hefty income of \$140 million. Her husband, however, Danny Moder, is a camera man. Though his salary has not been reported, it has long been known that Roberts is the money maker in the Moder home. Regardless, after ten years of being a married celebrity couple and having three children, the two have shown that true love trumps any jealousy over income.

## **Actress Earns More Than Celebrity Love**

**5. [Angelina Jolie](#):** From dominatrix to domestic diva, Jolie is another star we've had the pleasure of watching grow up in front of our eyes. While her days of drinking blood have passed, she continues to make celebrity news by adopting children, working as a humanitarian and starting foundations to help combat poverty. Somehow, this busy mother and activist also has time to star in movies and grosses nearly \$150 million. Her equally famous and good-hearted soon-to-be

husband Brad Pitt makes only a little less than her at an annual salary of \$130 million. These two aren't sitting home comparing paychecks though. Instead, they combine their incomes to help better the world around them.

**6. Nicole "Snooki" Polizzi:** Outside of partying, tanning and going to the gym, Snooki found her fame by starring on MTV's *Jersey Shore*. Though her wild antics have made her somewhat infamous, she wasn't downing tequila shots for nothing. At an annual salary of \$2 million, the tiny beach bum can at least impress with her bank statements. Fiancé Jionni Lavelle chose a more modest lifestyle and is currently studying to become a teacher. While his salary may never match Polizzi's, the two were able to work past the drama of the shore and are currently expecting a baby.

**Do you think salaries matter? Do you make more than your man? Comment below.**

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## **Renew Your Vows Like #1 Life Coach and Mariah Carey**



 By Evan Money

How can a Life Coach be proud of the fact that he's getting married for the 16<sup>th</sup> time? Well, in my case, I'm marrying the same woman! You see, my bride and I remarry in a different state or country every year, and this year is number 16! We are not alone, however, as celebrities like Mariah Carey and Nick Cannon are following our lead and doing the same exact thing.

Whenever my bride and I share this story, most people respond by saying they would really like to do follow suit or that it sounds really [romantic](#). Guess what? It really is! And I highly recommend it for everyone, not just my clients. Here's my story:

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It all started 15 years ago when I heard a story about a successful business man who was married for 25 years, and he and his wife renewed their vows every year. As a newlywed and young businessman, it sounded like this idea would be a big help in having a successful marriage, something my bride and I desperately wanted. It seemed to us that most married people were divorced or miserable. We wanted to “live happily ever after,” so rather than just saying, “Oh, that sounds like a good idea,” my wife and I chose to take action.

We just happened to be in Paris for our anniversary the next year. However it's not as romantic as you think, since we were chaperones for a group of high school students on a tour. My business had yet to take off, and money was really tight, but a funny thing happens when you make a real commitment – you can always find a way. So, lo and behold, my bride and I found ourselves in the City of Love for our first vow renewal. It was really pretty simple, as we had a small private ceremony in the gardens of Versailles (a famous French mansion) that lasted about five minutes. Simple, short and sweet, but our married lives were changed forever from that day forward.

When we returned home, we became so excited to plan our next renewal. We still didn't have any money, so we just needed to get creative, take action and find a way. We chose Arizona for our second renewal simply because we could drive there and not have to pay for airfare. We had some wealthy friends with a ranch in the city of Carefree and we had a fun ceremony on

their private lake. My bride's bouquet was made of peacock feathers since they had a few of the majestic birds on the property. This ceremony was much bigger and more exciting, thanks to our friends help, and yet again, our married lives were changed forever. It seemed after each ceremony, our marriage bond became stronger and stronger. We were truly living happily ever after!

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Through the years as my business has grown, along with my love for my bride, we were able to do more exotic yet still highly creative vow renewals. Number 14 was in the Bahamas at the famous Atlantis resort. A friend of mine is one of the dolphin trainers, so we were able to have the ceremony in the water with the dolphins by our side. I had my best "mammal" and my bride had her brides "mammal." It was so amazing!

For those who have really connected with this idea, but are still having doubts or letting your limiting beliefs get in the way, I want to encourage you with these final thoughts:

**If your limiting beliefs are around finances:** If you're not willing to invest in your relationship, what else is there to invest in? The returns on renewing your vows is 1,000% more than the stock market or real estate.

**If your limiting beliefs are about time:** I have two young children that we home school, I run multi-million dollar corporations, I lead a non-profit, I volunteer with foster kids and even teach a high school class on entrepreneurship at a private school. Even with those commitments, every year my bride and I prioritize our time so we can leave the country or state and take two to five days for marital bliss.

**Finally, for any of the guys that may be reading:** Why would you only settle for one honeymoon in life? I'm on honeymoon number 16, and they just keep getting better!

*Evan Money is the #1 Online Life Coach and the author of the runaway hit Take Action Now – How to Live Your Dreams in Less than 3 Weeks!*

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# Reality Stars Who Found Real Love



 By Samantha Mucha

For the past decade, the world has become infatuated with reality TV shows. However, most people are less interested in the everyday lives of the featured stars, but rather their drama-filled love lives.

There have been beds flying across rooms, as seen on MTV's *Jersey Shore* with Ron and Sam, and a couple of weddings on *The Bachelor* and *The Bachelorette*. We've been in shock, we've laughed and we've cried with reality stars as we sit on our couches and watch them make the same mistakes over and over again. No matter how many times the things happens, we're drawn in and simply cannot take our eyes off the screen.

Through all of the deceit and drama, most reality relationships end in failure; however, there are a few couples that beat the trend and have ended up happy and successful together:

**1. Nicole "Snooki" Polizzi and Jionni LaValle:** With Polizzi and LaValle expecting their first child and discussing future wedding plans, they proved they were able to make their love last ... at least for now. This couple fell in love quickly



after meeting in New Jersey and began dating after hooking up with each other on *The Jersey Shore*; but when Polizzi left to film in Italy, they ran into some issues. After a major argument and break up, the two lovebirds were able to restore their romance and are now happier than ever.

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

**2. Trista and Ryan Sutter:** After being the runner up on *The Bachelor*, Trista went on to become the star of the first season of *The Bachelorette* where she met the love of her life, Ryan. They have been happily married for the past seven years and are now the proud parents of son, Max, and daughter, Blakesley. Although this pair's love story began on television, they opted out of raising their family in front of millions of viewers and cherish their "normal" life in Colorado. Trista told *Parade*, "We never would have met if it had not been for the show, so we're thankful for that. For the most part, we do live a quiet life out here, and I think it's definitely helped to keep us grounded and together."

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

**3. Matt Hoover and Suzy Preston:** This duo's romance began after meeting on *The Biggest Loser* and quickly grew as the two took long walks while getting to know each other. Eventually, Hoover and Preston dined at a healthy restaurant for their first date after the finale and have been together ever since. Their success on *The Biggest Loser* gave them a unique foundation for their romance, and Hoover proposed to Preston live on the *Today* show. "I saw him at his worst, absolutely," Preston told *People*. "And he saw me at my worst. He saw me sweating and passing gas." Luckily, their sweat and hard work not only led them to healthy lifestyles, but to a happy marriage as well.

**4. Heidi Montag and Spencer Pratt:** Ex-friend Lauren Conrad's

show *The Hills* led this couple to meet. Although the show destroyed Montag and Conrad's relationship, it caused Pratt and Montag's relationship to blossom. Through struggles and hardships this couple has managed to have a lasting marriage.

**5. Nick Lachey and Vanessa Minnillo:** Who would have thought a relationship could bloom out of recovery from a marriage gone wrong. This Hollywood duo began dating after Minnillo, the *Total Wipeout* host, starred in Lachey's music video "What's Left of Me" in 2006. The couple is happily married and are expecting their first child! Minnillo told *Dailymail*, "I can't wait to meet my new son or daughter!"

**Who are some other reality couples that have found real love? Share your comments below.**

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## Love Advice For a Stronger Long-Term Relationship



 By Ricky Peterson

Everyone wants to have a great long-term relationship that keeps on getting better, but it simply won't happen without some effort on the part of both partners. Making a stable relationship and love work isn't always easy though, as we see many famous couples going through their ups and downs in public via celebrity news and gossip...and it's no different for us regular folk. That being said, here are four pieces of love advice (with help from some of our favorite celebrity couples!) that we can all use to make our relationships stronger.

# Love Advice To Follow

**1. Be prepared to listen to each other:** Listening is the hallmark of all good relationships. If you don't listen to your partner or they don't listen to you, how can you hope to develop a strong relationship and love for the long haul? Talking is good, but recognize when listening is required of you, and practice doing it more often. Everyone feels more valued when their partner sits and really listens to them. Listening means comprehending and not just making the right noises in the right places!

**Related Link:** [Relationship Advice On How To Fall In Love](#)

**2. Don't ignore problems – they'll only get worse:** You cannot hope to go through life with no problems at all. There might be minor setbacks in your relationship or problems that occur outside the relationship that affect you both. The trick is to never ignore them and to confront them head-on. Talk about these issues and decide how to tackle them as a team.

***Celebrity Couple Example:*** Seal and Heidi Klum are a great example, as Seal's reported anger management issues seem to have caused a rift in their celebrity relationship. This is the sort of thing that, if worked on early, could have been resolved, possibly saving the marriage.

**3. Never wait for the other person to apologize:** The apologies have to come from both partners; otherwise, one of you will always be saying "sorry" even when the other one does something they shouldn't. You've probably heard the idea that you should never go to bed angry, and that definitely applies in this case.

**Related Link:** [Heidi Klum and Seal – What Blew Up Their Marriage?](#)

**4. Be positive in lots of little ways:** We would all benefit

from being more positive in our daily lives. For example, if your partner has a job interview, be sure to call them just before they go in to provide some support. Then, call them afterwards to see how it went. You could even plan a dinner to mark the event, whether they were successful or not. You can either congratulate them or provide support and let them know the experience was still a positive one because it will help them gain experience for a the future.

**Celebrity Couple Example:** [Angelina Jolie](#) and [Brad Pitt](#) have had their ups and downs, but recent reports of a date night show that they are at least making the effort. Sadly, the media is much more into reporting on Hollywood couples who are having problems than those who are happy, but little bits of effort like this can make all the difference. Let's hope it works out for these two!

## Stronger Relationships and Love

By following this love advice, it'll be easier than you think to build a strong partnership that will survive the test of time. Be sure you know how to make the most of your relationship and love, and start putting more effort into it today for the best results in the future.

*Ricky Peterson is a writer who works for passionsearch, an online dating site.*

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## Four Ways to Tell If He's

# “The One”



By Johanna Lyman, the JOY Professor, for GALtime.com

*Finding your soulmate may take longer than you think. Take some time to get to know your partner, then ask yourself the following questions to decide whether he/she is truly “the one”.*

How do you know when you’ve found “The One?” Allow me to first dispel a common myth. Most of us have more than a single “The One” in our lives. With few exceptions, we will all experience more than one great love in our lives. Each person who shows up as a great love is there to teach us a lesson (or two) and to bring us closer to unconditional love. Everyone who shows up as love in your life is one of your soul mates.

Another common myth is that you can discern true love within the first 3-6 months of a relationship. I’m sorry to say, it just ain’t so. What you’re feeling in the first 3-6 month (aka the honeymoon period) is a potent cocktail of hormones designed to make a man and a woman want to copulate to propagate the species. It feels sexy, but it’s really about the survival of the species. Please do yourselves and the population a big favor by not falling for it. I don’t mean to sound negative. There are lots of great things about that potent combination of oxytocin, serotonin and other chemicals.

I’m just saying that if you think you’re thinking clearly while under the influence of the honeymoon hormones, you’re mistaken.

After the honeymoon phase begins to wear off, here are some things you can look for to help you determine the staying power of this relationship.

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**1. Are you truly yourself around him?** Does he understand (or at least humor) your handbag obsession? Does he really know how much you drink, smoke, shop, or eat Twinkies, and is he truly comfortable with it? Do you act the same way with him when you're around each other's friends?

**2. Is he truly himself around you?** Do you know about his "Three Stooges" fetish? Do you know how many hours he spends gaming and are you comfortable with that? One way to gauge how authentic he's being is to check out if your friends see him in the same way you do. Obviously they won't know him as intimately as you do, but they should have the general same impressions. Also, does he act the same when you're alone together as he does around your friends?

**3. Do you trust him?** Not just about monogamy (if that's your agreement together) but do you trust him with your secrets, desires and ambitions? I believe that trust is a lot harder to come by than those emotions we call love. Trust is the number one barometer of longevity in relationships, in my experience.

**4. How do you fight?** Do you, or does he, bring up old wounds, or do you fight in the present, about the current hurt? Can you disagree without attacking each other? Are you comfortable with disagreeing, or do you try to smooth things over? Couples in healthy relationships learn how to fight productively. If you weren't having being intimate with him, how much would you still like him?

**Related:** [When It Comes to Dating, How Long Is Too Long?](#)

Believe it or not, you will not always be wildly attracted to your partner. Even if he is an Adonis, familiarity tends to take the spark out of the eroticism in relationships. And while I have lots of remedies for bringing back the spark, the more you like about each other outside the bedroom, the

tastier those remedies will be. People tend to think that love just happens. I hate to be the bearer of bad news, but long-term love takes effort. It doesn't just happen, but if you focus your time and energy on keeping your relationship healthy, the results will bring you a lifetime of JOY.

These are good questions to ask yourself, whether you've been in a relationship for three weeks or thirty years. If you don't like your answers, you can always choose again. When you change your mind you change your attitude and when you change your attitude you can change even the most worn out relationship.

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# Is Your Boyfriend Hopping Around the Big Question?



 By Daniela Agurcia

It's only expected for the next step in your relationship to be marriage after years of being committed together, right?

However, sometimes boyfriends evade the big question and you end up waiting for, well, nothing. Even if they do plan to spend the rest of their lives with you, they tend to forget that if you're left hanging for too long, you'll move on to find someone who's ready to get serious. But most of the time, it really isn't your fault. Here are some reasons why your boyfriend may be hopping around the big question:

## **1. He's waiting for the perfect moment, financially**

When a man gets married, he feels the responsibility to

provide and care for his family. These financial responsibilities will usually push a guy to taking any opportunity in order to make the most money he can. Getting married without being financially stable or without having a plan isn't in the books for him.

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## **2. He doesn't want to give up his buddies**

A guy is usually obsessed with his male buddy and his ['guy time'](#) can be something he may feel like he'll be giving up entirely once he gets married. Especially if your boyfriend's friends are single, it will be harder for him to tear himself away from the group. He'll try to get all that guy time out of his system before deciding he's ready to be 100 percent committed to marriage.

## **3. He might not be ready to get married yet**

Getting married leads to other huge decisions that go along with it. Marriage means getting into the topic of having kids, possibly moving someplace different and other responsibilities he isn't ready to get into just yet. It's better to know he's proposing when he is completely ready to make those decisions with you, so you don't run into any problems later.

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## **4. He doesn't want to lose all his privacy**

When you're dating someone for so long, you become a huge part of each other's lives. Marriage is another step ahead of that; you're around each other *all* the time. Privacy can be very important to a man, something that's hard for them to give up and share with a female. Realizing that everything unites once you're married may have made your boyfriend



wanting to delay the proposal a little bit longer.

What you can do to help speed up the process before he gets too comfortable is to avoid trying to change him. Let him do his own thing while you're together, and if he feels he has to give up too much to be with you, it won't be something he'll want to make permanent. But, definitely make sure to have a talk with him about your next steps together as you always want to be on the same page. If you are, marriage can't be too far into the future.

**What are some other reasons your boyfriend may be hopping around the big question? And how do you keep from losing your cool? Share with us below.**

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## Five Celebrity Divorces We Really Weren't Expecting



 By Francesca B.

The world of celebrity is fraught with ups and downs. Scandals of drug abuse, cheating husbands and lying wives make for gripping and sensational stories when they come to public attention. We have come to expect a bit of drama from Hollywood romances, but even so, there have been some celebrity divorces that we really didn't see coming. Here are a few:

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**Tom Cruise and Nicole Kidman**

The original Hollywood sweethearts, Tom and Nicole met on the set of the hit movie, *Days of Thunder*, in which they played a young and romantically entwined couple very believably indeed.

It was therefore no great surprise when their on-screen romance started to become apparent off screen as well, and they were eventually wed on Christmas Eve, 1990. A popular and adorable couple, they stuck it out for over a decade before “irreconcilable differences” saw them seeking the advice of divorce solicitors and putting an end to the fairy tale romance the whole world had enjoyed. Still, both parties have now happily remarried and have children with their new partners.

### **Kate Winslet and Sam Mendes**

The beautiful actress of *Titanic* fame, who we all thought would marry the gorgeous Leonardo DiCaprio, instead fell for dashing director, Sam Mendes. Despite being 10 years her senior, he definitely wasn't her sugar daddy, with Winslet being worth about double the Mendes fortune. They painted a picture of domestic bliss, but following the making of *Revolutionary Road*, a film starring Winslet and directed by Mendes and ironically about a couple stuck in a failing marriage, their relationship hit the rocks. To the surprise of the couple's friends and fans, they split in March 2010, leaving Winslet with two children from two marriages at just 34.

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

### **Courtney Cox and David Arquette**

One of the world's best-known faces of the '90s for her role in *Friends*, Courtney Cox surprised everyone when she hooked up with David Arquette after starring in the *Scream* movies with him. However, even more shocking was the news that after 11 years of marriage and a child together, the couple had decided to split. Despite speculation about the real reasons,

Cox stated that she “was tired of being (David’s) mother.”

### **Madonna and Guy Ritchie**

We all love Madge, and when she decided to marry a quirky British director and settle down in the English countryside, the place we held in our hearts for her grew a little bit bigger. The announcement that the couple were splitting up in 2011 came as a complete shock to most, with Madonna claiming that Ritchie ‘drinks too much’ as the reason for the split.

That’s OK, Madge, we still love you.

### **Jennifer Aniston and Brad Pitt**

Another celebrity of *Friends* fame and so popular she had an entire generation of young ladies going into hairdressers and asking for ‘a Rachel,’ Jennifer Aniston tied the knot with the most eligible bachelor in the world, Mr. Brad Pitt. Without a doubt the hottest couple in Hollywood, it seemed nothing could come between them. But that was until naughty Brad went off to film *Mr. and Mrs. Smith* and reportedly fell in love with Miss Luscious Lips herself, Angelina Jolie. Brad and Jen split a few months later, back in 2005, but even today Hollywood still rumbles with the scandal from time to time.

Whether expected or unexpected, Hollywood splits never cease to rock the Tinseltown boat with rumors and gossip. If only everyone could just be happy all the time!

*Francesca is a freelance writer and blogger who enjoys writing about a variety of subjects from celebrity gossip and fashion, to travel and food. Be sure to let her know what you think of this guest post by leaving a comment below or Tweeting her @franki\_blogs.*

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# Why Celebrities Fall In and Out of Love So Quickly



By [Whitney Baker](#)

In recent years, the divorce rate in America has hovered around 50 percent, and in Hollywood, this statistic appears to be closer to 70 percent.

For some celebrity couples, rushing into a serious relationship or even marriage is no big deal; they can always break up or file for an annulment or divorce, knowing that their family, friends and fans will stand behind them. They are not held accountable by their vows, viewing any “easy way out” as an acceptable solution.

But why do so many Tinseltown twosomes approach romance with such a wavering attitude, in such fleeting terms? Here are just a few reasons why some celebrity relationships change with the seasons:

**1. Publicity:** They say that all you need is love, but in the case of some celebrity relationships, all they want is publicity. And some celebrity couples continue to demand attention even *after* the break-up. Take Jon and Kate Gosselin, for example. The *Jon & Kate Plus 8* stars are still garnering media attention for their failed marriage and exceptionally large family.

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**2. Rushing things:** Many celebrity couples mistake lust for love and rush into something too serious when they’re still in the “get to know you” phase of their relationships. Beyond their own feelings, there may be outside pressure from family,

friends and perhaps the media. For instance, Kim Kardashian's whirlwind romance with Kris Humphries lasted only 11 months, but included a made-for-television proposal, wedding and divorce. As this relationship's quick demise proved, infatuation can easily outweigh true love, but it doesn't last nearly as long.

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

**3. Time apart:** Relationships require both time and effort to flourish. For celebrities, time together isn't always possible. Their busy schedules often keep them apart; such was the case with Katy Perry and Russell Brand. After only 14 months of marriage and a Christmas spent 7,000 miles apart, Brand filed for divorce. As celebrities focus on their individual careers, they fail to make the proper commitment to build a lasting and meaningful relationship.

**4. Just because they can:** Among some celebrities (such as Britney Spears in her younger years and Brandi Glanville of *The Real Housewives of Beverly Hills* fame), there's a sense that they can do anything they want. Spears married childhood friend Jason Alexander in a Las Vegas ceremony, only to have it annulled a mere 55 hours later. Glanville – a divorced mother of two – rushed into Las Vegas nuptials with a close friend on New Year's Eve. Calling it a "[drunken BFF thing](#)," she later admitted that they were just having fun.

**5. Constant media attention:** Sure, some celebrities fall in and out of love for publicity's sake, but on the opposite note, too much media hype can also lead to heartbreak. Back in 2003, Nick Lachey and Jessica Simpson seemed to be living a fairytale romance until MTV cameras invaded their home for the reality hit *Newlyweds: Nick and Jessica*. Similarly, Taylor Swift and Jake Gyllenhaal dated for only two months at the end of 2011 and sources blame the short-lived romance on aggressive media coverage.

Why do you think some celebrity romances don't last? Share your comments below.

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# What Attracts Us to Bad Boys?



By Dr. Carole Lieberman

Though we women pride ourselves on how 'we've come a long way, baby,' we still fall prey to the charms of bad boys. Why? It all starts with Daddy – the first man we've ever loved. If this relationship was dysfunctional, such as with a father who was abusive, depressed, a workaholic, or simply divorced and unavailable, we feel unlovable and grow up with a penchant for bad boys.

The Dozen Dangerous Devils, or 12 types of bad boys, include the: Fixer-Upper Lover, Compulsive Flirt, Grandiose Dreamer, Misunderstood and Married, Mr. Power Mad, Commitment Phobe, Wounded Poet, Self-Absorbed Seducer, Man of Mystery, Dramatic Daredevil, Prince of Darkness and Lethal Lover. We are attracted to one or more of these types in an unconscious effort to turn our disappointment with Daddy into a fairytale happy ending.

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

For example, if a little girl's father abandoned her, such as by death, divorce or emotional distance, she would likely grow up to be attracted to a Fixer-Upper Lover (also named the Frazzled Frog), who seems like he would be the least likely man to abandon her because his life is in need of much repair. But, once she provides him with the nurturance he craves and

helps him get his act together, he hops away to find a more discerning princess. All Dozen Dangerous Devils are heartbreakers. They just break a woman's heart in 12 different ways!

**Related:** [How Decoding Your Love Map Can Heal a Broken Heart](#)

Headlines are perpetually filled with celebrity bad boys – from Brad Pitt, who claimed to be Misunderstood and Married when he fell for Angelina Jolie; to Chris Brown, an abusive Prince of Darkness who Rihanna still can't resist; to *Bachelor* Ben Flajnik, who's become a Compulsive Flirt despite his engagement.

Some bad boys can be tamed, but a woman must be careful not to lose her self-respect or sanity in the process. Look where it got Catherine Greig, the woman who harbored mob boss James 'Whitey' Bulger, a Lethal Lover. She'd laughed about liking bad boys until it landed her in jail!

*Dr. Carole Lieberman is an internationally renowned "Media Psychiatrist." On TV, Radio, the Internet, in Film, Print, as a Speaker and as the first "Shrink on Board" airline in-flight entertainment, Dr. Carole's insights help people seize the moment to live happier, more fulfilling lives. She's also the author of Bad Boys: Why We Love Them, How to Live with Them and When to Leave Them.*

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## Spring Cleaning: 5 Types of Guys to Dump



 By Marianne Beach, GalTime

The flowers are blooming, the grass is growing—meaning it's time for some spring cleaning. But we're not talking about clearing out your closet or freshening up your house. Nope, we're talking about spring cleaning your love life. Yes, you heard me. It's time to wash that guy right out of your hair.

Jumpstart this spring with a fresh outlook and shed yourself of the five kinds of guys that spell out trouble.

Of course we girls are notoriously bad at letting go of Mr. Wrong. Even though we know in our hearts we should. (How could we not, with our best friends telling us every five seconds?)

So for a little added motivation, we recruited our favorite Straight Male Friend, Marcus Osborne, to smack us down. And give us the 411 on the **five guys we need to dump** this spring.

“You've GOT to be willing to cut the cord. Respect your deal-breakers... and let the deal be broken,” Osborne insists. “The alternative is to stick around in a relationship that fires round after round at your self-esteem.”

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

Is your man on Osborne's hit list? Take a look!

## 5 Guys to Dump

**1. Mr. I'm Too Busy:** “Gosh you're amazing but I just don't have the time for a relationship right now.” If you've heard any variation of that line, know that you've just been warned. That relationship, if that's what you're hoping for, is going nowhere and he's basically told you so. The deal with Mr. I'm Too Busy is that he really isn't too busy. If you believe nothing I ever tell you, believe this- If the guy is into you, he'll find time. Period.



**2. Mr. Panderer:** This is the guy who has mastered the “game.”

Typically, he seeks out women who are looking for an old-school/traditional guy. Why? Because (in his mind) that woman can be had by sticking to the old courting playbook.

She’s not a huge challenge for him—even though the woman may think she is. Not for Mr. Panderer. He knows what SHE thinks before she even thinks it because it’s all in the playbook.

He says and does all the “right” things as a gentleman all the time. If he seems too good to be true...start looking for clips of him on Dateline.

**3. Mr. Mysterious:** This guy can be everything or anything.

His genius is making you feel as if you know him “well enough” without knowing a thing about him. You probably haven’t been to his place. And if you have, you’ve probably only been there at certain times. He never really answers questions about his life. It’s likely he’s reluctant to introduce you to his friends or family—and has made mention or attempt at doing so. And he probably doesn’t care to meet yours. This guy probably has no male friends either. No best friends? Beware. No matter how sexy or intriguing Mr. Mysterious seems to be, there’s something not quite right about him.

**Related:** [Why Men Look at Other Women](#)

**4. Mr. Know-It-All:** One of the worst. Mr. Know-It-All may initially be impressive. His intellect is alluring, no doubt. Problem here? No one really knows it all. Furthermore, no one wants to be around anyone who thinks they know it all. Even worse, this guy can tend to be overbearing and domineering. He’s always telling you what you did wrong, always telling you the “right” way to do things. He has very little regard for other perspectives. His high opinion of his opinions turns your friends off as much as it turns you on.

Ultimately, this guy will end up being far more controlling than you expect and that’s not good.

**5. Mr. Apology:** We all love and appreciate contrition. You screw up? You own up to it. But there's a limit to everything. How many times can a person apologize before you realize that the repentance has the worth of Monopoly money? (Especially if it's for the same transgression time and again.) Understand this; if the guy is constantly apologizing he either lacks confidence or he doesn't really respect you. Because at some point the lesson learned should stick and shouldn't keep happening. If it DOES, it's because he knows he can get away with it by saying, "my bad." Not good enough. \_

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## Can Being A Sibling Teach You To Have A Good Relationship?



 By Steven Zangrillo

My sister and I grew up in Suburbia, which affords bored, middle-class children multiple opportunities for creative mayhem. My sister, therefore, functioned as a guinea pig of sorts. For instance, picture a 10-year-old and his friends chasing you around with Super Soakers filled to the hilt with pickle juice. You'd have hated me, too. When we both hit adolescence, we grew up a little bit. We went to high school and started to test the dating waters. As if being a 14-year-old, pimple-faced fat kid wasn't enough, I had to come home to the chiding laughter of my older, hotter, more dating-tested sister whenever I failed. Good news of failed romance spreads fast in Suburbia. My immaturity blinded me from taking in the romance lessons that are now so clear to me. Let's break them down:

**Related:** [10 Love Lessons From Bruce Springsteen](#)

**1. People will always aggravate you, but how you react is dependent on how you want this situation to end.**

On Easter we would have an Easter egg hunt, followed by a trip to the Sunday car show downtown. My sister would wake up extra early and find out where the eggs were, leave them there and go back to bed. When our parents woke us up a little later, Samantha would rifle through the house and snag every egg. Me? I was left in bitter tears and tuxedo pajamas (they were sweet, don't judge). She won the battle, and I didn't complain. I won the war later when I, not she, got to sit in the cars first at the show. Karma comes back around.

The lesson here is that your significant other will purposefully or unintentionally do aggravating things, just like your sibling. Whatever habits, issues, or situations you're faced with, remember that you can either continue to stamp your feet and cry while everyone goes to the car show, or you can calm down and hop your little tush into the front seat of a '72 Corvette.

**2. Everyone is equally accountable under the same roof.**

I had a Sega Genesis; she had a boom box. Montel Jordan was particularly popular at the time. You're already singing it in your head, "*Thiiiiis is how we doooo itttttt...*"

I was busy freezing people and knocking their heads off in *Mortal Kombat* when Samantha came bounding down the stairs, asking if she could play. I shrugged and, since I was bored anyway, surrendered the game console to her. I began to aimlessly prance around the house as quickly as my 7-year-old body would allow me to move. I stumbled upon her glistening, gorgeous new Sony boom box. Somewhere between the chorus and the second stanza I managed to scramble up the tape deck. I was left with a mangled mess of what once was a cassette. Needless to say, my sister and I brawled that day.

The lesson here, of course, is to communicate. Want to borrow his toothbrush? Fine, just say so. The idea that “What’s yours is mine, and mine is yours,” is great up until that last drop of orange juice is gone and someone is forced to adjust their routine because you didn’t say anything. It seems mundane, but little things add up. Give yourself few chances to be accused of things.

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

**3. Be a softie- it’s okay, seriously. If you don’t know how to be one, open yourself to learning about it.**

My sister and I have spent 24 years being absolutely obnoxious towards each other. Between the passive-aggressive verbal assaults, physical encounters, finger pointing, name-gaming nonsense, we’ve seen some real and palpable tough times. There have been days where I’ve been called on to be her little brother. That’s a role that I relish and will always take seriously.

The same thing goes for relationships. It’s easy to be a fun, happy boyfriend or girlfriend. Life is great when you’re out on the town having drinks and dinner, going to your favorite club, seeing a movie, or whatever the case may be. The next day that person may be in need of something more concrete.


You might be called on to be there for support and you better be ready for it. If you aren’t, then just listen to everything they have to say to you. Be a softie. Listen, understand and appreciate. That’s your job as a sibling, significant other and a person in the world.

**Do you think being a sibling has helped shape your relationship? Share your comments below.**

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# How to Get the Best Sleep You Can With Your Partner



 By David O Volpi, M.D.

Sleeping habits aren't exactly first date conversation topics, but the reality is that more than a quarter of couples say their partner's sleep habits prevent them from getting a good night's rest, according to the National Sleep Foundation. Sleep incompatibilities are a top reason why one in four couples sleep in separate beds, and snoring is actually one of the top three reasons for divorce in the U.S.

So, how can women sleep in sync with their guys? Often times, simple lifestyle changes can help busy couples make their sleep routines mesh, and stop the snoring and bad sleeping habits that prevent them from sleeping soundly together. To get the best sleep possible, try the following tips:

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

**Sync up your sleep schedules.** Going to bed and waking up at different times every day is a sleep destroyer, and it's easy to do when couples have different work or social schedules.

In order to practice good 'sleep hygiene,' couples should get into a pattern of going to sleep and waking up around the same time every day, including weekends.

**Change your position.** For some people, an increased amount of airway obstruction occurs when they sleep on their backs.

This is called positional snoring. The obstruction can be reduced or eliminated if the snorer sleeps on their side, which is why bed partners always try to get their snoring counterpart to wake up and "roll over." In this case, a simple solution is to keep the snoring person off their back.

To do so, you can try sewing a ball into the pocket of a t-shirt, and having the snorer wear it backwards during sleep. Sleeping with an extra pillow can also help, because it elevates the head and opens the airways.

**Reserve the bed for two things: Sleep and intimacy.** Try to avoid eating, watching TV or using electronics in bed. It's been scientifically proven that the light from TV and computer screens affects melatonin production and throws off circadian rhythms. Plus, working in bed won't help couples bond, or wind down and ease into sleep.

**Related:** [Celebrity Couples Who Could Use an Extra Hour of Sleep](#)

**Make sure neither of you use alcohol or sleeping medications before bedtime.** Alcohol and medicines that make you drowsy can actually prevent you from sleeping through the night, even though they may make you drowsy initially. Alcohol and sedatives also cause the throat and tongue muscles to relax even further than usual, exacerbating snoring.

**Create a relaxing bedtime routine.** When your body gets used to a nighttime routine (whether it's a beauty routine or an activity like reading), the brain is tricked into knowing that it's ready for bed. Try doing a crossword puzzle together or taking a warm bath. A study in *Sleep*, the Journal of the American Sleep Disorders Association, suggests taking a hot bath 90 minutes before bedtime can help you fall asleep. The hot water raises body temperature, and cool air in the bedroom lowers skin temperature, which triggers your body to produce melatonin and become drowsy.

Finally, always see a doctor if you or your partner struggles from sleep problems. Sleep disorders affect millions of people. Even celebrities like Rihanna and Shaquille O'Neal are known for struggles with snoring! But taking time to fix sleep problems is always worth it. In fact, it can help save

relationships!

*David O. Volpi attended Hahnemann Medical College in Philadelphia and completed his post graduate training in General Surgery at the Hospital of The Medical College of Pennsylvania in Philadelphia and a residency in Otolaryngology, Head and Neck Surgery at the New York Medical College Affiliated Hospitals and the New York Eye and Ear Infirmary. He is also the co-author of the book Wake Up! You're Snoring... which was conceived and written to be an authoritative information source for people seeking guidance on treating the many causes of snoring.*

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## Going the Distance: Celebrity Couples Who Make It Work



 By Jennifer Harrington

Everyone has heard the saying that “relationships are hard work.” But it seems that in Hollywood, relationships are even harder work, and celebrity news is always full of star couples calling it quits. We’re only a few months into 2012, and this year we’ve already heard of Russell Brand and Katy Perry’s divorce, the conclusion of Drew Carey’s five-year engagement to Nicole Jaracz, and the shocking end to Heidi Klum and Seal’s seven-year marriage.

We are always looking to celebrities for the latest trends in clothing, music, and movies. But with these couples frequently dissolving in divorce and disputes, are there any famous couples we can look to for inspiration in the love,

romance, and marriage department? Cupid checked it out, and here are three couples who have been lucky in love, despite the constant glare of the spotlight:

**Kurt Russell and Goldie Hawn:** These lovebirds have been together for a quarter of a century, despite never tying the knot. Goldie was quoted in a 2007 *Woman's Day* article saying, "We have done just perfectly without marrying...I like waking up every day and seeing that he is there and knowing that I have a choice. There is really no reason to marry." What's the best part of their romance? They make their own rules and live life their way. Make your own rules in your relationship and do what works best for you and your honey.

**Related:** [Are Celebrity Cougars Becoming Extinct?](#)

**John Travolta and Kelly Preston:** The *Saturday Night Fever* star and *Jerry Maguire* beauty have been married since 1991. While both have built enduring, interesting careers in the film industry, personally they have experienced great sorrow with the death of their son Jett in 2009 (due to a seizure) and joy in 2010 when they welcomed son Benjamin into the world. What can we learn from them? John and Kelly share a common foundation in their religion, Scientology, and it's obvious that these shared beliefs have guided them through life's trials and tribulations. Whatever your beliefs, it's easier to cope with life when your partner shares a similar belief system.

**Related:** [What Celebrity Marriages Can Teach Us About Love](#)

**Mark Consuelos and Kelly Ripa:** Millions of people start each day with Kelly on the show *Live! With Kelly*, and she's always an open book on all aspects of her life, including her marriage to Mark, which started after they met on the set of *All My Children* in 1995. Between two showbiz careers and three children, Mark confided in a YourTango interview that the secret behind their successful marriage is remarkably



simple. Mark said, “We have a lot of respect for each other. Our children are our priority and we come from two families where both parents are still together, and we hold that in high regard.” Keep that in mind with your other half; don’t lose sight of the basics, such as respecting your partner and putting family first.


So while it may initially seem like Hollywood is full of short-lived romances, it turns out there are successful love stories as well. Thanks to Kurt and Goldie, John and Kelly, and Mark and Kelly for showing us all about love – Tinseltown style!

**What are some other celeb couples who continually make it work? Share your ideas below.**

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## **Snooki’s Pregnancy: Can You Salvage Your Image?**



 By EJ Parfitt

What happens if you have a certain image at work, and then you change that image? If everyone expects you to be a particular type of person, will they still accept you if you are suddenly different? Can you be effective in your job if you alter your personal “brand”?

We all change as we go through life, and in many cases those changes can affect the way people see us on the job. Even someone with a job as unusual as *Jersey Shore*’s Nicole “Snooki” Polizzi has to deal with these issues. Snooki is pregnant, and the question remains as to how that may affect

her career as a reality TV star. Here are two ways to look at it:

### **The Pessimist**

If you look at the situation from a negative point of view, being pregnant could destroy Snooki's career. From this viewpoint, Snooki's fame is based on being a wild and crazy party girl who takes the freedom of being single to deliciously tacky extremes. This is what viewers have become used to, and this is what they want to watch. It won't be any fun to see her settle down into motherhood. Pregnancy could ruin Snooki's "brand."

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### **The Optimist**

Though there's no denying the potential ruin of Snooki's career, there's another more positive way to look at the situation as well. It's possible that it's mostly Snooki's personality, rather than her crazy antics, that keeps viewers interested. If that's the case, then Snooki's pregnancy won't stop her from continuing to be a star. If people watch her because they feel they can relate to her, then they will be eager to see what will happen next in this new phase of her life. Her pregnancy and motherhood could even give the show a boost for viewers who were becoming tired of the endless partying.

**Related:** [How Decoding Your Love Map Can Heal a Broken Heart](#)

What's true for Snooki is true for everyone. You don't need to have satellite TV providers beaming your life story across the world in order to think about your personal "brand." The key is to make your brand about the things that will last throughout your lifetime, such as your personality, intelligence and skills, not about the things that will

change, such as being young, single and childless.

If your image at work is based on being cute and perky, think about the traits you have that will last over the long haul.

If you're a partier like Snooki or a young rebel, realize that you are likely to make a transition to a calmer and more stable stage of life eventually. Don't put all your career eggs in the basket of who you are right now. Hook people on your long-lasting qualities and abilities, and you'll be able to use life's changes to your advantage. You don't need to be a Guidette to learn this lesson from Snooki.

*Tech writer EJ Parfitt has been writing for a short time now and has already picked up steam with several tech and sports sites. During his free time, you're sure to catch him competing in local chess tournaments in downtown Fort Lauderdale, Florida.*

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## April Fools Pranks to Play on Your Significant Other



 By Ryan Boyle

Whether it's the prank of all pranks, or a cute and funny trick you play on your better half, taking part in some April Fools Day shenanigans is a great way to reacquaint your partner with your playful side. A couple harmless escapades can be exactly what you need to create those memorable laughs that help keep your relationship strong. If you're having trouble coming up with ideas, Cupid is here to help. Here are five tricks that are sure to get a rise out of your mate:

## 1. Bogus Lottery Ticket

It's no secret that we'd all like to be millionaires. So, it's time to trick your love with a fake ticket to Paradise. All you need to do is mix a bogus lottery ticket from a trick shop into a pile of real ones you've purchased from the local gas station. Leave them on the kitchen table, or a place in the house he'll be sure to frequently visit. When he gets home, tell him you were feeling lucky and decided to buy a few tickets for the two of you to enjoy together. Watch as his eyes light up with thoughts of all the ways he's going to spend his newfound fortune. Of course, when he returns from his triumphant jog and realizes the ticket was fake, you'll have to be there to playfully laugh at him and give him a long consoling [hug](#).

**Related:** [Chris Martin Says Marrying Gwyneth Paltrow is Like Winning the Lottery](#)

## 2. Have Him Think You're Planning a Massive Prank

Psych majors gather around in an effort to employ a little reverse psychology this April Fools. This non-trick will prove to be a bit more difficult to carry out, but will leave a lasting sense of trickery paranoia on your partner throughout the day.

Start a few days before the first of the month and tell your mate that you have something spectacular planned for April Fools and he's the target. Let them know that you've been talking about it with your friends and they're all in on the joke. As the days go on, he'll grow increasingly curious and when he asks you about it, [be sweet](#) and sinister in the way you let him know that he'll just have to wait and see. Of course, at the days end, he'll be sure to ask you about the prank, to which you reply "April Fools!"

**Related:** [Date Idea – Create Magic in Your Relationship](#)

### **3. Scratch Decals**

If your partner adores their car, a few well-placed scratch decals will be sure to not only make it look old and in poor condition, but it'll put a quick scare into him or her on the morning of April 1<sup>st</sup>. Watch from the window as they notice the marks and erupt into a panic attack. Be sure to meet them at the curb with a smile on your face and your arms stretched out as you let them know just how easy these decals are to pull off.

### **4. Mildew Sandwich Bag**

You were nice enough to make your partner that special turkey sandwich that he loves so much. Today however, embrace the April Fools trickery, and put that delicious lunch treat in a faux moldy sandwich bag. These bags appear to be your standard Ziploc lunch carrier, but upon further inspection, it becomes clear that there are green splotches painted on the outside that mimic the signs of old, molded bread. He or she will get a real shock when they tear open that brown paper bag at noon to see the sandwich they were looking forward to has turned into its own living organism.

### **5. Electric Shock Mouse**

We'll set aside all offensiveness to our hairy pals at Geico, but it's obvious that you and your lover aren't cave people. If you have electricity, chances are you're a part of the new age of technology. From texting on your iPhone, to Skyping, video chats, tweeting and status updates, our lives have become more and more blended with the results of advanced technology.

This April Fools Day, set up a new mouse for you and your love to use on your desktop computer ... only this isn't an ordinary mouse. When he or she goes to sit and test it out on their favorite computer game, every time they presses the left and

right select buttons they'll get a gentle shock into the palm.

Be sure to watch on as they start frantically clicking around on the computer, but be sure to come to the rescue with a smirk on your face.


This year, hone those pranking skills, and turn this April 1<sup>st</sup> into one for the scrapbooks.

**What prank did your partner pull on you last year? Tell us in a comment below.**

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# Love Advice For Making Your Long-Distance Relationship Work



 By Jemima Lopez

He lives in L.A, and she lives in London. While having a trans-Atlantic relationship is tough, if there's anything British celebrity couple David and Victoria Beckham prove, it's that long-distance relationships *can* work. Married for 12 years, they just welcomed their fourth child. Their American counterparts, Hollywood couple Brad Pitt and Angelina Jolie, have made it work too. Despite separation between films, they've managed to stay in a committed relationship for seven years, and they share six children.

But non-celebrities have remote relationships too. In fact, more than 3.5 million Americans were in a long-distance relationship in 2005, according to the latest statistics. With

the development of new technology, that number is most likely on the rise. While us common folks can't afford to jet set or send extravagant gifts, that doesn't mean our long-distance relationship can't last just as long. Use this love advice to help maintain your relationship and love like the stars:

## Love Advice For Long-Distance Couples

**1. Use all forms of communication:** Let's get the obvious out of the way: Physical interaction is scarce, so communication is key. Text messaging, instant messaging, or even Facebooking is a start, but make your "communication" more interactive. Here are some examples:

**Related Link:** [Five Ways Social Media Can Help Your Relationship](#)

– **Date nights:** "Skype dates" are the norm – a designated time couples agree to video chat. But try to have a *real* date instead. Each week, pick a movie and a meal to prepare or purchase. Arrange your laptop, screen facing you. Eat and engage in conversation like in a restaurant. Then, pop in the movie. This way, you can hear and see each other's reactions to scenes. Bonus: Other movie-goers won't tell you to pipe down!

– **Send photos:** Sending self-portraits are great, but always try to send photos of things that you find interesting or funny. It will allow your mate to become more in-tune with your personality and give them some insight into your world.

– **Make videos:** Hearing someone's voice and seeing their face is more personable than a text. But people don't always have time to videochat. Instead of sending a text, create a 30-second SMS video. Your significant other can view or respond when they have time, and it's still special. There are apps

that deliver “voice text messages,” like Voxer.

**Related Link:** [Do's and Don'ts of Flirtexting and Sexting](#)

**2. Send them a package:** Sending your partner a gift for no reason is great love advice that can keep a smile on their face. Remember that you can also treat your boo to lunch or dinner because it's easy to get online and order a pizza that can be delivered to his or her front door. You can send traditional letters too. There is something incredibly personable about seeing someone's handwriting.

## How to Strengthen Your Relationship and Love

**3. Schedule monthly trips:** You can talk for hours, but unless you see each other in the flesh at least once a month, your relationship will most likely fizzle. There are exceptions, like military relationships, which don't have the luxury. But for those that can travel at their own leisure, take turns planning monthly visits.

**4. Be secure:** Lastly, most remote relationships fail due to lack of trust. While understandable, if there is no trust, you shouldn't be together. Try not to let your jealousy get the best of you. That said, never completely ignore your intuition either. If something doesn't feel right, speak up.


*Jemima Lopez is a freelance blogger and writer who writes for Zen College Life, the directory of higher education, distance learning, and best online schools. She welcomes your comments at her email: [lopezjemima562@gmail.com](mailto:lopezjemima562@gmail.com).*

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# Are Celebrity Cougars Becoming Extinct?



 By Ché Blackwood

Until the early 2000s, most women hadn't even considered moving backward a generation in their search for a partner, and if they did, their friends and the rest of society served them with a cool dish of disapproval. Then, the cougar craze peaked when couples like Demi Moore and Ashton Kutcher became household names. Single women everywhere finally felt free to scope out younger men in their hunky hunt for love. Now, nearly a decade later, the publicity over cougars has slowed to a crawl and with the dissolve of the Kutcher-Moore marriage, some have been left to wonder if the phenomenon has passed. Newsflash: it hasn't! The press may have moved on to newer stories, but these couples prove that women have been following their hearts, regardless of age, long before the cougar craze hit, and they'll continue to do so long after:

**Related:** [Demi Moore Proves There's Hope After Divorce](#)

## **1. Mariah Carey and Nick Cannon: Married April 30, 2008**

With 11 years between them, this duo's whirlwind romance proved to be more than a fling when Cannon placed a rock hard diamond on Carey's hand. The birth of their twins in 2011 only solidified their union, and the pair shows no sign of slowing down.

**Related:** [10 Most Beautiful Celebrity Couples](#)

## **2. Deborra-Lee Furness and Hugh Jackman: Married April 11, 1996**

Mrs. Wolverine slashed her way into sexy Hugh Jackman's heart in the 90s, stepping over their 13 year age difference long

before being a cougar was trendy. Fifteen years and two children later, Furness isn't regretting her decision to ditch society's sense of normalcy as the couple prepares to celebrate another anniversary in April.

### **3. Jennifer Lopez and Casper Smart: Together Since November 2011**

After going through a very public divorce with music legend and ex-hubby Marc Anthony, Lopez has found happiness with her backup dancer Casper Smart. With an 18 year age difference causing a backlash of criticism, Lopez has taken to Twitter to fight back. She's explained that 'age is merely a "log" of the time we've been on Earth' and that 'society needs to shut their ears and open their hearts.' With pictures surfacing of the two lovebirds enjoying their time together, it appears that this Bronx girl has certainly opened hers.

### **4. Goldie Hawn and Kurt Russell: Together Since 1983**

With their story starting in 1983, this twosome demonstrates a classic case of love outlasting all obstacles. Other than their six year age difference, the couple overcame blending their families together (both had children from previous marriages) and rumors of Russell's alleged infidelity. With a romance that's lasted 25 years, we think Hawn is one of the the best examples of the longevity of a cougar's love.

### **5. Melanie Griffith and Antonio Banderas: Married May 14, 1996**

This adorable couple have been married for fifteen years, long since laughing off their three year age difference. While both have had successful acting careers, nothing has been more fulfilling than their relationship, marriage and child. While their age difference isn't the most shocking, it appears as if these two would have hooked up no matter their ages.

**Do you think the cougar phenomenon is over? If not, are you the cougar in a successful relationship? Tell us in a comment below.**

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# 3 Ways to Use Celebrity Media To Assess Your Relationship



 By Samantha Peters

Anyone who follows gossip news is probably well aware that the celebrity media gets plenty wrong and is far from an authority figure. But, even when the media is wrong about the status or longevity of a celebrity relationship, for example, it knows how to interpret individual and publicly-displayed signs. It knows how to assess, even if it can't always see the full picture.

The celebrity media's outsider assessment skills can actually be used by anyone who seeks to examine their own relationship.

Now that Valentine's Day has come and gone, and now that the seasons have begun to change, it's as good a time as ever to take a step back and do just that. It's time to figure out if your relationship is growing, stagnating or declining. How is your [chemistry](#)? How happy and excited does your significant other make you feel? Though difficult, these are all good questions to ask.

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

That said, rather than answering these oft-abstract questions, try to instead assess your relationship from a more public, outsider perspective – and let the celebrity media give you a hand.

As an example of how to do this, we're going to look at the ongoing relationship between actor Leonardo DiCaprio and

Victoria's Secret model Erin Heatherton. Heatherton is just the latest in a long line of tall, thin, blonde models that DiCaprio has been known to date. From her perspective, although Leo is 15 years older (sugar daddy definition, anyone?), we can't blame Erin for finding his charm and his fame too irresistible to ignore.

Based on their relationship (and on the celebrity media's reaction), here are a few factors that any couple can assess:

### **Family Involvement**

Love them or hate them, but our families usually know us better than we'd ever like to admit. In fact, they can probably form a pretty solid opinion of whether a relationship will work – or should work – in the long run. At the beginning of January, Leo took Erin out for an upscale New Year's Day brunch – with his mom. The celebrity media reported Erin and Leo's mom chatting, laughing and generally hitting it off. This was interpreted as a good sign for their relationship. *How would the paparazzi view the time you and your significant other spend with family members?*

**Related:** [Zoe Saldana Goes on a Movie Date with Bradley Cooper's Mom](#)

### **Time Together**

A good relationship is one in which couples find ways to truly enjoy the time they spend together. All too often, the paparazzi spots a celebrity couple lounging on the beach for hours on end without communicating, or sees them sitting and sharing a silent dinner together. While a less communicative couple is not in and of itself a sign of a stagnant relationship, it certainly compares less favorably to the couple spotting laughing and interacting in a lively manner.

When Leo and Erin took a romantic vacation to Mexico last month, they were photographed zip-lining their way all around Cabo San Lucas. According to the celebrity media, this was

another positive sign. *When outsiders view your relationship, do they see it as fun and enjoyable?*

## **Public Plans**

Amidst recent news that Leonardo was spotted in Sydney (where he is filming *The Great Gatsby*) with top Australian models, but no Erin in sight, speculation emerged that the couple had [broken up](#). However, Leo, Erin, nor either celebrity's publicist has been willing to make any comments about the relationship in the first place. Some in the media have interpreted this as a sign that nobody involved believes that the couple has much of a future. *What do you and your significant other tell friends about your future plans?*


These are just a few things to consider while assessing your relationship. Although the celebrity media is not always to be believed, and even though Leo and Erin are certainly not reflective of every couple out there, you can still learn from their publically-displayed actions – and from the media response – when trying to determine where you and your significant other currently stand.

*Samantha Peters is a passionate follower of Hollywood celebrity relationship gossip. She loves blogging about ways to sustain successful relations, which sometimes requires assessing your relationship using a little celebrity media. Samantha lives in beautiful San Diego, California, and makes frequent trips to west L.A. to go shopping and celebrity spotting.*

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# 5 Ways to Stop Sabotaging Your Relationships



 By Jacquee Kahn

My mother always told me to work on myself first, and from there, everything else will follow. Little did I know that this would become a practice for me as I became a relationship “guru” for my friends (and later, clients).

**News flash ladies:** If you’re having a hard time with dating and relationships, it’s not about the men. It’s not because they’re players or commitment-phobes. It’s about YOU.

I meet incredibly smart, beautiful and talented women who have completely lost themselves in relationships. When they were single, they were confident and independent. But once in a relationship, those attractive qualities dissolved and these same women became needy, insecure and emotionally broken.

It’s time to stop undermining your relationship by first working on yourself. Here are five ways to get rid of those bad habits that sabotage relationships:

**1. Be Yourself:** Don’t be so eager to please your man that you lose yourself and become completely disempowered. Tom Cruise’s line in the film “Jerry McGuire” may be “You complete me,” but it’s simply not true. You don’t have to be in a relationship to be a complete person.

**Related:** [Simple Ways to Please Your Man](#)

**2. Know You’re Worthy:** We often become so desperate to make relationships work that we do whatever it takes to please our partners, much to the detriment of ourselves. So, don’t be

needy, clingy or desperate. These behaviors are a huge turn off and usually create the opposite effect.

**Related:** [How Decoding Your Love Map Can Heal a Broken Heart](#)

**3. Keep a Loose Grip:** Refrain from holding on too tight. If your man pulls away, let him go. Don't show insecurity by begging, pleading or trying to manipulate him to stay. If he comes back, it's because he wants to, not because you forced him to.

**4. Don't Accept Less Than You Deserve:** Don't accept crumbs by allowing yourself to settle for a "friends with benefits" or a "booty call" situation when what you really want is a committed relationship.

**5. Save Yourself:** Don't look outside of yourself to be rescued. Take ownership of your personal happiness, because all relationships start and end with YOU.

*Jacquee Kahn dispenses "Super Nanny"-style tough love to women in need of relationship help. The author of Girlfriend 911: Decoding Dating and Rescuing Relationships One Girlfriend at a Time, her no-nonsense, straightforward advice points toward the foundation of the book.*

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## Celebrity Weddings: 5 Famous Couples That Said 'I Do' in Vegas



 By Katanya Royster

What's the first thing you think of when someone says Sin City? Okay, *after* legalized prostitution. That's right: quickie Vegas weddings in chapels illuminated with neon lights. The fact is, Las Vegas issues approximately 100,000 marriage licenses each year and boasts almost as many wedding chapels as it does casinos. For famous couples, those quickie celebrity weddings are typically followed by quickie divorces and embarrassing publicity. Vegas' abundance of 24-hour bars makes us wonder if some of our favorite celebs were under the influence of something other than love when they tied the knot, Vegas-style. Here are a few examples:

## Famous Couples That Married in Vegas

**1. Kelly Ripa and Mark Consuelos:** In 1996, former soap star and current television host Kelly Ripa married actor Mark Consuelos at the Chapel of the Bells in Las Vegas. Sixteen years and three children later, this happy married celebrity couple proves Vegas weddings can sometimes stick!

**Related Link:** [Demi Moore Proves There's Hope After Marriage](#)

**2. Angelina Jolie and Billy Bob Thornton:** In 2000, actress Angelina Jolie and actor/writer Billy Bob Thornton wed at The Little Church of the West on the Las Vegas Strip. The famous couple called it quits after two years of marriage with Jolie petitioning for divorce, citing "irreconcilable differences." It was Jolie's second marriage and Thornton's fifth.

**3. Britney Spears and Jason Alexander:** In 2004, pop star Britney Spears wed longtime friend Jason Alexander at a 24-hour wedding chapel. Apparently, Spears forgot to grab a pre-nup on the way to the chapel, meaning that this stunt could have cost her a lot more than a little public backlash.



55 hours later, Alexander signed annulment papers and took an economy class flight home. During a subsequent interview with MTV's *Total Request Live*, Spears said Vegas "took her over" and admitted that "things got out of hand."

**Related Link:** [5 Celebrity Couple We Want to Reunite](#)

**4. Pamela Anderson and Rick Salomon:** In 2007, Rick Salomon, who famously co-starred in the leaked Paris Hilton sex tape *One Night in Paris*, and actress Pamela Anderson tied the proverbial knot at Las Vegas' Mirage Hotel, making this the third celebrity marriage for both Salomon and Anderson. However, Salomon and Anderson's 15-year friendship did not translate into a successful union. Two months later, the famous couple's marriage was annulled in Los Angeles County Superior Court.

## Celebrity Love Has No Age Limit

**5. Doug Hutchison and Courtney Stodden:** In 2011, actor Doug Hutchison married aspiring singer Courtney Stodden at Las Vegas' Little Chapel of Flowers. The groom was 51 years old, and, at only 16, the bride was probably still learning to operate a motor vehicle. Despite Stodden's age, the celebrity marriage is legal. Under Nevada law, a person who is at least 16 years of age but is not yet 18 years old can marry with parental consent – and Stodden's parents consented to the marriage. "We all need a good man in our lives," her mom Krista told Fox411.com. "True love can be ageless," Hutchinson told E! News in response to the controversy surrounding the celebrity couples' age difference.

**Would you get married in Vegas? Share your comments below.**