

Relationship Advice: The Afterlife Connection



By Dr. Jane Greer

There is nothing more shattering than dealing with the death of a loved one. It turns you inside out, and it can feel like you might never recover. The magnitude of the loss can be overwhelming. However, one of the most inexplicable, profound, and powerful avenues for not just coping with the death itself, but also moving forward with your life is experiencing signs from your loved one that they are still with you and sending you love. I call these signs transcommunication. Television personality and entrepreneur Bethenny Frankel had an experience with this when she accidentally texted her late boyfriend Dennis Shields, and at another point received a text that nobody claimed to write. She acknowledged after that she

thought it was, “weird.”

I talk about this exact situation in my book *The Afterlife Connection: A Therapist Reveals How to Communicate with Departed Loved Ones*. I actually wrote the book because of my own experiences after I lost my mother. She gave me, and continues to give me twenty years later, such clear signs that she is still with me that I felt compelled to learn more and explore what was happening.

Opening myself up to the possibility of transcommunication transformed my life, and continues to today. It can do the same for you once you begin to know what to look for.

Many people have a hard time understanding or accepting this possibility, or might even be frightened by it. But numerous scientists are now devoted to research and a better understanding of this phenomenon, including the work being done at The Afterlife Research and Education Institute. The big question is, how can you bring this to a personal level? To begin with, in the same way Bethenny said her experiences were “weird,” one indication that you are receiving a sign is that you say, “I know this sounds crazy but,” when you talk about it. That’s because you know something important happened, but you don’t have the means to explain it rationally. Another clue is when you get goosebumps or chills. How, then, can you begin to learn to read the signs that are sent your way? In my book I refer to another book written by Louis E. LaGrand, Ph.D. called *After Death Communication*. In his preface, he describes the various ways people might become

aware of communications from deceased loved ones.

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ADCs (after-death communications) include sensing the presence of the deceased, feeling a touch, smelling a fragrance, hearing the voice or seeing the deceased, and meeting the loved one in a vision or dream. Messages are also received in symbolic ways, such as finding an object associated with the deceased, unusual appearances or behavior of birds and animals, or other unexplainable happenings which occur at or shortly after the moment of death. Several combinations of the above phenomena may occur within weeks of death or over a period of years.

Along the same lines, Bill and Judy Guggenheim, in their seminal book *Hello from Heaven*, have categorized and provided anecdotal evidence for the innumerable methods – from visual to olfactory to auditory to symbolic – those in spirit have used to communicate with the living. Those they categorize as symbolic include the appearance of birds, butterflies, rainbows, animals of all kinds and a variety of inanimate objects such as seashells, coins, and pictures.

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When coincidence comes calling, consider instead that you are really dealing with a message of love from the other side. Here are three important things to keep in mind as you search for your own answers. The first is, be open to its occurring. If you accept it can happen to you, it will. The second is to debunk the notion that something huge has to happen, which is not the case. The signs can be subtle and small. They do not have to be big, sweeping gestures. For example, you might think about your mother and her favorite song comes on the radio, or you think about your father and a picture falls

over. And the third is to be aware that some of the signs might come through energetically and might affect your computer, your car, your television, or any other machine or device by interfering with their function and disrupting what you are doing. Instead of being annoyed when these things break or malfunction, shift your way of thinking to see it as a sign and embrace that.

In my book I also talk about dream visits, in which the deceased is present in your dreams but not dead. The feeling is so powerful that I call these dreams, “the you’re still alive, you’re not dead dreams.” There might be a particular interactive quality to the dream – different from others – where you feel you are right there with the person. It is defined by an intense reality that other dreams don’t possess, and after you experience one you wake up with a profound sense of well-being.

The most important takeaway here with all of this is that seeing is believing. It seems Bethenny had this experience, and if you, too, are able to open your heart and mind to this, you make room for your loved one to stay connected with you in a way that is remarkable.

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Relationship Advice: Will Your Perfect Partner Vision Become Reality?



By Dr. Jane Greer

Some people refer to it as the Soulmate List, others as the Love List. Whatever you call it, there is a popular trend being used by many hopeful romantics in which people write down the traits they hope to find in a mate – anything from handsome to well-read to empathetic – with the belief that putting it out there will allow the universe, or whatever entity might grant true love, to conjure it up. In fact,

Tiffany Haddish dished about her “dream guy” having everything from cooking skills to excellent credit to beautiful hands. While it’s nice to fantasize about the ideal companion, the reality is we all have flaws and imperfections. And the later in life you meet, the more likely each person has baggage from former relationships and life experiences, which can sometimes include previous marriages or even children.

So, the question becomes, is the practice of creating a perfect partner on paper leading you closer to or further from your goal?

Can this idea of putting a vision out there make it become a reality and energetically bring him or her into your life? Or does creating a dream person end up actually stifling your dreams because there can’t possibly be anyone out there who fits every aspect of what you are looking for?

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We all know there is no perfect person, and waiting for one will mean you might continue to be alone until you feel ready to compromise. If you keep searching for your dream person, you might be dreaming for a long time while remaining single. It’s important to leave room for the reality of who a person is, since nobody can live up to a fantasy. If you are not willing to consider someone beyond your list – for example, you want your future partner to be six feet tall and you rule out anyone who isn’t – then you are limiting yourself in your search for love. How, then, can you have a dream list that can work for you and not against you? First of all, it is important to have a sense of what you are looking for in a partner so you can place a premium on and appreciate what you

like – creativity, hardworking, smart – whatever it might be. But so often someone simply looks to what the other person brings to the equation, are they tall? Beautiful? Wealthy? Do they have an exciting job? Do they have a great social life? And while these details can certainly enhance your life and your relationship, there is something else even more important to consider. That is – how they make you feel when you are with them. Do they make you believe you are special? Can you be real, be yourself, and not worry that you are being constantly judged? Do you laugh a lot when you are together? Do they have a sense of humor, and do they understand and appreciate yours? Are they interested in meeting your family? Do they take care of you when you are sick? These are the details that trump someone's height, or someone's job title, or how much someone's annual salary is.

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It is so easy to get hung up on the external details, but very often it is these other ingredients, the personal ones, that can be on the back burner and eventually lead to a high flame if you are open to it, as was the case in the movie *When Harry Met Sally*. If you can keep your eyes and heart open, and not rule someone out because they don't match one of the items on your dream list, you are more likely to find love. Those items – such as being a good cook in Tiffany's case – should be considered to be the bonus prizes, the perks, but not the essentials. So when you sit down to write that dream list of yours, include yourself, what you hope your partner will be able to give to you emotionally, and what they might bring out in you. After all, the search for true love is a journey for two.

Hopefully Tiffany will find everything she thinks she wants in her dream guy, and so much more.

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and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Expert Dating Advice: The #1 Thing Holding You Back From The Right Relationship





By Gillian Lee

In this weeks Single in Stilettos, [dating advice video](#), founder and relationship expert Suzanne Oshima talks to Antia Boyd about the #1 thing holding you back from the right relationship. Watch the video above and read the article below to find out some good dating tips in your life!

What's Holding You Back In A Relationship

Boyd tells us that the number one thing holding us back from the right relationship is that we're always wanting to be right! Boyd states, "I need to be right because when I'm right I can rely on that and I can't rely on anyone else." She explains this is how most women feel, and this can ultimately hold you back.

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You have to be willing to be wrong in dating. Acknowledge you

can be wrong, and that will allow you to fully open up. Us women are so used to being, “strong independent women” and we love being in control and always knowing the outcome. Oshima states, “sometimes you just have to go with the flow and that’s how things happen organically.” It’s hard sometimes for independent women to allow the man to take the lead and receive in a relationship. But doing so, will let your relationship thrive!

Related Link: [How To Build A Lasting Love](#)

Most women haven’t perfected the “transitioning” between work mode, and love mode. Women should have a transition between when they leave work to when they are back with their significant other, so it shows a man that you’re giving them your undivided attention.

For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

The Exciting World of Celebrity Engagements and Weddings





Members of the general public are fascinated by the love lives of their favorite celebrities. They adore hearing about movie stars and their engagements. They love getting news about musicians, athletes, models and media personalities who are planning glitzy wedding festivities, too. Famous people are often stealthy and protective about their love lives at first. They don't want the media finding out about their plans and perhaps even ruining them. They like to hold on to the small amounts of privacy they can manage.

Many different components go into celebrity romances in the modern age. Find out more!

Some celebrities take to social media platforms to inform the public of their engagements. Other celebrities choose to take a more mysterious route. People often hear about massive [celebrity weddings](#) after the fact. It isn't unusual to hear about film stars who elope in different nations. It isn't uncommon to hear about television stars who get married in

lavish ceremonies on the beach, in the mountains, all the way across the ocean in Italy and perhaps even at city hall with no one around.

Rings are a big part of the culture of a celebrity marriage. This isn't a surprise. It can be fascinating to stare at engagement rings. It can be just as riveting to look at wedding rings. People can't wait to see the enormous "rocks" on celebrity fingers. These rings often cost celebrities pretty pennies, too. People who look online and in magazines often see close-up pictures showcasing these rings from every angle possible. It doesn't matter if it's a chic [black engagement ring with diamonds](#); it doesn't matter if it's contemporary or classic. People want to see the ring that Pete Davidson got for Ariana Grande. They want to see what Prince Harry and Meghan Markle have.

Engaged couples of all kinds regularly hire professional wedding planners to assist them with their big days. Celebrity weddings are often high-end affairs with impressive guest lists, stunning surroundings, and high-end design components. That's the reason that it makes complete sense for celebrities to recruit professional assistance. It's not exactly a small feat to put together a successful wedding for an individual who is in the public eye. It can be particularly tough to orchestrate a strong wedding for two famous people. Celebrities tend to work with wedding planners who have amazing track records and well-known client bases. These professionals are often based in large cities like Los Angeles, New York, Chicago, and London.

Wedding planners for celebrities often have difficult jobs on their plates. They have to select the ideal venues, first and foremost. Celebrities are like anyone else in that they can be rather fussy about the venue selection process. Some celebrities prefer the idea of venues that are comparatively intimate and small. Others like the concept of venues that are larger than life. Celebrity wedding planners have to strike a

delicate balance. They have to be able to locate venues that are simultaneously “deluxe” and private. Fortunately, there are venues all over the planet that fit this description. Some celebrity couples tie the knot inside of rustic farmhouses that are located in picturesque New England. Others kick off married life in five-star hotels situated in the heart of energetic Manhattan. There are always many interesting choices accessible to diligent wedding planners.

Food is a major part of any wedding. Wedding planners for celebrities naturally have to make arrangements that pertain to menus. There are quite a few credible and widely known catering businesses that are suitable for five-star weddings. They specialize in all kinds of cuisines, too. A celebrity affair may include main dishes from France, Italy, Mexico, India or Japan. It may include appetizers from Thailand, Sweden, Peru, and Germany, as well. Highly regarded event catering businesses serve everything from Cajun to Chinese delights.

Peace is a rare thing for many people who are in the public eye. That’s the reason that some of the most prominent celebrities are so protective about their engagement and wedding plans. Some celebrities refuse to reveal their plans with regard to their honeymoons. People often have to speculate about their trips. The media made a lot of guesses that related to the honeymoon schedule for Prince Harry and Meghan. They didn’t depart for their honeymoon immediately after marrying.

Planning a beautiful and private celebrity wedding does take a lot of arranging, but when planned correctly, it is an amazing time for them and a time for the rest of us to dream about their special day.

Parenting Advice: How to Manage Being a Working Parent



By Dr. Jane Greer

The push and pull between holding down a job and taking care of a home is an ongoing struggle. It can be hard to balance taking care of the kids, pursuing a career, and getting all of the daily housework and chores done. If a mom is going back to work after taking time off to start a family, it can be even harder to transition into the workforce again. Eva Mendes has opened up about her struggles as a working mother of two. She talked about how difficult some of the simple things can become when you are juggling so much, even just getting

dressed.

So what, if anything, is the answer to managing the tug of war and the potential chaos that comes with working and being a parent?

There are two things going on when a mom decides to go back to work after spending time at home with children. The first is something Eva touched on, getting the logistics into place. The second, and this one can often be even more difficult to deal with, is the guilt and longing that can go along with the decision to return to a job, and the transition of actually doing it. Not only might you want to be with your kids, but you also might feel you are not doing the right thing by leaving them with a nanny or at daycare. The hope is that you will be able to find a middle ground so you are not consumed by these feelings, and you are able to enjoy your work and be present there.

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There is no one answer for all women, each one has to find her own way and her own balance. Here are a few things to keep in mind, though, as you navigate your way. The first is that while you may not be able to spend all day with your child anymore the way you are used to doing, know that research has shown that what is most important is the quality of the time you spend together, not the quantity. In other words, it is better to have one or two meaningful hours together a day, which you may be able to find before or after work, when you are completely focused on what your child needs, than it is to have all day every day when you are frazzled, possibly unfulfilled, and not paying full attention to your son or daughter. People often falsely equate the idea that being the

“good enough mother “ means being with your child all the time. However, the term, used by Winnicott and other developmental theorists, in fact means setting aside your needs in order to be available and responsive to those of your kids, and in this way you are completely attuned to them, which ensures promoting their emotional well-being. This can be achieved in many different ways, and, in reality, it is how you spend the time you do have together, no matter how much it is in a given day, that really counts. With this knowledge, you may be able to set a few realistic goals which will help ease the transition back to work. For example, you might be able to carve out a chunk of time in the day or night when you can really tune in to your child, whether it be reading together, singing, or even having fun choosing an outfit for the next day.

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Some women, though, become so consumed with being a stay-at-home mom that it can really color the enjoyment of the job. Of course, sometimes there is a hard and fast financial element to deciding to go back, and if that is the case know you are doing exactly what your family needs, and keep in mind that the research is on your side. If you are more flexible, though, and it won't interfere with your sense of self, see if you can delay the return to work so you can continue to be physically and emotionally present for your children for a while longer. Some people choose to never go back to work. Making that choice really comes down to determining how crucial the work is to your well-being. If you know you will regret it and resent not being at work more, explore the possibility of finding a compromise, and try to come up with a plan where you are not away from home all day, maybe you can work part time or a few days a week.

It sounds like Eva is finding her way with that and doing what every mom has to do – confronting that fork in the road and

looking at what will be the most meaningful and viable way to move forward for her and her children. Ultimately, that is all you can ask of yourself.

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Love & Libations: Autumn + Red Wine = Love





By [Yolanda Shoshana](#)

Red Wines For Upcoming Autumn

Gifft Red Blend by: Kathie Lee Gifford

It's no secret that Kathie Lee Gifford loves wine. She and her co-star Hoda always have a fun libation in front of them during the show. The name of the wines come from her last name and belief that friendship, love, and laughter are gifts that should be cherished. Recently Gifford has said that she is willing to make room in her heart for someone new. At this point, it would take someone pretty special to wine to sweep her off her feet. Her busy social life and show keep her content.

What's great about Gifft Wines is how affordable they are. It makes them the perfect option to channel your inner Kathie Lee and entertain friends and family.

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Baby Bear Syrah by: Kyle McLaughlin

One could say that Kyle McLaughlin is aging like his fine wines. When not acting McLaughlin can be found focusing on making small batch wines in Walla Walla, Washington. It's his home state and he said that he was obsessed with wines from the region. The unusual name for his line of wines comes from a reference from Shakespeare. If you've never had wines from the state you are in for a treat. Washington is known for producing amazing Cabernet Sauvignon, Merlot, Riesling and Syrah.

This is a special wine that should come out for a special occasion like an anniversary or romantic dinner. Make sure you have this one at home or a hotel so that you are close to the boudoir, it will give you the feels.

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Two Paddocks Pinot Noir – by: Sam Neill

If you won't know the actor, Sam Neill by name, you would definitely know him if you saw him. He recently was seen in the frisky movie, Gerald's Game. Let's just say handcuffs were involved. While he has had a very successful career as an actor, he found that he had a passion for wine. Neill has been in the wine game since 1993. Unlike most celebrities who have a wine business in Napa or Sonoma, his winery is in New Zealand. He owns four organic vineyard spread around Otago, a beautiful region known for its luscious mountains.

This big juicy Pinot Noir is bold and full of body. It will be a delight on the palate of any red wine lover. With this wine you could opt for a nice quiet dinner of lamb or steak or have it when you have your closest friends over. It's not a wine for so called friend, but perfect for your squad.

Related Links: [Love & Libations: Autumn Date Night Ideas](#)

[Inspired by Celebrity Red Wines](#)

LVE Cabernet Sauvignon- by: John Legend

Legend teamed up with the very classy Raymond Vineyards to produce his award winning wine. The goal of the wine is to bring together classic elegance, rich complexity and modern soul.

It has notes of chocolate, blackberries, and oak. Let's just say that it's seduction in a bottle.

This is a wine that is all about spending quality time with your partner. You might even want to whip up a recipe from Chrissy Teigen's new book, *Cravings: Hungry For More*, and pair with the wine. It would be like taking love tips for Chrissy and John.

For more Love & Libations date ideas and [celebrity couple predictions](#) from Yolanda Shoshana, [click here](#).

Relationship Advice: Tips and Tricks for Successful Internet Dating





Despite the horror stories you may hear, a recent study showed that upward of 84-percent of people who use online dating apps do so with the intention of developing a romantic relationship, rather than a casual hookup. What does this mean for those looking for love? You're in luck.

Still, there are ways to make the task easier for yourself when trying to find that special someone. Here are some of the best relationship advice tips and tricks for internet dating to help you find "the one".

Define Your Goals

First and foremost, you need to do some self-reflection to determine exactly what it is you want out of this experience.

Are you sure that you want to look for a serious relationship, or are you looking for something casual? What's important to you in a mate? What are some compromises you're willing to make and some that you aren't? Perhaps you'll date someone with kids, but you won't date a smoker. Maybe you need a [christian dating](#) site to stay aligned with your beliefs and values. It doesn't matter what your guidelines are, as long as they are authentic to you.

Ideally, you should define your goals before diving into the online dating world. If that ship has sailed, however, it's never too late to take a step back and re-evaluate your situation, especially if you've had a few negative experiences.

Portray Yourself Authentically

While it can be tempting to choose a photograph of yourself from six years ago or one from the rare occasion when you're dressed to the nines for a special event, refrain from doing so. Why? Because this approach doesn't show the real you and it leads to possibly starting a relationship on a bad note.

If you're a woman who spends most of your time outdoors, hiking through the woods and camping under the stars, then perhaps the photo booth picture of you as a bridesmaid with your hair and makeup done isn't the right choice. Alternatively, if you're a man who loves sports and has no interest in fine dining, don't hype up your profile in attempts to tell women what they want to hear. You're trying to find someone who will love you as a person, not as a picture. Keep that in mind when crafting a profile.

Think About Your First Message

The first message you send to someone will act as your first impression, so give it careful consideration. Messaging someone and saying "hi" is unlikely to get you far. Look at their profile and make a connection based on their interests

to show that you went beyond the picture to learn more about them.

On the other side of things, consider your response carefully if someone reaches out to you and you are interested in pursuing something. Keeping things simple and friendly is the best way to go. If, by chance, you are exposed to someone rude, block them and move on without engaging.

Set up a Safe Meeting

When you feel ready to meet someone, take precautions to ensure that the person is who they say they are and that they have good intentions. Start by looking past the profile picture and seeing that the person has an online presence beyond that. Next, schedule a long phone call or video chat so you can talk for real before making the agreement to meet. Anyone can be sitting behind a keyboard typing and sending photos. Verify their identity so there are no surprises.

When everything checks out, plan to meet in a neutral place where there are lots of other people around. Tell a close friend or relative about your plans and the person you are going to meet. If you ever feel as though something is amiss, don't feel obligated to stay out of politeness.

To have success in online dating, remember these three key takeaways: be kind, be truthful, and be safe. There's someone out there for everyone; you'll find your person soon enough.

Relationship Advice: Get the

Birthday Gift Right



By Dr. Jane Greer

Birthdays are generally synonymous with hopes, cakes, and, of course, presents, but they can also be tinged with disappointment since there are so many expectations wrapped into this one special day, and emotions can run high. Sometimes the gift is perfect. For example, Priyanka Chopra and Nick Jonas celebrated his 26th birthday together this past week at a baseball game which, according to social media, seemed to be exactly what he wanted. A misstep with the all-important gift, however, can sometimes be the very thing that sinks the ship, and can not only ruin the day, but can also breed resentment for a long time afterward.

Whether you're dating someone, or you've been married for years, getting the birthday present right can be a challenge. Your partner has wishes you may not be aware of, and you might not be sure what to get. How can you live up to meeting their desires, and where do you start?

There are a few things that can lead you down the wrong path while you are contemplating that purchase. To begin with, if you have not paid attention to what they have appeared to be interested in over the past few weeks or months, like the scarf she stopped to look at in the store window, or if you have missed their hints, like the massage he always says he would like to get, then you may have no idea where to begin. If that's the case, when they tear away the tissue paper, hoping to find something specific looking back at them but find something out of left field, your gift might be met with disappointment. Along the same lines, it is never a great idea to simply buy what you like or want with no consideration to whether or not your partner might feel the same way. Just because it is your taste does not mean it is theirs. If they say they want a sweater, before choosing the one you would buy for yourself, instead think about their preferences and previous choices. Similarly, you might see this as a good time to get something practical, why not? You really need that better coffee maker or expensive knife. Here is another way you can go awry, though, since your partner might not appreciate that, and may be hoping for something more personal

and indulgent. Finally, while some do like a joint activity to be the gift, as was the case with Nick Jonas, not everyone falls into that camp. Make sure that is okay before you take the plunge, since some might see it as encroaching on their birthday, which they don't want to share, since they want it to be only about them.

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For any and all of these reasons, browsing online or in a store can feel like a minefield that could blow up in your face at any moment. So, what can you do to avoid that? Begin by asking what they want in advance, even going as far as requesting that they make up a birthday list. Think about suggesting that the list have three or four items that fall into different price ranges. That way you can have options, and you will know that whatever you choose will be well received. Another possibility might be to take them to a favorite store and have them try on a few things. You can go back later and choose one or more of those items, and it will still be a surprise, but you know it is something they will enjoy. Finally, you can simply get a gift card to a store or spa you know they like so they can select what they want, going back at a later date either by themselves or together to make an outing out of it.

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Sometimes people are reluctant to make a present list because they think it spoils the surprise of the gift, which can be nice but not necessary. They also may think they are making it too easy for their partner by telling them what they want. But the truth is it is more about the pleasure and the good feelings a great gift will generate over time. By helping your partner out so they know precisely how to please you, you guarantee a happy outcome, which is what matters most. The

goal is to get what you want, it isn't a contest to see if your partner can figure it out.

It is likely that the way you give gifts comes from the way the family you grew up with gave gifts – in other words, that is what you know, and naturally you continue that pattern. The trick is to be open and aware of your partner's ways and preferences, so you can develop your own gift-giving protocol together. It sounds like Priyanka and Nick have been able to do just that.

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Relationship Advice: How to Cope with a Loved One Who Is an Addict





By Dr. Jane Greer

When someone you once loved dies, it can be devastating, even if you haven't been in a relationship with them for a long time. If that person had problems, such as a drug or alcohol addiction, learning about their death can also be confusing and can conjure up all sorts of feelings including guilt. Ariana Grande is heartbroken over her ex Mac Miller's death, according to an inside source. The rapper was found dead last week after what is thought to be an overdose. Some people have lashed out at her, saying she should have done more for him. Others have strongly supported her, saying she did everything she could.

Either way, it is a hard place to be and it raises the question, when someone is in a difficult relationship with an addict, how

much is too much, and when is getting out the right thing to do, even if that person might be in danger? Here is some relationship advice.

It is never easy to end any relationship with someone you love, and if they are struggling with personal demons it can be even harder. Anyone who has ever been involved with someone who is alcohol or drug dependent knows how hard it is to separate even if it has reached a point in which staying seems just as impossible, and sometimes even harmful to your own well-being. There is a natural amount of guilt that goes along with any breakup, but when there are these added complications the guilt can be overwhelming. When a tragedy occurs after you are no longer together and there is a death or overdose, those feelings can take over, leading you to wonder if you “abandoned” them and could have or should have done more.

Related Link: [Relationship Advice: Is It Too Soon to Get Engaged?](#)

The most important place to begin to reconcile these feelings is to recognize that you did everything you could possibly do when you were in the relationship to help them, and if you had remained it would have been to your own detriment. Acknowledge that leaving it was not easy for you. If you were able to remain friends, there might have been the opportunity to further illuminate that in order to have a better understanding of what happened. So in that case, it might be clearer to you that there was nothing more you could have done, and that you simply couldn't continue to handle the struggle. If you didn't remain friends or stay in touch and an overdose or death comes as a complete surprise, remind

yourself that you chose to end the relationship because it took a heavy toll on you, and recognize that you had no choice in the face of their continuing destructive behavior. Understand that there are limits to what you were able to do to help the other person. Ultimately each person is responsible for him or herself. Accept and respect that you made the decision out of necessity to invest in your own safety and happiness, that it was either sink or swim for you. Being able to see and do that is vital to your healthy self-esteem.

Related Link: [Relationship Advice: Tales of the Other Woman](#)

Keep in mind that what you want to do is remember who the person was to you, what they meant and what you shared together. Ariana paid tribute to her relationship with Mac by posting a picture of her memory of him. Hopefully she has been able to find peace.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Dating Advice: Why Do I Attract Men I Don't Want...And Repel Men I Desire?



By Gillian Lee

In this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Duana Welch. Watch the video above and read the article below for some good tips in your dating life!

Why Are We Repelling Men We Desire?

1. Not right for each other: Us women need to remind ourselves that just because you think you're attracting the wrong ones,

doesn't mean you are doing the dating game wrong. Welch brings up the dating app, Bumble and explains that men loves this app because it shows that women show that they're sexually interested.

Related Link: [How to Be More Desirable](#)

2. Showing you are available: This one might sound strange that you're showing that you're available. But, Welch states, "When women pursue them, what they hear is that I am sexually available to you and please don't make a commitment to me because I am sexually available to everyone." People tend to send the wrong signals when trying to pursue someone, and this often leads to repelling people you desire.

Related Link: [Fearless Flirting Formula](#)

3. Send proper signals: On dating sites, make sure to have the guy reach out first. Have a presence on the site, and show that you are single, but let him do the talking! Welch states, "Men are anywhere between 6-10x more likely to reach out for that first contact than women are."

For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).

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**New Celebrity Couple:
'Bachelorette' Star Clay**

Harbor Is Dating 'Bachelor in Paradise' Star Angela Amezcuca



By Ivana Jarmon

In [celebrity news](#), there's a new [celebrity couple](#) in *Bachelor Nation*! According to *UsMagazine.com*, Clay Harbor and Angela Amezcuca are dating! Harbor confirmed their relationship via Instagram by posting a photo of the two and including the following caption: "What do the kids call it? Woman crush Wednesday? Well here's mine." The snapshot shows the couple embracing on Wednesday, September 5. He also took to Twitter, included the same photo, and said, "If I had a rose to give she would get it. Every time." Harbor first appeared on Becca Kufrin's *The Bachelorette* season. Amezcuca was first introduced to *Bachelor Nation* on Nick Viall's *The Bachelor* season in 2017 and then starred in season 5 of *Bachelor in Paradise*. Best

wishes to the happy couple!

There's a new celebrity couple in Bachelor Nation! What are some ways to use your connections to find someone to date?

Cupid's Advice:

The dating world is tough, and it can be hard to find ideal prospects out there. Cupid has some ways you can use your networking skills to help your cause:

1. Happy hour at work: There's nothing like enjoying a cold one with coworkers! Even though it may not be the best idea to date someone from work, you never know who may be there from outside of the workplace. Work friends often ask friends to come and tag along. So, there is every possibility that you might meet someone at a work happy hour. If you get invited, seize the moment and go!

Related Link: [Celebrity Couple News: 'Bachelorette' Becca Kufrin Is Engaged to Garrett](#)

2. Social media it up: Check out what's happening on your social media! Try checking out events suggested to you on your Facebook. You can also check out where your friends are going and join them. It's a great way to connect, make new friends and maybe even get yourself a date with a lucky girl or guy.

Related Link: [Celebrity News: 'Bachelorette' Becca Kufrin Feels 'Sick' When She Finds Out Colton Underwood Dated Friend Tia Booth](#)

3. Public transportation: What better way to make a connection with someone than on a train or bus that you take every day?

The subway or Metra provides a great opportunity to strike up a conversation with someone. There are all kinds of people on the train. Next time you see a person reading a book you like or happen to hear the music they're playing, go talk to them. You never know what may happen!

What are some other ways to use connections and networking to your advantage when it comes to dating? Share your thoughts below.

Dating Advice: 3 Things Men Wish You Knew



By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

Dating Advice On What Men Wished You Knew!

Related Link: [Dating Advice: How to Attract a Strong Man Who Takes the Lead](#)

1. Men Don't Like To Date: According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money. You will have that feeling that they are "always wanting you around."

Related Link: [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

2. Food Is The Way To a Man's Heart: Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a

good idea would be to bring up food, instead of saying, “We need to talk.” He will be concentrated on the food while you are concentrated on the talk. It’s a win-win!

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

3. Affirming a Man: This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, “There is nothing more valuable than a man feeling like he’s needed, he’s wanted, he’s valued, he’s appreciated.” There are many terms that you can say on daily a basis that will make him feel wanted such as, “I love you” or “You are important.” Make sure you make your man feel good, because it’ll make him want to stay and love you. Bostock explains that if you aren’t the one affirming him, then there will be someone else out there who will.

For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).

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Dating & Technology Q&A: How to Win a First Date After Meeting Online



Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and Robert Manni!

Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a

major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be the best version of yourself— both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

Related Link: [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online, I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you.

Remember, dating is a fun sport. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice: Is It Too Soon to Get Engaged?



By Dr. Jane Greer

When is it too soon to get engaged? There are so many considerations that go into making this decision, from practical issues such as having enough money to finishing a degree to living in the same place, to more philosophical ones like is there a proper timeline for true love? Sometimes people have to first deal with other commitments and responsibilities before taking the plunge. But what if you meet someone and know instantly that person is your soulmate, do you still have to wait? Some think the answer to that is no. Nick Jonas and Priyanka Chopra announced their engagement after dating for only two months.

Quick engagements can be a sign that one or both parties are ready to settle down and feel the security and stability that comes with marriage. However, there are a number of pieces of [relationship advice](#) to consider before taking this next all-important step.

One of the biggest questions that comes up is, does it make sense to wait even if all the pieces are in place so that you can have more time to bring each other into the other's respective world? In other words, does having the inside track on your partner's life before you're all in add to the success of a marriage? Some might worry that the intensity of the high one feels when they first fall in love won't last, and therefore won't be enough to sustain you through life's ups and downs. If you do feel, however, it is enough to get you

through, and you are seriously considering a quick engagement, it can be helpful to ask yourself why. Is it because you simply want to get married and crave the security that comes with that? Or were you disappointed by a previous relationship and now eager to move forward with someone who's ready to truly commit and get married? Or is it all about the person, that you have fallen so hard for one another, that you have become a part of each other's lives so completely, and there is enough compatibility, that you feel you want to and will be able to continue to make things work between you?

Related Link: [Relationship Advice: Tales of the Other Woman](#)

Whatever the case, most people do find that the all-consuming, instant attraction eventually, and really inevitably, wanes. That's why a certain amount of time and effort is generally important to allow the relationship to solidify so you have the chance to really learn how to work things out together, and to see how each of you reacts to different situations. With time, you'll move from that googly-eyed stage where your partner can do no wrong, to eventually "sobering up," so to speak, and deal with life – sickness, cars that don't work, endless bills, having to work late – as opposed to the euphoria you might be feeling when you first come together. In fact, the "honeymoon phase" can often last longer than most people think, in some cases even up to a year, but by the time you move away from that and into everyday reality where you need to be able to work together as a couple to deal with the nuts and bolts of each day, it takes more than rose-colored glasses to navigate the raging rapids. If you don't manage to build that strong foundation, it will only be a matter of time before your individual needs, as well as all the daily hits of living that create friction and tension, tear you apart.

Related Link: [Relationship Advice: The Pitfalls of Dating While Divorcing](#)

If you are in love, and if marriage is on the table, here are

a few things you can ask yourself to determine if you are ready. First, do you think you are able to deal with your differences and compromise around them so you end up at a joint decision that feels good for both of you? Are you able to communicate and listen to each other, and ultimately relate to each other's feelings, so that you both feel understood? Can you problem solve, as well as work through and clear up your anger and disappointment so those feelings don't linger and cause trouble between you? Do you have empathy for each other? If you have these skills in place, then you are starting your life together with a full toolbox of important skills.

Nick and Priyanka seem to have found in each other what they are looking for, and have faith that they can continue to keep love alive. If you, too, have that trust in your partner then perhaps a short engagement can work for you as well.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Learning From Celebs: Clear Signs You Are In A Toxic Relationship



By James Helliwell

How do you define a toxic relationship?

There are many ways to do this; you can call it a relationship without love, without a future, without peace, without passion or without a number of things. The simplest way to describe it, however, is to call it a relationship where one or both parties is perpetually unhappy. We see this in celebrity relationships all the time on celeb news sites, such as our friends at [Fame Game](#), and *Vanity Fair*. The classic [Kate Moss and Pete Doherty](#) saga is a good example, but it happens to

“regular” people as well.

Recognizing that your relationship is toxic is a very difficult thing, especially to those within it. Here are a few signs to help you identify it.

1. You fight so much, you don't even notice it.

This is an easily recognized sign of a toxic relationship. Oddly, it is a sign often missed by those in the relationship. There comes a time in a relationship when you fight so often that the only fights that register are those loud enough to wake the neighbors. The best way to discover if this sign is in your relationship is to inquire about it from those close to you and your partner.

2. Either or both of you are keeping score.

This is both an extension and a separate entity from the constant fighting. In this case, there might never even be a fight. However, any time an offense is committed by one party, it is immediately followed up by the other party listing all the previous offenses. Here mistakes become weapons that each party must stockpile so that they never lose.

3. There has been no sex in a while and neither of you misses it.

This is a sign that most of us have already learned from watching TV, but it happens all too often in real life. People in this condition are quick to make excuses for why they have not been intimate in some time, most of which are hollow. The simple truth is that if a loving couple is ever together,

there's little that can stop their lovemaking. And this is vital to their well-being.

4. You stop communicating; casually or intimately.

There are two major ways every couple communicates; casually and intimately. A casual conversation between a couple is what establishes that they are friends. This is often mindless banter and joking around about any number of subjects. Intimate conversation is what distinguishes them as a couple. This is when they talk about their emotions, dreams, struggles, and other confidential topics. Both of these forms of conversation are important to maintaining a relationship.

5. You find you are never yourself around them.

It is normal for a person to change in a relationship. Changing allows them to accommodate their partner's quirks and personality. However, not being yourself is different. In this case, you only change when the other person is around or your partner only changes when you are around. Being yourself is a type of honesty and without it a relationship will never advance.

Every relationship will go through a rough patch, this is true. If you have noticed that your relationship identifies with one or more of these signs, you have a chance to work on it before it's too late.

Dating Advice: What To Do When Online Dating Isn't

Working For You



By Lisa Smith

Although online dating is one of the most common ways to meet someone these days, it doesn't work for everyone. There are several [research-based reasons](#) why online dating isn't actually the best way to meet someone.

For some people, online dating is frustrating because it's so easy for prospects to present themselves in a way that is much different from who they are in real life. It's incredibly easy to portray yourself as a great catch and hide your bad qualities in the online world.

Others claim the bigger problem is simply that online dating presents them with too much choice which is too overwhelming.

Overall, many of today's singles avoid dating apps and

websites because they are a time suck. It requires so much time to sift through the bad matches and find someone worth talking to. A great way to waste your time is by chatting with someone online for ages, only to meet them in person and realize there is no connection.

Here is some [dating advice](#) if you're single, and online dating just isn't working for you.

1. Try Professional Matchmaking.

Working directly with a professional matchmaker is like having a best friend who is on a mission to find your Mr. Right. A matchmaker is a trusted ally who knows exactly what you're looking for in a partner and wants to find that person for you. By choosing to work with a reputable and [elite matchmaking](#) company, you'll experience what it's like to only be presented with desirable and appropriate prospects. A matchmaker will also help to remind you not to commit certain dating mistakes, and will basically give you a much-needed pep talk before your first date.

One of the greatest benefits of working with a matchmaker is the screening process. They sift out the inappropriate candidates for you, and screen everyone to ensure they're only introducing you to someone great. While online dating might overwhelm you with options and present you with an exhausting [paradox of choice](#), matchmakers effectively narrow it down. This saves you time and energy, resulting in a much more positive experience than online dating.

2. Get Set Up.

Getting set up by a friend who has a single friend can definitely work. It might not be as effective as using a

professional matchmaker, because there is not the same screening process; however, it doesn't hurt to let a friend set you up with their single friend. If nobody is offering to do this for you, try asking a few of your friends if they know someone who is in your age group and single. You might spark the idea that there's someone great they can try setting you up with.

3. Sit At The Bar Alone.

Although it takes some courage to go to a bar by yourself, sitting at the bar alone is a great way to meet someone. Whether it be your neighborhood sports bar or a more upscale venue, sitting at the bar alone makes you approachable. You'd be surprised at how many people will chat with you, as it's not intimidating for them since you're sitting there by yourself. You might mistakenly assume that this makes you look like a sad person with no friends. However, it actually makes you look confident and esteemed. You aren't afraid to grab a drink by yourself, and that shows a sexy confidence. Patrons won't assume that you have nobody to grab a drink with – they'll simply think that you're comfortable being alone. It's a great quality to be independent and comfortable in your own company.

4. Work On Your Confidence.

How many times have you noticed a beautiful stranger behind you in line at Starbucks, or seen someone who is totally your type in the produce section of the grocery store? By working on your self-confidence and realizing that you have nothing to lose, you might start getting comfortable approaching sexy strangers in real life. With the rise of online dating, fewer people are getting approached or flirted with in real life, and you'll stand out as being confident if you do this. Remember that the worse thing that can happen is a polite decline, which isn't so bad.

Celebrity News: Celebrities Knock Millions Off the Asking Prices of Their Homes



When a celebrity sells their home, it typically goes for millions of dollars. However, there's a rising trend in that celebrities are first slashing hundreds of thousands, and in some cases millions, off of the asking price first. Earlier this year, according to [The Observer](#), former One Direction member, Harry Styles, slashed \$500,000 off the asking price of his LA mansion, while actor, Mel Gibson, recently knocked \$2.3 million off his Malibu mansion's listing price. Often, a well-publicized celebrity break-up is the cause for the swift drop

in price in order to secure a fast sale, but in other instances celebs just don't seem to want to hang around for a buyer.

In celebrity news, check out more instances where celebs are dropping the prices of their homes.

A quick drop in price

Since putting their luxury New York City penthouse on the market, Justin Timberlake and Jessica Biel have dropped the asking price by almost \$1.25 million. In fact, the couple seem so eager to shift the property that just a week after taking \$1 million off, they opted to drop the price further by \$245,000. According to The Daily Mail, the penthouse isn't Timberlake and Biel's only property. The pair reportedly spent more than \$20 million on a penthouse in the 443 Greenwich Street building last year. While celebs such as Justin and Jessica sell up because they require larger homes, there are others who stay put and opt to [utilize the money invested in their homes](#) by refinancing their mortgage and expanding their property.

Slicing off millions

Demi Moore is another star who found herself slicing millions off her home in order to attract a buyer. Her New York property which was once home to both her and her ex-husband Bruce Willis, originally hit the market for \$75 million. Realising that the asking price was significantly over-inflated, it dropped to \$59 million. However, after 2 years on the market it was sold for just \$45 million. You might think that Moore would be disheartened at the 40% drop, but considering she picked the property up for a mere \$7 million, she still made a fortune from shifting the penthouse.

Asking over the odds

When Harry Styles's pad hit the market for \$8.45 million, his listing broker justified the price by stating that renovations had taken place and that there was a strong housing market in LA. Despite owning the property for less than a year, it was significantly marked up compared to the \$6.87 million it was originally purchased for. This therefore begs the question whether celeb homes are purposefully overpriced in the hope that the agents selling them will make a bigger commission out of the sale.

Celebrity homes usually sell for a small fortune, however, it's worth remembering that many of them are over priced when they hit the market. Therefore, while, taking off millions might sound extreme, it's usually only done to bring the price back in line with similar properties.

Divorce Coming Your Way: Five Signs Men Need To Watch For





Excerpt from NYC-based divorce lawyer Jacqueline Newman's book [Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce](#)

The signs that a divorce may be on the mind of your spouse has the potential to show itself in different ways, depending on if you are a man or a woman. When it comes to men, signs may present in the form of financial shenanigans.

Here are five signs men need to watch out for when it comes an impending divorce:

Your partner is no longer Mrs. Chatterbox.

You need to be aware and realize it is a bad thing if your spouse starts to shut down verbally. Is she beginning to no longer talk to you about her day or what is going on in her life? If she stops complaining, that can also be a bad sign.

Related Link: [Should You Date Someone Going Through a Divorce?](#)

She is always annoyed.

Let's face it—you can be annoying (just as she can be). And therefore, she is often irritated with you. However, what is happening now is different. She is annoyed on a whole new level and all the time. This is not the simple “Turn the TV down! Are you deaf?” exasperation; this is the “Do you have to breathe so loudly and so often” line of questioning.

She has taken on a great interest in many things—except you.

There is nothing wrong with someone taking an interest in a new hobby or venture. What is not normal is when one partner seemingly has moved on to finding a new singular interest, hanging out with friends you do not know, traveling solo, or otherwise engaging in hobbies that do not involve you—and furthermore, places no focus on even trying to include you.

Related Link: [What Now? Transitioning from Married to Single](#)

She suddenly has a new interest in the finances.

If you have always been the spouse who paid the bills and handled the money and now she has taken a sudden interest in the family finances, it is normal for you to wonder why.

Indications point to the cheating component.

If your spouse becomes really possessive of her electronic devices, is abruptly required to “work late,” suddenly has a ton of business dinners to attend, is more concerned about her appearance, or is even overcompensating when it comes to your relationship, you must pay attention.

Just because your spouse may be doing something on this list does not automatically mean your marriage is over. Try to understand what is causing your spouse's new or strange behavior. Remember to stay alert. It is always a wise strategy to become fully aware about what is going on so you are not shocked when divorce papers suddenly turn up on your dining

room table and your wife's toothbrush is gone

[Jacqueline Newman](#) is a New York City based divorce lawyer and experienced NY matrimonial law expert. As managing partner of a top tier 5th Avenue Manhattan law firm focused exclusively on divorce, her practice runs the gamut from prenups for high net worth people contemplating marriage to high conflict matrimonial litigation in dissolutions involving complex financial assets and difficult custody issues. She is the author of "Soon-to-Be Ex: A Woman's Guide to Her Perfect Divorce and Relaunch" & "Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce."

Dating Advice: Best Movies for Great Date





Let's say you are with someone you're dating at home, you like each other, but you both experience some shyness. In this case, an excellent option is to watch some movies together. The question is, which ones? Let's figure it out. To begin with, set aside vulgarity and rudeness. They don't promote a romantic mood, and instead, they push [single ladies](#) away. Remember one thing: the movie you choose will say a lot about you, and it will either help or hurt your cause when it comes to your love interest.

Here is some dating advice around each genre of movie to consider when it comes to dating:

Drama

One of the biggest mistakes you can make when it comes to movie suggestions is choosing a heavy drama. These types of movies can lead to tears and depression, which isn't exactly the vibe you want to put out in front of your crush. If you choose to watch *Titanic*, you may be in for a teary night.

Comedy

When choosing a comedy, make sure to keep in mind a few things. First of all, check out the film's rating. You don't want to end up accidentally watching a movie with stupid jokes, obscene language, drugs, and murder. It 's definitely best to check into the humor of a movie in advance. The bottom line is that comedies don't promote feelings except happiness, which is great for a date.

Horror

They say that horror and fear strengthen your sex drive. It's difficult to answer whether this is true or not, but the fact that scary movies typically bring couples together indisputable. Generally speaking, when choosing a horror movie, make sure to ask your partner first. It may be that your crush hates them, no mater how interesting the movie is or who she's with, so be careful!

Thriller

Thrillers, like horror movies, can be called frightening. There's typically less blood and murder scenes in thrillers, but there lies suspenseful secrets and mystery. Make sure your partner is okay with those types of things before selecting a thriller to watch. In thrillers, there are no clear boundaries and they create intense emotions of excitement.

Adventure

One of the best options if to watch an adventure movie with your love interest. Adventure movies debuted in 1981 when *Indiana Jones: Raiders of the Lost Ark* hit the theaters, directed by Steven Spielberg. In adventure films, attention is focused not on the use of force and violence against heroes of a film, but on the ingenuity of heroes and travel. In adventure films, heroes often have to find an extraordinary way out of difficult situations.

Melodrama

You'll have the largest selection of movies to pick from if

you watch a romantic movie, also called a melodrama. What else does she need to feel happy? A good, bright, kind movie about love a happy ending is a sure thing. A melodrama reveals the spiritual and sensual world of heroes in emotional circumstances on the basis of well-known contrasts: good and evil, love and hate, or joy and sorrow.

Be sure you choose the right genre for you, as people are all different. What are some other things to consider when it comes to choosing a date movie?

Dating Advice: Most Common Dating Mistakes





While some of us are great when it comes to dating, others may fall into the “beginner” category. Either way, each and every one of us has had to deal with dating and the issues that come along with it at some point. Just as with anything, the ins and outs of dating and relationships have evolved throughout the years. There’s no doubt that there are some drawbacks to dating, but in the end, imperfections can be beautiful.

To get the most out of your dating game, it’s best think about possible pitfalls in advance. Here is some dating advice:

1. Poor communication: In an era where messengers and ridiculously fast transportation are ubiquitous, for some unknown reason, people tend to forget how to communicate. It’s not enough to just have sex and spend a few hours a week going out or eating somewhere. Deeper conversations and even small talk still matter. Ask how she feels today, what she is up to,

or what she dreams about. If things work out, you may end up in a serious relationship or married. Can you be happy with a person you know nothing about? No!

2. Online dating problems: Let's be honest: issues with online dating are infinite and we could devote an entire book to it. But to name a few, there are online dating scammers, addictions to sexting and frequent rotation of partners. You can easily become picky and fastidious, changing partners like underwear. It's totally not okay, as you never build an emotional bond, which makes your relationship real and authentic.

3. Rushing into things: "Think fast" is really great for work, but when it comes to relationships, rushing into decisions makes very little sense. Predicting how people are going to act is virtually impossible, so take some time to understand your own feelings and whether or not your partner and you truly click. Many people make this mistake while still being in the initial stage of a romantic relationship when everything seems sweet and fine.

4. Over-analyzing everything: This is pretty common. People tend to pay way too much attention to that which does not really matter. Overall, "actions speak louder than words," as they say. The fact is, we're human, so at times we can be distracted, depressed, moody or just detached. Of course, you want to avoid putting all of the burdens of your emotional state on your partner's shoulders. If she doesn't answer your message within 30 minutes, it does not necessarily mean you're getting the cold shoulder.

5. Not paying enough attention to sex: This one may sound odd, but it actually happens (often times with men especially). They tend to believe that they have natural skills in bed, and there's no need for training and looking for better approaches. Moreover, there's a right and wrong for each individual. Sometimes, the simplest things in life are the

most complicated.

What are some other potential pitfalls when it comes to dating? Share your thoughts below.

Dating Advice: 4 Signs Your Partner Is the Right One for You



A lot of us get into a relationship only to eventually breakup. This typically happens because we end up picking the wrong partner simply because we are not aware of what we want

from life or we are not able to catch the signs.

To help you make the right decision, our dating advice below includes four signs that indicate your partner is the right one for you:

1. You can talk for hours:

It is important for partners to communicate with each other and talk about everything. If you struggle to come up with a topic to talk about with your significant other, then it is a sign that you are probably not compatible. However, if you can talk at a stretch without struggling to find things to say, then you more than likely have a sustainable connection.

Many couples just sit together, at a restaurant for example, but have nothing to say to each other. Such couples are typically unhappy, and it's not something you'd want to aspire to in your relationship. If you find it difficult to open up in front of your partner and your conversations are not a two-way street, then it may be time to call it quits.

2. You love doing things together:

If you love your partner's company and enjoy doing things with them, then they may be the right pick for you.

This could involve everything from dining together to watching movies together to going on trips. Remember that you do not need to share the same tastes to be able to enjoy things together. You might like action movies and your partner might like romantic comedies. There is nothing wrong with that, and sometimes opposites can actually attract one another. But, if

these differences begin to cause you to fight, then it's a sign of concern.

3. He or she makes you happy:

Physical attraction aside, you get into a relationship because it makes you happy, but sadly not every relationship involves two happy people. Some can be toxic.

If your relationship only makes you unhappy, then it is not the right one for you. However, before you make a decision, find out what really causes you to be unhappy. It can be due to several reasons. For example, if you're married, think about putting together a list entitled "[thankful for my husband](#)" and bring to light what qualities your husband has that you are thankful for. You can do the same thing with your partner, and this will help you gauge if the fault is within your partner or because of you.

4. You fight, but then grow closer:

It's okay and normal for couples to fight. Just because you have arguments, it doesn't mean you're wrong for one another. Remember that all couples argue. In fact, many experts believe that fights can help two people come closer, but this only happens when you avoid letting arguments change your relationship.

If you stop talking to each other for days after a fight, then it is a sign that you're not right for each other. However, if you can get along despite arguments and not carry forward the hatred, then it is a sign that you can work through things together long-term. Couples that forget about the negative things in life and concentrate only on the positives stay together for a long period of time, because they do not let the hardships of life affect who they are.

Consider these four signs when you're trying to figure out if your partner is "the one". The key lies in not being overly

critical and seeing how things really are. If the partner you're with makes you happy and you think you can be with them in the long-run, then it's time to give it a real shot.

Relationship Advice: Tales of the Other Woman



By Dr. Jane Greer

Everyone feels they were scoured in the aftermath of betrayal, and in an effort to work through that and regain their equilibrium they like to talk about what happened, often to anyone who will listen. Sometimes, though, while that can

make someone feel better in the moment, it can cause greater trouble down the line and further delay the journey back to personal peace and happiness. Whether you are in the public eye or not, speaking out about the person who hurt you can be tempting. For example, Evan Felker's ex-wife Staci Nelson reacted recently to claims that he cheated on her with country superstar Miranda Lambert. Doing this can feel like your chance to set the record straight by telling your side of the story, and it can feel like a way to fight back. You've been wronged, so this is your way to make it right.

Sometimes speaking out about the one who wronged you can be helpful, while other times it can cause more negativity. So how can you balance it? This relationship advice comes down to what you say, and whom you say it to.

The obvious place to go to vent your anger and frustration is to friends and family, since they are the people who know you and support you. They may encourage you by asking you to tell them what happened, or they may be more provoking by launching a missile and speaking badly about your ex-partner, thus throwing logs on the already flaming fire. Try to be careful, however, about what you share with them for a few reasons. While the initial reaction is to look to end the connection, sometimes cheating can actually help people reevaluate and overhaul their relationship to make it stronger and more resilient than it was before. There are enough times that people get back together. If in fact you and your ex do reconcile one day you don't want your friends and family members to have turned so completely against him or her and

become so alienated that it makes it difficult for you to reconnect. Also, there is always the matter of the people you shared while you were together. What if, during your relationship, your cousin became good friends with your ex-husband, or your college best friend's wife is now best friends with your ex-wife? These are hard connections to break, and it helps to be aware of the tricky position that putting down your ex, who may still be an important factor in their lives, can put the people you love in. While oftentimes there is a strong pull to rally as many people as possible to your camp, drawing these lines can sometimes be very divisive and you risk creating more losses for you with your existing relationships if people feel they have to choose a side.

Related Link: [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

Being able to vent and say bad things about your ex can be an important initial step, but you want to continue to take subsequent steps and have that not be where you remain. Instead of only demeaning them and looking to do a character assassination, start to shift what you are expressing to focus on the impact their betrayal had on you and how you are dealing with it. To begin the real healing, it is important to be in touch with all of your feelings, not just your anger. This way it can eventually become less about stirring the brew of your rage and more about developing your self-awareness. In my book *How Could You Do This to Me?: Learning to Trust After Betrayal*, I speak about blind trust. Was this going on for you? Were you too trusting, did you see signs and ignore them, or did you miss them completely? It is this reflection and understanding that will enable you to learn how to trust your own judgement so that you feel better equipped to protect yourself in the future and keep this from happening again. By doing this it helps you to stop perpetuating the negative by keeping yourself in the role of victim, and instead shift to moving forward and away from your ex and the fallout of the

betrayal.

Related Link: [Celebrity Break-Ups: Evan & Staci Felker Were Trying to Have a Baby Before He Met Miranda Lambert](#)

Being deceived is devastating at best, at worst, if not dealt with, it delivers a blow that can keep you feeling low for a long time and can derail you from living your best life. For that reason, doing all this is your emotional health insurance as you go forward. Hopefully, Staci will be able to get back on track and become stronger as she carries on.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: The Pitfalls of Dating While Divorcing





By Dr. Jane Greer

Dating someone new is exciting but often challenging, and adding the complications of a divorce that's not officially finalized yet, as well as kids from the fractured marriage, into the mix can create a whirlwind of possible pitfalls and new challenges. Waiting for a divorce to become official, though, can take some time, and it is often difficult to put the entire future of one's love life on hold until it is all said and done. Actor [Brad Pitt](#), for example, has been seeing MIT professor Neri Oxman in the midst of ending his marriage to [Angelina Jolie](#). Dating while being separated from your ex-spouse can often feel like a no man's land of uncharted territory with no clear rules. There may be concerns about how quickly to move things along, or a newfound fear of commitment because the most recent union failed.

While you may be eager to move forward and find new love, it can

feel like a slippery slope where you can get in too deep quickly, sometimes without even meaning to. With that in mind, there are certain pieces of relationship advice to consider as you navigate this sometimes lawless territory.

The first obvious question is how soon is too soon? It is a very personal journey in terms of how each person manages the sadness of saying good-bye to someone they loved and shared a life with. Some people have no immediate desire to meet someone new, and instead withdraw and go into emotional hibernation, unwilling to put themselves out there for a while and risk being hurt again or diving into another unsuccessful relationship. Others take the opposite approach and seek out a new romance because that is what they believe they need to survive the turmoil they are facing. Taking your personal inventory of what works for you, figuring out your own rhythm of moving faster or slower, can be helpful in gauging the best way for you to proceed. If you do decide to jump back in to the pond of love, try to consider what didn't work in your marriage and attempt to avoid those behaviors in this new partnership.

Related Link: [Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

Along those same lines, how do you balance the responsibilities and devotion you have to your children, as well as all the things that go along with taking apart your old life, with this new person? Consider how much energy you realistically have to give to your new identity as a single

person and to your new relationship. If you have met someone you really like and want to get involved, that is fine, but keep your kids in mind and pace yourself with how you introduce them, possibly saying your new love interest is simply a friend at first so as not to confuse them. On the flip side, you might find you are not ready to invest a lot of time into a new romance. He or she might want to jump right in, planning dates and weekend brunches, but you are juggling time with your kids and don't want to miss a soccer game or a dance performance which often conflicts with the proposed plans. Think about and prioritize what is most important to you, and be completely honest about what you are willing and able to put into this new situation. Be clear about your time and what you need to keep it balanced. It can be helpful to convey this upfront so that they can keep their expectations of you realistic and not bombard you with demands for getting together. By doing this it will help make the new relationship stay light and be a relief for you, instead of becoming another emotional burden and a new source of guilt.

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

Finally, is it okay to talk about your ex and the details of your divorce with your new dates? There is no question that you have gone through a difficult time as you and your ex-spouse untangle the life you shared together. It has probably been the focal point of everything for you, all that you can think about. It is natural, then, that it is what you are used to talking about, and very likely what you want to talk about. That is understandable, but when it comes to the people you are just meeting and getting to know, the less you say about the nitty-gritty of your ex and your divorce, the better. Try to keep the conversation focused on fun topics such as activities you enjoy doing as well as those you would like to pursue in the future. Instead of making this new person your support system while you go through the divorce, allow your connection to be about what is ahead of you and think about it

as an opportunity to explore who you are now and who you are becoming.

While it is a lot to contend with, it appears Brad is handling these possible roadblocks and choices with aplomb. Neri seems to be taking everything in stride, and perhaps she and Brad can continue on this path to happiness together.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: 8 Ways to Tell If Your Online Date is a Cheater





Online dating is a fairly new phenomenon, but one that is here to stay. For some, it's a great way to meet like-minded people who share your interests, activities, and hobbies. But, how can you tell if their online persona is accurate and truthful? Are they really single and ready to mingle, or is your online suitor married with children? Several studies have concluded that up to 30% of those men using an online dating service are already married. The online dating site eHarmony states that 53% of online users lie on their dating profile, mostly about age, height and weight, and job/income.

Here are some signs to watch for so that you don't fall in love with a serial cheater.

1. He's on all of the online dating sites: Online dating apps like Tinder and OKCupid make it easy to keep a lot of irons in the fire. Someone who maintains profiles on ALL these sites are probably not interested in monogamy; if something doesn't come from one contact, he is right back there working on his

next one. Be sure and check to see if his user ID is active on multiple dating sites before getting too involved with your selection.

2. He refuses to meet you in real life (IRL): Some men enjoy the online attention and have no intention of ever meeting you IRL. If you've communicated frequently and are ready for a face to face in a public location, ask for it and gauge his reaction. You will find out how serious he really is about pursuing a relationship by how easily he makes it to connect with him IRL.

3. He may be unavailable and vague when asked direct personal questions: For someone looking for love on a dating website or app, ambiguous responses to basic questions like where they live or what they do for a living are a huge red flag. You want someone who is willing to reveal himself to you on a personal level, even if it's just meeting for a cup of coffee. Serial cheaters stay intentionally vague so that you can't pursue them; they can only pursue you on their terms, which don't typically include living happily ever after.

4. He's only willing to meet at odd times of the day or is unavailable for regular "date" activities: Someone who talks all night but gets off the phone hurriedly at 7am may have something (or someone) to hide. This may not apply to those guys who work a second or third shift, but if they are a 9-to-5er then watch their behavior carefully. Don't accept rushed, last-minute invitations or booty calls!

5. He doesn't appear confident in who he is and needs a lot of attention: Often serial cheaters are men who don't like being alone or are very insecure. They use online dating to prop up their fragile egos by trolling for compliments, strokes, and contact with multiple women. You don't want to waste your time on a dud who only wants to get something from you and not give anything in return.

6. He doesn't want to change his relationship status: If you've already met in person and it seems to be getting serious, check out his reaction when you ask or tell him that you are ready to change your relationship status online. If he balks, he may want to continue appearing to be single so he can play the field. If you can have a conversation about it and mutually decide on this issue, he may indeed be serious.

7. He avoids talk of the future: If your guy likes to only discuss things in the here and now and isn't willing to talk about the future, that may be another red flag. Every couple needs to have hopes and dreams that they share about their future together; if your guy changes the subject when you bring up your upcoming summer vacation plans, you might want to ask what his true intentions are for your future. Men who are in it for the short term or until someone better comes along will not want to make future plans together.

8. Sex is his primary objective: If someone initiates sexual conversation, flirting, or asking for naked pictures too soon, then that may be all that they are down for! It is always a good idea to have your own intimacy rules in place before ever pursuing online dating so that you know where the boundaries are upfront. Be honest with the guys too – if they are legit looking for love, they will totally appreciate knowing what the rules are.

Like anything online these days, do your homework before committing to anyone or anything. Always meet in a public place until you know the person better and don't be afraid to hire a professional if you are truly serious about a guy and don't know if he is or not. Reputable [private investigators](#) such as North American Investigations can ease your fears about your online romance or perhaps dig up enough information to know that he's not a good fit for you.