

# How to Keep Weight Gain from Ruining Your Love Life



It's easy to indulge in the mountain of cookies, candies and other calorie-packed goodies we stuff in our mouths over the Holidays without considering the consequences. However, if you pack more padding on your belly, it could have less-than-exciting ramifications for your love life.

Not to mention the fact that a few extra pounds can have an impact on your psyche. If you're looking for ways to improve your relationship whether it's losing a few inches or finding the self-confidence to love yourself, no matter what your jean size, here are a few tips to get you started:

**1. Eat healthier:** Although easier said than done, a few simple

changes to your diet will kick start your metabolism – and the sparks between you and your man. Start by cutting out bad habits, such as having a daily dessert. Limit treats. Instead, save the raspberry swirled cheesecake when you are on a special date with your partner.

**Related:** [Stop Counting, Start Eating: Feel Fresh for Fall](#)

**2. Get moving:** Jump up and start moving. Dancing with your girlfriends, going for a walk with your man or even a shopping trip are some fun ways to work up a sweat. Of course, if you challenge each other at the gym and make fitness goals together you may be surprised at how your relationship can come back alive.

**3. Enjoy Ambiance:** If you're a proponent of ambiance and mood lighting, candlelight or other dim lights can engage a smoldering mood. Plan a romantic evening, and fill your home with a warm glow of cinnamon scented tealights. Mood lighting will provide a calm, relaxing background so you and your partner can enjoy each other's company even more.

**4. Talk to your partner:** For all you know, your man is a fan your curves. Many guys enjoy a full sized woman, as there's more to love. However, if you're feeling insecure about your shape, let your partner know how you feel. When you communicate the concerns you have with your body, he will most likely be supportive.

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

**5. Learn to accept your body at any size:** According to *Good Morning America*, 68% of women wear a size 12. The average woman is not a size two, ladies; don't feel bad if you don't look like Angelina Jolie. Self-confidence is sexy. So what if you have a few extra pounds hanging around your middle? Find ways to work around it. The most important thing is to own your body. Have a little self-confidence and you'll be surprised at how your relationship can improve.

Is your weight gain affecting your love life? Share your stories below.

---

## Five Ways to Cut Down on Dating Costs



By Cory Reynolds

Dating can be stressful and expensive in the best of times. With the economy in the dumps and extra money being harder to come by nowadays, searching for that special someone seemingly got much harder. Daters are not the only ones feeling the pinch, however. Many local businesses that thrived on

expendable income and romance are feeling it, too. Almost every business is trying new things like coupons and specials to bring in some of that lost revenue, so the economy is actually a good climate for those that do a little extra work to find some deals, and those that are looking to cut down on dating costs. Here are five ways that you can do it, too:

### **Check Groupon**

Groupon is one of the best things ever to happen to daters.

From restaurant specials and farmer's markets, Groupon has really leveled the playing field when it comes to savings.

Finding a 75% discount on a flight simulation may not seem like a great idea to do solo, but if you are paying pennies on the dollar, it could really be a memorable experience.

### **Date during off peak times**

Another way that businesses try to rake up business is to offer specials during off peak hours. Movie theaters, dining and theme parks offer great deals if you choose to go during the week, or during the day. Instead of waiting until Friday or Saturday to go on a date, consider seeing a movie earlier in the evening on a Tuesday, or even going on a Sunday afternoon. Another advantage to going during off-peak hours is that there will not be as many people around, and you will be able to enjoy whatever you are doing without the throngs of people getting in the way of romance.

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

### **Go Dutch**

Splitting costs, especially earlier on in a relationship, can help with dating costs, and no unneeded pressure is placed on either dater. There is nothing wrong with today's modern woman paying her own way to the movies or to dinner and most people understand about being frugal.

## **Get outdoors**

The typical dating traps like dinner and a movie are not only clichéd, but they can be expensive, too. There are tons of great things to do outdoors that are free to see. Being outside is almost guaranteed to be good for conversation and takes pressure off the moment. There is hardly anything worse than sitting over a costly dinner with a glass of wine and straining for conversation. Doing an activity outdoors can save not only money, but also win you points for being unique as well.

**Related:** [First Date Oufit Ideas: Outdoor Festival](#)

## **Cut your date short**

Your date has gone well, you have impressed one another, and you two have really clicked. It is still early on in the night and that twinkle in her eye says she is hoping for a nightcap or drinks after dinner or that long walk through the planetarium. One way to save is to cut the evening short, and call it a night. Alternatively, consider finding a park bench near a lake or the beach, or even a table at a Starbucks. If you can save on drinks, or paying more to spend more time together, you have that little bit of extra cash for next time. If you decide to call it a night, then you will also help to build suspense for the next date.

*Cory Reynolds is a writer for [classesandcareers.com](http://classesandcareers.com) – a site with great information about online classes.*

---

# Five 'Down-to-Earth' Celebrity Couples



By Melissa Caballero

It's hard to deny how infatuated our society is with the lives of our favorite celebrities and their relationships. We sit with our friends and gossip about each of them on a first name basis as though they're our best buds. We fawn over their fame, fortune and good looks. But it's the rich and famous stars who handle their popularity with a dose of humility that give us a real reason to love them. Having it all and making top headlines in the media is one thing, but the way they act off screen or outside of the studio is what really exemplifies who they are as people. So, let's put aside the celebs with an attitude and stuck up demeanor, and give credit to the ones who have their feet planted right here on Earth.

**1. Ben Affleck and Jennifer Garner.** This pair has seen and done it all. But, starring in box-office hits and walking the red carpet doesn't seem to change them. They find happiness simply by being together, spending time with their two daughters (with a third one on the way) and laughing.

**Related:** [Jennifer Garner and Ben Affleck Are Expecting Third Child](#)

**2. Kristen Stewart and Rob Pattinson.** Despite all their vampire fame, this duo has yet to sink their teeth into the unfortunate attitudes that Hollywood is known to bring out. Staying true to themselves and their values, Stewart and Pattinson just want to be treated like everyone else. Even after bringing in the big bucks, we see no change in what they choose to wear on the red carpet, and they always show genuine appreciation towards their fans.

**3. John Krasinski and Emily Blunt.** There's no denying that this tandem is adorable. It is so refreshing to see a pair who truly loves one another, without all the drama in Hollywood. This couple seems to fly under the radar and in fact, they seem a bit camera shy. Krasinski and Blunt didn't even feel the need to broadcast their nuptials; instead, they had a private, romantic ceremony in Italy. It isn't about the glitz and glamour for this normal, down-to-earth love struck team.

**Related:** [John Krasinski and Emily Blunt Wed](#)

**4. Hilary Duff and Mike Comrie.** Simple but sweet, their relationship is on the way to an everlasting love. Staying in, cooking together and hanging out are on the top of their list of date night activities. As one of the youngest items in Tinsel Town, we embrace their normalcy and realistic outlook. With the struggles of being in a long distance relationship, these two leave the drama at the door and take advantage of the time they have together. We hope they enjoy

this alone time, as a soon-to-be new addition will undoubtedly stir things up.

**Related:** [Hilary Duff is Excited to Have Kids with Husband, Mike Comrie](#)

**5. Ellen DeGeneres and Portia De Rossi.** These two made their love official in 2008 and can be viewed as a great role model for other homosexual couples. They don't feel that there's anything to hide about their relationship, and it's very clear how they feel about each other. However, they never over do it and never let public criticism get the best of their relationship.

**Who are some of your favorite 'down-to-earth' celebrity couples? Share your comments below.**

---

**It's Time to Stop Asking,  
'When Will It Be My Turn?'**







By Danae Matthews

The short answer is, I have no idea. I have no idea when you will meet your significant other, if you will be bound to singledom the rest of your life, or if you will in fact run into your future spouse on the train today. Any of these scenarios has a chance of happening.

Recently, I was reading a book that suggested that if you're single, it's probably because you just haven't met "the one" yet. It said that if you're currently single, you should stop thinking about it and rest assured knowing that love and commitment just hadn't happened yet. If you tend to be annoying, no worries, because there is still someone for you. Are you emotionally unavailable? According to the book, one day your prince will come.

Although I don't necessarily want to believe that certain people are bound to live their lives in solidarity, I also think that ignoring the possibility of it happening is ill-advised. I mean, it *could* happen.

The thing is, the idea that the reason you aren't in a

relationship is because “it just hasn’t happened yet” buys into beliefs about fate, omnipotent planning and the notion that everyone has a soul-mate. Although those beliefs are beautiful, I wouldn’t be so fast to take the bait. Let’s face it: No one would give that advice about your career, physical appearance or personal achievements. If the “it just hasn’t happened” way of thinking isn’t good enough for the things that take real effort, why would it ever be good enough for your love life?

There’s going to come a time where you may have to take an inward look as to why it is you are dateless. Maybe you’re insecure, too loud or maybe you smell. There’s a great chance you have halitosis, and no one has ever told you about it.

Seriously, your breath may wreak! By re-evaluating yourself, you are ensuring that when you meet people you are presenting the most put together, emotionally sound and happy version of yourself.

Regardless, anything worthwhile is going to take at least a minute amount of effort on your part. You have to be willing and able to put the work into your love life if you want to be in love. You may have to get off the couch, and go out on the weekends or attend therapy sessions. You may have to stop dominating every conversation in which you participate. The bottom line is, you may have to really put yourself out there.

Getting yourself together in hopes of getting a date is sure to benefit your life in multiple ways. You’ll value yourself more and will therefore make better decisions about who to date in the first place. Basically, you’re telling the world, “Look at me. I’m *fabulous!* No smelly breath here!”

The bottom line is that you have to stop sitting around wondering, “When will it be my turn?” Instead, get out there and really *try*. It’s going to be scary, and at times it will probably suck. Nothing good in life was accomplished without trying, so in the meantime, embrace being single and enjoy the

time you have dating around!

*Danae Matthews writes for the on-line women's health resource Women's Health Base.*

---

# Celebrity Couples Who Shy Away From the Spotlight



By [Whitney Baker](#)

Some celebrity couples flaunt their relationship for the entire world to see, posing for the paparazzi as if they're at a photo shoot (hello, Kardashian sisters!). Other couples, regardless of whether they've just begun dating or have been

married for years, choose to hide from the spotlight and stay mum about the details of their love. Below are five Tinseltown two-somes who are keeping their lips sealed when it comes to romance:

**1. Kristen Stewart and Robert Pattinson:** Although this cute duo has refused to officially confirm they're a couple, they did come close to doing so on *Oprah* in 2010. The two jokingly referred to Kristen Stewart's "baby" when asked if they were dating. Also, an *Oprah* insider insists that Pattinson and Stewart revealed their relationship to the queen of talk shows before the taping. More recently, Stewart casually mentioned her "English boyfriend" in an interview for *British GQ*. Even so, don't expect too much PDA from this couple – despite their intense love scenes in *Twilight's* latest installment.

**Related:** [Rob Pattinson Thinks Kristen Stewart Looks "Amazing" as a Bride](#)

**2. Sarah Michelle Gellar and Freddie Prinze, Jr.:** Gellar and Prinze first met while filming *I Know What You Did Last Summer* and have been together for more than a decade. After a two-year hiatus from acting, Gellar is now starring in *Ringer* on The CW and is learning the ins-and-outs of balancing a career and motherhood. In a recent interview with *Self*, Gellar calls her daughter Charlotte "my best friend" and says that she values time with her family above all else.

**3. Gwyneth Paltrow and Chris Martin:** The Oscar winner and Coldplay frontman have been married for over eight years, but have been tightlipped about their relationship and are rarely photographed together. That's not to say that they don't realize how lucky in love they remain. As Martin recently told *CBS Sunday Morning*, "From being a loser to going out with an Oscar winner? It's a giant leap. Let's face it: It's like winning the lottery."

**Related:** [Chris Martin Calls Gwyneth Paltrow His "Beard"](#)

**4. Emma Stone and Andrew Garfield:** With this rumored romance, Stone, who starred in *Easy A*, *The Help* and *Crazy Stupid Love*, has met her match. Garfield is well-known for his role in *The Social Network* and is currently filming *The Amazing Spider-Man*, making him another one of Hollywood's hottest twenty-somethings. This publicly-shy couple has been spotted hiking and going to the movies, but they haven't yet officially confirmed their relationship.

**5. Carrie Underwood and Mike Fisher:** Since Fisher's trade to the Nashville Predators early last year, country's all-American sweetheart and her hockey-playing beau are enjoying a low-key life in Nashville. The couple is still relishing their status as newlyweds, often opting for trips to the local Whole Foods Market and cooking at home as opposed to fancy nights out.

**Related:** [Celebrity Couples You Just Might See at a Sporting Game](#)

Who are some of your favorite low-key celebrity couples? Share your comments below.

---

## Important Decisions to Make as a Couple





By Dee Mason

Recently, Emma Watson's boyfriend Johnny Simmons had a life-changing decision to make. It's been reported that Watson asked him to move not only states, but countries, to be with her. Specifically, she asked Simmons to move to London as she completed a year at Oxford University. At the time, the move was even more monumental because it was still early in their relationship. In November this year, reports surfaced that the duo were suffering from problems related to Simmons' refusal to follow her to England.

Moving to be near your partner is no small choice ... and there are many more decisions where that came from. Here are four important choices you'll inevitably encounter in your serious relationship, and factors to consider with each:

### **Going on vacation**

It may seem like a fabulous idea, but before you book any last minute cruises, it's imperative that you think carefully. A getaway will see you either cementing your relationship, or realizing you're just not meant to be. Being in someone's

company all day is a challenge to many couples when they're just starting out. Think before you grab that bargain on impulse, as it may come with more consequences than you're ready to handle.

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

### **Moving in together**

Meeting your partner for drinks and dinner is one thing, and seeing their dirty socks lying on the floor is quite another.

Moving in together a big step, which can either spell the end of a blissful relationship or the beginning of something really special. If your partner's a keeper, then you'll have to make the decision sooner or later.

### **Getting married**

People tend to know, deep down, if their partner is the right one for them. Ask yourself if your partner is your best friend and if you want the same things in life. If you don't feel you can ask them anything or you get bored in their company, it may be time to reconsider the relationship. If you can imagine wanting to be with someone else eventually or you don't consider them a priority, it's probably cause for concern. If, on the other hand, you can confront these issues positively, then it's safe to say you're on to something.

Marriage is always a risk, but both an educated and emotional decision can lead to a new and exciting phase of your life.

**Related:** [Vanessa Minnillo and Nick Lachey Get Married](#)

### **Having a baby**

This choice is a big one. You no doubt love your partner, but are you both ready for the patter of tiny footsteps? Although there is no right answer, it's important to be aware of all of the difficulties and responsibilities that come with parenting. Whatever you do, never make this decision on

impulse. Your body sometimes decides for you, so put your sensible hat on until you've talked it through properly.

**Related:** [Hugh Grant Has Baby Girl with Mystery Woman](#)

These decisions are whoppers. The key is to make sure you want to know the answers before you ask the questions. Emma Watson and Johnny Simmons may have just found that out.

---

# Celebrate Being Single This Year



By Steven Zangrillo



If questions about your singledom are still echoing in your head from your last family visit and you feel down about your relationship status, this is the year to make a change. That doesn't mean going out and finding the first online suitor you fancy or tying the knot in Vegas with someone you just met.

Instead, make a resolution to yourself and celebrate the positive aspects of flying solo.

Can't think of anything but the negative? Well, soak it up, because despite what others tell you, there are many reasons to celebrate. If you need some help with your list, here is a jump start so you can start smiling about being stag:

**1. Singles are the Majority:** What makes being unhitched exciting this year is that singles now account for a majority of households in the United States. Yes, it's true.

According to a recent Census Bureau report, married people have dropped below half of households, to 48% and only a fifth makeup a traditional family which consists of a married couple with children. So, when your Aunt Ida says, "You need to settle down and get married," you can let her know that the times are a-changing.

**Related:** [Career and Motherhood: Can Women Do It All?](#)

**2. Singles are just as Happy as Married Couples:** The holidays are an evocative time and people often engage in self-evaluative thinking. You measure where you are in your life professionally, socially and romantically. While the "single" stereotypes call for the image of a forlorn, lost, puppy-dog with no one to love, reality would suggest otherwise. As the marriage rate in our country dips below 50 percent, there has been a consequential growth in the single-and-happy demographic. A recent study in *Psychology Today* analyzed by Dr. Bella DePaulo found that being in a marriage with financial and social support does not necessarily denote consequential happiness. Whether married or single, having a

strong support network is the key to quality of life.

### **3. Singles Have More Options and Don't Need Permission:**

Discussions and arguments about equally sharing the weight in finances, parenting, and other mutual obligations is a moot point for singles. It's one less stress to consider. Plus, you have the freedom to travel, make career changes and move to a new state or country without answering to anyone about your decision. You haven't merged your life with a partner, so you still have the opportunity to enrich yours in a way that is unique to being single.

**Related:** [When Friends Have Babies and You Have Your Career](#)

While others lament your romantic misfortune, you should consider the perks. Aside from the aforementioned financial and emotional benefits, you have the advantage of spontaneity. So, if you were looking to book a holiday getaway – do it. It can be less expensive to travel solo and you can set your own budget. Even if you overspend, you won't have to listen to someone else's ranting and raving about it.

**4. Take care of yourself:** The most important reason to celebrate is that right now, you can completely focus on y-o-u. Spend this time to grow into a person of strength and dignity that is willing to be part of a team. Maybe you aren't in a relationship because you aren't ready. Self-awareness about where you are in life and if you're available emotionally to be with someone else is important.

There are plenty of reasons to celebrate being single this year. And, if you do it the more open you'll be for someone to come into your life. This is a great time to explore yourself, your needs and better yourself for finding a potential match in the future. Everything is relative, after all.

---

# Can Cheaters Ever Change?



By Sarah Foulkes, [GalTime.com](http://GalTime.com)

It can be a devastating blow to a committed relationship. One partner strays and the other is left picking up the pieces—and left with difficult decisions. If your significant other cheats on you— can he or she change? When is there hope to salvage the relationship... and when is it hopeless?

The latest example: after ten years of marriage and sticking by her husband through his self-admitted infidelity in 2003, Vanessa Bryant has filed for divorce from NBA star Kobe Bryant citing 'irreconcilable differences'. Reports say Vanessa

believes the basketball star was up to his old tricks again.

It's obviously a difficult time for the Bryants, who put out a joint statement through their publicist:

"The Bryants have resolved all issues incident to their divorce privately with the assistance of counsel and a Judgment dissolving their marital status will be entered in 2012. We ask that in the interest of our young children and in light of the upcoming holiday season the public respect our privacy during this most difficult time."

***Which leads us to the question, can cheaters ever change?***

According to Sharon Rivkin, a licensed marriage and family therapist, and expert in dealing with extramarital affairs, ***some cheaters change and some don't.***

"The cheaters that don't change are the ones where the cheater feels a huge sense of entitlement, is a narcissist, lacks any sense of remorse, and has virtually no impulse control," Rivkin says. "The cheaters that can change are the ones who do not have a character disorder or addiction and who have cheated because they were very unhappy in their relationship, their relationship had deteriorated to the point that they were not getting their needs met, and they had very poor communication skills."

Rivkin emphasizes that an affair never happens out of the blue— and is actually an extreme symptom of a relationship that's been in trouble for some time. It actually serves as a powerful catalyst that can either end a relationship or take it to a greater level of intimacy.

So what are some signs that a cheater will (or will not) change? Those willing to change show that willingness with their actions, Rivkin shares.

**Signs that a cheater will change are:**

1. A sense of remorse and pain over cheating.
2. The willingness to get help individually and/or as a couple to change the issues that caused the cheating in the first place.
3. The willingness to show their partner their cell phone, emails, etc. without getting defensive.
4. The ability to break off the affair to work on their primary relationship.
5. Admitting that they DID cheat (no excuses) and that it was wrong.

### **Signs that a cheater will not change:**

1. No remorse.
2. History of cheating in other relationships and reluctance to seek help.
3. Continuing to be secretive with their phones, emails, texts, etc.
4. Inability to stop the cheating. Character disorder, i.e., narcissism, sex addiction.
5. Inability to actually admit that what they did was wrong...lots of rationalizing, excuses, and blame.

Of course not everyone is dealing with a husband who plays professional basketball and who is allegedly cheating on them.

### ***But when is it time to give up and get out of a relationship?***

“When the cheating continues even though the partner is saying they aren’t cheating,” Rivkin affirms. “If a person continues to cheat, like Kobe Bryant, there is virtually no hope that this behavior will change.”

According to Rivkin everyone needs to explore their own relationship and circumstances.

“When couples don’t stay together, it has less to do with the particular circumstances of the affair than with the couple’s long-term history, and with their willingness and ability to explore it,” Rivkin says. “Sometimes it seems the reservoir

of resentment and hostility is just too overwhelming, and that so much damage has been done that there is little left to salvage. For some people, they are done with one indiscretion and some aren't. The only right answer is what is right for you."

After all is said and done, Rivkin expresses that if you feel you can't trust them again, even if they show signs of change, you may need to walk away.

"It's not a failure or a sign of weakness to leave a destructive relationship," Rivkin states.

**What are your thoughts on cheaters changing? What about the Kobe divorce?**

---

## **Ring In The New Year Celebrity Style**





By Steven Zangrillo

With 2012 approaching fast, it's time to plan the festivities!

Whether you're hosting a party with a group of friends or having a romantic dinner for two in New York City, it's important to plan ahead on this special evening. To get you started, we've outlined ten celebrity style activities that will ensure you have a 2012 celebration for the ages:

**Related:** [How To Snag The New Years Eve Kiss You Want](#)

### **1. Hit the Club**

You can catch celebrities making New Year's Eve appearances at the most exclusive hot spots from New York to Miami and out on the West Coast too. If you want to hang at the same location as your favorite star, make sure you have your ticket in advance and you're dressed to impress.

### **2. Take a Vacation**

Maybe you can't afford to schedule a jaunt to St. Barts or Lake Como, as Diddy and George Clooney have been known to do,

respectively. However, there are many exotic and affordable locations around the world that you can explore. Websites like Expedia.com work hand-in-hand with resorts and airlines to put together affordable packages for couples and families looking for a New Year's getaway.

### **3. See a Show**

If you're like Lil Jon, you'll be hanging out backstage rubbing elbows with your favorite DJs and popping endless amounts of bubbly. What better way to celebrate the New Year than to rock out to your favorite artist? DJs, singers, rappers and other talent flock to Vegas, New York and Miami to put on their most grandiose display.

### **4. Keep It Simple at Home**

Stars like Ben Affleck maintain a low-key status by kicking back quietly at home with loved ones, especially as he and Jennifer Garner await the birth of their third child. You might also benefit from a little rest and relaxation. A home cooked meal and quietly watching the ball drop in front of the television may be the perfect way for you to start the New Year fresh (and hangover free).

**Related:** [Romance Resolutions For 2012](#)

### **5. Host a Cocktail Party**

In Los Angeles, Drew Barrymore has been known to host a cocktail party with her closest friends. If you have a big enough place, why not pull off a stylish rendezvous of your own? If you're ballin' on a budget, have your friends bring their own booze. Just provide some finger food, a comfortable area to relax and a TV to watch the clock tick down with the rest of the world.

### **6. Head to Las Vegas**

Las Vegas is America's playground. Do we really need to



elaborate? You can experience the strip, the lights, the gambling (do it responsibly, please!), the shows and everything in between. Jamie Foxx is infamous for hosting various events, including his comedy tour, in Sin City. You can't lose, unless you sit at the Blackjack table a little too long.

## **7. Take To The Slopes**

Aspen is the go-to destination for celebrity skiers looking for a chic and celebratory weekend in the mountains. New Year's Eve at the St. Regis is the area's premier event which has included celebrities like Billy Crystal and Arnold Schwarzenegger. Chances are that your nearest mountain resort will also be engaging in festivities. Go check it out.

## **8. Enjoy Dinner**

Another successful formula for ringing in the New Year is by making reservations at a nice restaurant with your partner. Since it's one of the busiest times of the year, don't forget to call in advance to get your spot. You may even spot a celebrity or two eating at the table next to you.

## **9. Give Back to Your Community**

Giving to a cause is a uniquely satisfying endeavor and can be done in a multitude of ways. For example, Tiger Woods, Peyton Manning and Former Met and Yankee Daryl Strawberry have been known to host charity golf tournaments. Local organizations in your area may host a benefit or be looking for volunteers to help them on New Years' Eve. If you have a cause dear to your heart, and they need help on this special night, this may be a good way to begin 2012.

## **10. Celebrate in New York City**

There's nothing quite like New York City on New Year's Eve. Times Square can be an absolute zoo but it's definitely an

experience to try it out once. If you're looking for something a bit more sophisticated, you can join the likes of Alec Baldwin and get tickets to see the New York Philharmonic at Avery Fisher Hall in Lincoln Center. The one thing about New York is that you don't need to plan your evening. The best moments in the city usually happen when you're being spontaneous.

**How will you ring in the New Year? Share your ideas below.**

---

# **How to Determine the Expiration Date of Your Relationship**





By Allison Pescosolido, M.A. and Andra Brosh, Ph.D.

When you think the milk in your fridge has gone bad, you look on the side of the carton for the expiration date. If the date of expiration has passed, you simply toss it in the garbage, and buy a new one.

Relationships can also have expiration dates, but unfortunately there is no stamp on your partner's forehead that tells you it's time to move on. As a result, many people stay too long in a sour relationship, which can be toxic and damaging for everyone involved.

Sometimes the last breath of a dying relationship happens early on, like with Kim Kardashian and Kris Humphries. In other situations it comes much later, like with Al and Tipper Gore. Deciding to stay in a relationship or get out is complicated. While there are no hard and fast rules about when it's time to leave, here are a few tips to help you finalize your decision:

**Related:** [When Is It Time To Break Up](#)

**1. Have a bottom line:** Be very clear about what you are willing to accept as part of your relationship. Ask yourself if you are sacrificing your own integrity to save the relationship, and decide on what you are willing or are not willing to live with going forward. For example, once Sandra Bullock discovered that Jesse James was a serial cheater, she knew that the time had come to move on. She quickly separated and began a new life on her own with her adopted son.

**2. Know thyself:** Knowing if a relationship is healthy can be tricky, especially if you don't have any good role models to draw from. Many people know that their loves lives aren't happy, but can't really figure out why. Happiness comes from within, and knowing how and when you feel happy will help you decipher if it's you or the relationship that isn't up to par...or maybe both.

**Related:** [How Do You Know When It's Time To Call It Quits](#)

**3. Trust your gut:** If you know in your heart of hearts that the relationship has not felt right for a long time, trust your gut. It's easy to rationalize away the negative to avoid confronting what you don't want to face. Telling yourself lies so you don't have to leave will prevent you from making a rational decision. Look at the whole picture, not just the one you want to paint for yourself.

*Allison Pescosolido, M.A. and Andra Brosh, Ph.D. are experts in Divorce Recovery and starting over. They co-founded Divorce Detox, a full service center to transform the lives of individuals transitioning through divorce. Both have advanced degrees in the field of Psychology and are certified Grief Recovery Specialists®. Andra and Allison are proactively changing the stigma of divorce on a national level by treating divorce as an opportunity for personal growth and a new life. The Divorce Detox programs transcend traditional forms of treatment by providing the tools, support and guidance for efficient and lasting results. [www.divorcedetox.com](http://www.divorcedetox.com)*

---

# Romance Resolutions for 2012



By Steven Zangrillo

With the New Year right around the corner, many of you may be starting to stress about those ten pounds you stacked on courtesy of Grandma Anna's sugar cookies; or how you'll manage to get those last minute gifts shipped to your beloved in-laws and cousins you don't know very well. Instead, take a deep breath.

Now is a great time to step back, look around and re-evaluate your relationships. Whether you're a wife, husband, boyfriend, girlfriend or in the throes of a fleeting fling, there's never been a better time to understand your tendencies

(good or bad) as a lover and a partner.

Right under our noses lie some of the most common and simple adjustments we can make that will help get you started on the path of relationship improvement. Take to heart some of these “romantic resolutions” that you may want to put into practice as 2012 approaches:

### **1. “I will not expect the world of my partner.”**

To be clear, you should expect your partner to make the effort to give you the world. We all want our special someone to feel happy and satisfied at all times, and vice versa.

However, it’s borderline lunacy to expect that person to actually deliver on all of your wildest dreams. Newsflash: this isn’t an Old Spice commercial, and no, we’re not going to bake you a triple chocolate mousse cake in your dream house kitchen while singing your favorite song. But we’ll try, or at least give you a great foot massage.

**Related:** [Is Brad Pitt Ruining Your Love Life?](#)

### **2. “If they want to go to the movies, then take them to the movies.”**

Your significant other loves a hobby that you purely loathe.

It could be going to cheesy romance movies or ridiculous action flicks, blasting gangster rap at earth-shattering volumes from your apartment, or eating at a restaurant that triggers your gag reflex. If they know you hate these things, they probably shouldn’t make you experience them. But that’s selfish, wouldn’t you agree? So stick it out... sit down and watch “The Notebook” with her. You’ll reap the benefits later when she buys you those Eminem tickets next month.

### **3. “I will tolerate his or her friends, even if it doesn’t go smoothly at first.”**

This is particularly difficult in new relationships where you

may not have many mutual friends. Say you've moved to a new city with your flame and just met his friends. Because they are his or her friends, not yours, territoriality plays an integral role in this situation.

What's key to remember is that these people care for the person that you love, just like you do – albeit in different ways. Maybe they aren't your type of people, but if you treat each other with respect, the relationship with your significant other can grow. Integrating into each others' lives will be much smoother if you go into this with an open mind. And who knows, eventually you may grow to love them.

**Related:** [Plan a Party with Friends](#)

**4. “I will allow myself to be present when I am away from you.”**

Ever have that friend who, whether it's at the club or in a study group, that is constantly and obnoxiously in contact with their significant other? You may even be guilty of it yourself. It's an all-around annoying disposition.

If you're always on your cell phone, shutting out the world around you, you are probably aggravating all of the other people that enjoy your company in the process. Don't be the guy leaning on the bar, texting his girl, while everyone else is having a great time.

Furthermore, this could be a warning sign to you that you don't trust each other. Do you really want to be in a relationship where you find yourself having to give a detailed explanation of how dinner is going with your parents? If not, it's probably time to shed that relationship.

**5. “I will put myself first, but not at the detriment of my partner. I'll support everything they are passionate about.”**

This rule speaks for itself. No one worth being in a

relationship with would ever make you feel bad for pursuing your interests, on both professional and personal levels. If the dynamic of your partnership is that of mutual respect and support, your significant other will be your biggest cheerleader.

It is, indeed, easier to give the previous advice than it is to follow it. However, if you adapt an attitude that incorporates a little bit of everything discussed above, there's a good chance that you and your lover will have a relationship that will stand the test of time in the New Year!

---

## How to Handle Your Crazy In-Laws Over the Holidays







By Evan Fischer

While Kim Kardashian and Kris Humphries may no longer have to worry about dealing with the in-laws, there are plenty of newlyweds out there facing the first real test of their matrimonial commitment this holiday season: meeting their new family members. For Jerry O'Connell and Rebecca Romijn, who recently renewed their vows, this will be old hat. But celebrity couples like Wills and Kate and Blake Shelton and Miranda Lambert will find themselves in the same boat as every other newly joined couple in the world; facing the uncertainty of several days trapped with their in-laws. The good news is that there's no need for stress. By following just a few simple guidelines, newlyweds everywhere can have an enjoyable and relaxing holiday, even if the in-laws are a little bit crazy. Here's how:

**Related:** [Ways To Impress Your In-Laws](#)

**1. Offer to help:** The best way to get in good with the in-laws is to offer assistance here and there. Your mother-in-law may not want you in the kitchen while she's cooking, but perhaps

she'll let you watch her make her special recipe (no doubt she'll be flattered by your interest). And you can always offer to set the table, wash some dishes or otherwise make yourself useful. Don't be pushy, but offer frequently.

**2. Clean up after yourself:** Even if you're treated more like a guest than a member of the family, you need to be a responsible adult and try not to make more work for your hosts than necessary. This means picking up after yourself, doing your own laundry (towels included), washing dishes (or at least putting them in the dishwasher) and generally making an effort to leave a room just as neat as you found it.

**3. Set aside "me" time:** There's nothing wrong with taking a little time out for yourself, especially if it saves you from a meltdown. No matter what you do, there's going to be some pressure to perform for your new partner's family. So give yourself breaks here and there to decompress; take a bath, a nap or a walk to get away. And any time you can manage it, drag your new spouse along for some alone time.

**Related:** [Dealing With Difficult In-Laws](#)

**4. Participate:** You've joined a new group, but you'll always be an outsider unless you integrate yourself. Even if you don't want to play board games, sing carols or look at family photo albums, be a sport. It will help you become a family member a lot faster than opting out.

**5. Delegate "handling" responsibilities:** This is a biggie, and it could just save your holiday. Each spouse needs to handle their own family, including making arrangements and dealing with any issues that arise. The person that approaches in-laws in an aggressive manner is going to be seen as an interloper, so don't try to be dominant. You handle your family, and let your spouse handle the in-laws. Less stress over the holidays will greatly reduce your chance of winding up in relationship counseling in the New Year.

*Evan Fischer is a freelance writer and part-time student at California Lutheran University in Thousand Oaks, California.*

---

# Last Minute Holiday Shopping Guide for Your Partner



By Thomas Doane

With the holidays just around the corner, some people are starting to panic as they worry about what to buy for everyone. Of particular concern for many is what to buy for their significant others. Whether you are newly attached or longtime lovers, everyone wants to find a gift under the tree.

Believe it or not, even celebrities have these worries. After all, behind the fame and glamour, they are flesh and blood humans. Just like us, they have similar worries and doubts.

In that spirit, here's a guide to holiday shopping for your significant others, whether you're famous or not:

**Related:** [10 Holiday Gift Ideas For That Someone Special](#)

**If you've just started dating, think small.**

Not only will your new love not expect a large gift, but it may freak them out a little, which is definitely not what you want or need at this time of year. Try to find something small and meaningful for under \$50. This could be something simple like an item of clothing, or you could be a little more personal and plan a candlelit dinner at home. Whatever you choose, be sure to look for deals, and don't feel pressured to overspend.

George Clooney and Stacy Keibler should take this advice! The pair has only been together for a couple of months and shouldn't worry about lavishing each other with expensive gifts. In fact, due to George's infamously skittish nature, Stacy may want to go the dinner-at-home route, in order to appear appropriately aloof.

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

**If you have crossed the one-year threshold, then you can splurge...a little.**

Still keep spending to a reasonable amount, but try to find a gift that reflects your feelings for one another. Once you have reached the one-year mark, it is likely that you are in love, so go for something romantic, if all else fails, like a weekend getaway for two, or a small piece of jewelry.

This would be a good guide for Justin Bieber and Selena Gomez, who recently celebrated their first year together. While this

pair is awfully young to be worrying about jewelry, they obviously like vacationing together, and should feel comfortable expressing their feelings for one another. In doing so, they can be assured of one another's affections, and their budding love will continue to bloom.

**If you are in it for the long haul, then go all out.**

Whether you are married or in a long-term relationship, the holidays are the perfect time to show your devotion and hope for a bright future together. Accordingly, buy your loved one something that shows how much they mean to you, and emphasizes your familiarity with their likes and dislikes.

Brad Pitt and Angelina Jolie are preparing for yet another Christmas together, and despite repeated rumors of their demise, it looks like they are still going strong. Now would be a great time for them to travel to another country, away from their passel of children, and reaffirm their love to one another so that next year will be even better than the last.

Regardless of where you stand in your relationship, the thing to remember is that the holidays are *not* about who gives the best gift or how many you receive. The true reason for the season is spending time with your loved ones and preparing for a great new year. So, just relax and spend the day with your sweetie. Happy holidays!

*Thomas Stone is a freelance writer and frequent contributor at the SprightlyShopper.*

---

# Engagement Rings of the Rich and Famous



By Nan Gibbons

If we're being honest with ourselves, we know that a 2 million dollar engagement ring probably isn't in our future. Although you may not be able to afford a multi-million dollar rock, you can still channel inspiration from celebrities to choose a quality, stylish ring for your upcoming engagement. Your personal taste and style mixed with the splendor of celebrity rings will result in the perfect look for you. Here are some styles to consider:

**Related:** [Rosie O'Donnell Proposes with a \\$100,000 Ring](#)

**Classic Elegance**

You can never go wrong with classic engagement rings. The timeless beauty of a studded band like Carrie Underwood's or a simple set of diamonds will always do the trick. Underwood's ring combines the style of a wedding ring with the sparkle of an engagement ring and makes for a pretty amazing result!

Standard rings with diamonds in the center of a plain band never fail to draw "oohs and aahs" from family and friends.

## **Vintage Charm**

If you're drawn to the idea of a vintage ring, there are several ways you can work this angle. You can choose to go with an older style or base it off of family history. Prince William combined both of these tactics when he gave his then fiancé, Kate, the same ring his mother Diana wore when she was engaged. The gem had the splendor of an older style, plus the emotional value of family tradition. Going for an older style ring or re-purposing a family heirloom can be a great way to re-create the style of Kate's gorgeous ring.

**Related:** [Five Celebrity Couples Who Got Engaged During The Holidays](#)

## **Bright and Colorful**

Thinking outside the box and considering a less traditional ring is great for couples who enjoy being one-of-a-kind. For her recent engagement, Jessica Simpson was given a stunning bright red ruby framed by two diamonds and set in a gold band.

It looks much more unique than the standard, but still incorporates the classic timelessness of diamonds.

No matter what your style preference, there is a great and affordable ring with your name on it. Whether you prefer sparkly diamonds or colorful gems, you can use celebrity styles to inspire you in order to find the perfect ring for your budget.

---

# The Holidays: 8 Ways to Ruin Your Relationship



By SMF Marcus Osborne for GalTime.com

**It's well documented that the holidays are the toughest time of the year for millions of people. Depression rates skyrocket because people confront various personal demons and/or a multitude of interpersonal crises.**

This got me to thinking about the myriad of ways the holidays can be ruined when you're in a relationship. I sat down with one of my partners at StraightMaleFriend.com, Matt Staudt, and we came up with a pretty strong list of 8. Now, once we'd



finished the list, with perhaps a couple of exceptions, it was clear that men and women probably aren't that different when it comes to this topic. You be the judge.

**1. Not "Keeping It Real":** Don't be coy about your excitement surrounding the holidays. Let's not pretend like it's not a big deal when it really is a big deal. Don't say, "Oh, the holidays don't really matter to me" and then when your guy decides to boycott the commercialism of the holidays by boycotting your gift – don't get mad!

**2. Being shallow:** Your guy has gotten you a gift. The correct and proper response is "Thank You." Don't be the woman whose holiday cheer is grounded in the price tag of said gift. Hey look, the economy is in the tank. Remember it's the thought that counts (allegedly) so try to be appreciative. This shouldn't need to be said – but unfortunately this is one holiday tenet we often forget. Whether he got the gift off of Ebay, the clearance rack, or Tiffany's – he got it for you. Of course if he spent 20 bucks on your gift but buys himself a two-thousand dollar flatscreen there may be reason to gripe.

**3. Don't Take Him Shopping:** This is cliché but absolutely on point. Shopping is mostly recreational for women. For guys not so much. There are few experiences less thrilling than standing around department stores for two hours. Although it seems that many stores have gotten hip to the man's waiting game dilemma by setting up "man areas" where there's mens magazines and a couch for the guys who happen to be in shopping purgatory.

**4. Pulling Out The Baggage:** We've all got our personal "stuff." The holidays sometimes dredges up old feelings about an ex or some other notable experience from your past. You may feel an intense urge to bring those issues up while we're decorating the Christmas tree. Please resist that urge. Let's talk about it after New Year's Day. This is supposed

to be the season of joy. Save the baggage for a trip.

**5. Selfish Hint Gifts:** Oh you don't know what "hint gifts" are? You've been telling me to lose weight for the last six months. Christmas morning you give me a gift card for one free round of liposuction. "Hint Gift." I've been out of work for 6 months, Christmas morning you hand me a ribbon-wrapped Starbucks application. Hint gift. Big no-no.

**6: Don't Hate On Dinner:** You may not like his mom's cooking. Suck it up and keep it in. There are no winners in that game. Unless you're planning a break up that night, let it go and keep that opinion to yourself at least until the holidays are over.

**7. Holiday Break Up:** Pretty self-explanatory.

**8. Dying:** Yeah, this is a pretty dark thought but also pretty self-explanatory. Actually, this particular one has been known to be a downer all year-round.

Ok, your turn....your worst holiday break up or near break up story. Share!

---

## How to Get Over a Broken Heart During the Holidays





By Abbi Compel and [Whitney Johnson](#)

There are so many things to be excited about during the holidays: fun-filled family time, delicious home-cooked meals, presents waiting to be unwrapped and perhaps a much-deserved vacation. However, if you're nursing a broken heart, this festive time of year may seem burdened with only cold and lonely days. You may never forget your heartache, but someday, you will be healed and happy again. Just make sure to get some solid [relationship advice](#) in the meantime.

**Until then, the ten tips below may make your holidays seem a bit more bearable and that damaged heart feel a little less painful:**

**1. Volunteer:** No matter the time of year, giving to others can mend a hurt soul and fix any frown. During the holidays, the opportunities to volunteer seem to multiply, making it extra easy for you to make a difference in someone else's life.

**Related Link:** [Kendra Wilkinson Opens Up About Sleeping with Hugh Hefner on 'I'm a Celebrity'](#)

**2. Listen to holiday music:** There's something so innocent and child-like about holiday music. It'll take you back to those days when your biggest worry was whether or not the item at the top of your wish list would be waiting for you to unwrap it. Although Nick Cannon and Mariah Carey had a rough [celebrity divorce](#), Carey still is positive and puts out beautiful holiday music that you can listen to!

**3. Take up a new hobby:** Attend a cooking class (Whole Foods offers great options) or take a knitting course and make a homemade gift for someone special. If you live in a snow-filled spot, give snow skiing a try. By being outside of your comfort zone, you'll not only distract yourself from your heartbreak, but you'll also regain your confidence.

**Related Link:** [Nicole Porter Discusses "The Break-Up Cookbook"](#)

**4. Enjoy hot cocoa by the fire:** A cozy spot and delicious drink are sure to warm your heart during this holiday season. Snuggle up with a good book or have some girl-bonding time with your mother, sister or best friend. When [Taylor Swift](#) broke up with celebrity ex Harry Styles, she spent time with her best friends during the holidays to make her feel better.

**5. Watch a feel-good holiday movie:** It's important to remember that you *will* find love again, and a holiday movie is the perfect way to do just that. The options are endless: *The Holiday*, *Four Christmases*, *Miracle on 34<sup>th</sup> Street* and more. As Hugh Grant's dreamy voice tells us in *Love Actually*, "If you look for it, I've got a sneaking suspicion...love actually is all around."

**6. Reconnect with old friends:** Re-establishing a friendship that was lost due to distance or busy lives will boost your spirits and remind you that there are plenty of people who

love and support you. When former celebrity couple Selena Gomez and Justin Bieber split, Gomez surrounded herself with her closest friends again.

**7. Book a quick getaway:** Whether it's a snowy vacation in the mountains or a relaxing weekend on the beach, pick a place that makes you feel like yourself again. Most of the time when a hollywood relationship ends badly, the two in the relationship probably end up taking a quick trip to themselves. It can be very relaxing.

**8. Buy yourself something special:** Yes, it *is* the season of giving, but sometimes that giving needs to be self-directed. Use the money that you would've spent on your ex to buy yourself that much-desired handbag or new pair of shoes.

**9. Cook a new dish for your family's annual holiday get-together:** Tackling a challenging recipe will surely keep you busy – from picking out the dish to shopping for the ingredients to pulling it all together, you'll hardly have any time to think about that broken heart.

**10. Meditate.** It sounds so simple, but closing your eyes and paying attention to each breath allows you to shut out the rest of the world and focus on yourself. You can let go of those negative thoughts and sad memories and be ready for your next adventure (in love or otherwise) by New Year's Eve!

**How did you recover from a broken heart? Share your thoughts below.**

---

# 10 Love Lessons from Bruce Springsteen



By [TopDatingSites.com](http://TopDatingSites.com)

When it comes to the ups and downs of love, The Boss has shared some valuable lessons with us over the years. Here are some of the most important points in a romantic education, Springsteen style:

**1. Love Makes it Impossible to Sleep** – In the oft-covered “I’m On Fire,” Bruce rumbles the line “at night I wake up with the sheets soaking wet/ and a freight-train running through the middle of my head/ but you/ you cool my desire.” Anyone who’s ever felt the pangs of a complicated love affair can immediately identify with this exhausting sentiment.

**2. You Can Be Your Own Worst Enemy**– We’ve all done our share of damage to our love lives, but the gravelly voice of the Boss can make us feel the pain of those regrets when he pours his heart into the apologetic “Back In Your Arms.” His plea for forgiveness is wrenching with lines like “All the love I’ve thrown away and lost/ I’m longin’ for again/ Now darlin’ I just wanna be back in your arms.”

**3. Love Isn’t Easy** – Even the best relationships come with their share of struggles; few songs capture the reality of love on a day-to-day basis like Springsteen’s “If I Should Fall Behind.” This plainly stated, touching ballad is a mature realization of the ups and downs that come in any love affair, especially during the last verse: “Now everyone dreams of a love lasting and true/ But you know and I know what this world can do/ So let’s make our steps clear that the other may see/ And I’ll wait for you/ If I should fall behind/ Wait for me.”

**4. Lost Love Can Be Haunting** – This 2003 gem is a great example of how lost love can haunt you, long after it’s gone. The atmospheric backing sounds paired with the edgy, effects-laden guitar serves as a perfect vehicle for lyrics that show The Boss at his tortured best; it’s almost impossible not to think of a love gone wrong when he says, “There’s nights I still hear your footsteps fall/ Your key in the door, your voice in the hall/ Your smell drifts through our bedroom/ I wake, but I don’t move.”

**5. Love Really is All You Need** – Despite his frequent pessimism, “This Life” finds Springsteen in a point of contentment. The toe-tapping rhythm and doo-wop vibe is infectious; when he sings “This life and then the next/ With you I have been blessed,” it’s easy to believe that sometimes, love really is enough.

**6. Being in Love Means You Never Fight Alone** – The straightforward folk sound of “When You Need Me” might bring

Townes Van Zant and even Gram Parsons to mind, but the message is pure Boss: life is hard, and everything goes wrong, but love gives you strength. The pared down arrangement is a far cry from the arena-anthem hits that most people associate with Springsteen, but lines like “And when those mean days come along/ We’ll stand together and we’ll take ‘em on” still bear his trademark blue collar, ready-to-fight fingerprints.

**7. You Have To Be Willing To Take a Chance** – The rollicking, sing-along chorus of “Countin’ On a Miracle” perfectly captures the moment of throwing caution to the wind and hoping for love to work out against all odds. From the first verse promise of “If I’m a fool, I’ll be a fool/ Darlin’ for you,” to the shouted ending of “I’m countin’ on a miracle to come through,” this 2002 track shines.

**8. Love Gone Wrong is a Kind of Prison** – This synth-driven track builds from an almost somber first verse to a bombastic chorus that perfectly frames the feeling of an ill-fated, inescapable love affair. As he almost whispers, “I know someday I’ll walk out of here again” before the passionately shouted “Well, now I’m trapped,” he paints a painful picture of the kind of captivity that only comes from loving someone who will never treat you well.

**9. A Broken Heart Leaves Scars** – The bluesy “All the Way Home” from Springsteen’s 2005 album *Devils & Dust* tackles the fear of giving love a chance after being burned one too many times. The aw-shucks appeal of the second verse, “Now you got no reason to trust me/ My confidence is a little rusty/ But if you don’t feel like bein’ alone/ Baby, I could walk you all the way home,” is the Boss at his best: honest and unflinching.

**10. Love Never Really Fades** – Everyone has a love they can’t quite let go of, even if it’s long gone. “Hearts of Stone” is a perfectly executed boardwalk ballad about those late-night phone calls, after you’ve both moved on. When he wails “I



can't talk now, I'm not alone/ So put your ear close to the phone/ 'Cause this is the last dance/ This is the last chance for hearts of stone," you can almost hear doors to the past slamming shut. "Hearts of Stone" is a testament to the fact that the lines of love are rarely drawn clearly.

With a career that spans more than three decades and over two dozen albums, there are few lessons in life that Bruce Springsteen can't teach.

---

## The Most Romantic Hotels for Couples –and Celebrities!



By Isabel Eva Bohrer

Finding a secret hideaway as a famous couple is difficult. Paparazzi follow you everywhere, and you need some good fences and security to really make that vacation a relaxing one. Despite these difficulties, there are some places that make it possible. Read on for information on the most romantic hotels and which famous couples have stayed the night there. To make your very own reservation, check out [www.luxury-hotels.com](http://www.luxury-hotels.com).

### **1. GoldenEye Hotel & Resort (St. Mary, Jamaica)**

Once owned by James Bond creator Ian Fleming, this hotel is a purely romantic experience with a celebrity twist. It is not an ordinary hotel, but instead a compound of luxurious private villas. Each of them offers its own private world, set amid spectacular tropical gardens and embellished with extraordinary comforts, amenities and service. Fleming's three-bedroom villa is particularly popular as it still contains the writer's Jamaican red bullet wood desk. This also includes three individual bedrooms (each with outdoor garden bath and rain shower), a private swimming pool and a secluded beach. During the day, you can explore the coves and at night, sit at Fleming's old desk to write a love letter – or perhaps even the next great spy novel.

**Related:** [Justin Timberlake and Jessica Biel Show PDA at Chateau Marmont](#)

### **2. Chateau Marmont (Los Angeles, USA)**

Ever since its opening in 1929, the Chateau Marmont hotel has been a discreet movie star getaway. In addition to the private guest bungalows, the establishment comes with the popular Bar Marmont, and a see-and-be-seen restaurant. Kate

Bosworth and True Blood's Alexander Skarsgard were spotted kissing at Chateau, while Lindsay Lohan and Avril Lavigne had a bar brawl here. Twilight stars Kristen Stewart and Robert Pattinson spent the night together at the hotel, whilst Tila Tequila and Meghan McCain were seen lunching.

The courtyard has welcomed Jennifer Aniston, John Mayer, and Billy Crudup, and the patio has been home to Eva Longoria and Christina Applegate. The restaurant's living room is where Sienna Miller and Josh Hartnett cozied up and on one single night, actresses Lindsay Lohan, Charlize Theron, and Mary-Kate Olsen all graced the halls. You won't just feel like a star at Chateau Marmont, you may actually see some while you're here.

**Related:** ["The Bachelor" Spends Time in South Africa](#)

### **3. Oyster Box Hotel (Umhlanga, South Africa)**

Prince Albert and his wife Charlene Wittstock went all the way to South Africa for their honeymoon (after all, the bride is a native). Here, they decided to stay at the Oyster Box Hotel. Set on the Indian Ocean and opened in 1947, this hotel quickly gained a legendary reputation thanks to its combination of colonial charm, impeccable service, lush tropical gardens and breathtaking seaside setting. If you want the presidential suite where Prince Albert and his wife stayed, be prepared to splurge – it has its own terrace and private dining area for \$7,350 a night.

### **4. Gramercy Park Hotel (New York City, USA)**

The Gramercy Park Hotel is the place to be if you want to be hip, famous and beautiful. Even if you're staying the night elsewhere, you can still visit the Rose Bar, whose velvet-heavy décor has made it the epicenter of the New York bar scene. Janet Jackson was recently there to admire the artwork on view at the Rose Bar, while Kid Rock smoked a cigarette outside. Chace Crawford, in turn, met some business partners

there, while Sting was also seen staying at the hotel. The celeb legacy dates all the way back to Humphrey Bogart who got married here, and Babe Ruth who was a regular among the bar guests.

---

## Why Men Look at Other Women



By Marcelina Hardy

How many people look at Demi Moore and think, “Wow, she is so hot!” ... and yet Ashton Kutcher couldn’t stop turning his head, body and well, everything else towards other women.

So what is it? Why do men look at other women when they have the lady of their dreams standing right beside them? Don't worry ladies. It's much less heart wrenching than you think, but yes, they still need to quit it.

**Related:** [5 Reasons Why Men Cheat](#)

### **Creating Perfection When There Is None**

No one is perfect, not even Demi Moore. Guys have this wish fulfillment that they can create the perfect woman by piecing them together. What they do is look at the huge boobs on one girl and then places it on the tight butt of another. Then they take the perfect, long, tight legs of another girl and join it with the flat tummy of another. In their minds, pieced together, is the perfect woman. They daydream about this with all of their pieces put together.

Something is always missing though, and it never seems quite right. This is why: It's the one thing that makes them love you for who you are, no matter what you look like – your heart and soul.

See, the images they collect of other woman are just that, images. It's like taking puzzle pieces, putting them together and seeing a complete image, but they can't do anything with it. They can't have fun with that, and they aren't in love with that. They aren't attached to the image, and they just don't have any sense of belonging and care for it.

**Related:** [How To Gracefully Deal With Rumors In A Relationship](#)

Sure, it's exciting for them to see the "perfect woman" because it's something they created. However, the thrill is gone once they create it and realize it's not real.

### **Stopping the Wandering Eyes**

Does that give men the right to continue to gawk over other

women? No, it's disrespectful to you and to other women. The next time your man turns his head, don't make a big production about it. Wait until you're not emotionally charged about it and then calmly say:

*I noticed that you looked over at that woman earlier today. I just want to let you know that it upsets me. It would make me happy if you wouldn't do that.*

Do not say anything more. He will most likely feel defensive about it, but also surprised that you aren't starting trouble over it. Watch his behavior change right before your eyes. Soon, he'll be staring at you and no other women will matter.

*Are you having a difficult time communicating with your partner? Communication is essential in a healthy relationship. If you need help in your relationship, Marcelina Hardy, MSEd can help. She is a relationship coach with 10 years of experience helping people improve their relationships and move on from relationship trauma. Visit her website, Relationship Repair for help.*

---

## Top Five Ski Destinations for Celebrity Couples





By Abbi Compel and [Whitney Johnson](#)

As evidenced by the popularity of ski resorts like Park City, Utah and Telluride, Colorado, [celebrity couples](#) love sneaking away for a snowy romantic vacation – and what’s not to love? Afternoons spent on the slopes of a majestic mountain and evenings spent snuggling up by a fire or exploring the local nightlife make for a perfect wintery holiday.

**When temperatures drop and snow begins to fall, there is sure to be an influx of Hollywood couples at the following ski destinations:**

**1. Aspen, Colorado:** The slopes of Ajax Mountain or Snowmass are often teeming with celebrity duos – although it may be hard to spot these famous faces when they’re covered in scarves and snow goggles. Celebrity couple Goldie Hawn and Kurt Russell keep a house here, often inviting children Oliver and [Kate Hudson](#) and their families to join them.

**Related Link:** [Have Winter Fun In The Sun](#)

**2. Park City, Utah:** Although this winter wonderland is a popular destination for tourists and celebrities alike, the rich and famous come out in droves during the Sundance Film Festival. Married celebrity couple Justin Timberlake and [Jessica Biel](#) have been long-time snowboarders and enjoyed a snowy getaway here early on in their relationship. Although these two are now celebrity exes, Gwen Stefani and Gavin Rossdale, who played a concert during the Deer Valley Celebrity Skifest in 2011, took their oldest son Kingston to Deer Valley in Park City for a day of family fun on the slopes.

**3. Whistler, British Columbia, Canada:** Whistler, known as the host of some of the 2010 Olympic Winter Games, is as popular for its nightlife as for its 7,000 acres of ski-worthy terrain. Seal proposed to Heidi Klum here in 2004, while Paris Hilton and boy-toy of the past Doug Reinhardt took advantage of the skiing, snowboarding and sledding during a snow-filled vacation in 2009.

**Related Link:** [Date Idea- Go Ice Skating](#)

**4. Telluride, Colorado:** This snowy spot is a favorite playground of the rich and famous, perhaps because of its particularly remote location. Oprah Winfrey recently sold her "log cabin" here, and before their [celebrity divorce](#), Tom Cruise and Katie Holmes would steal away for a romantic getaway to their home away from home in Mountain Village, a sister town connected to Telluride by a free gondola.

**5. Chamonix, France:** Located in the French Alps, Chamonix, known as the birth place of skiing, is one of the most popular ski resorts in Europe. In addition to the unbeatable snow and challenging trails of Mont Blanc, the city is known for its apres-ski offerings as well: great French food and a cozy village atmosphere. David and Victoria Beckham often choose



this spot for a family vacation.

What is your favorite snowy spot for a romantic getaway? Share your thoughts below.

---

## How to Define Your Aura to Find Lasting Love



By Pamala Oslie

Ever wonder why you feel drawn to some people and not others? There's a reason why certain people are compatible, and that reason is that their energies, or auras, mesh well together.

An aura is an energy field that radiates from you and broadcasts who you are at all times. People can feel your essence, just like you can sense theirs. In fact, different aura colors reveal different personality types, and certain color personalities are more compatible than others.

Take this simple quiz to find out what your aura colors say about you and your most compatible partner:

**Related Link:** [Finding Lasting Love- The Last Blind Date](#)

### Aura Colors Quiz

Yes	No	Color #1
___	___	I like to laugh, play, and cheer people up.
___	___	I tend to look younger than my age.
___	___	I like to be creative, artistic, athletic or a healer.
___	___	Total

Yes	No	Color #2
___	___	I am analytical and logical, not an emotional person.
___	___	I enjoy working with computers, machines, or electronics.
___	___	I prefer to work for others & enjoy working on details.
___	___	Total

**Related Link:** [Tips For Having A Happy Love Life](#)

Yes	No	Color #3
___	___	I tend to be a workaholic, perfectionist, ambitious, and strong-willed.

\_\_\_                    \_\_\_                    My top priorities are money and  
accomplishing goals.

\_\_\_                    \_\_\_                    I am organized, efficient, and often  
write lists.

\_\_\_                    \_\_\_                    Total

Yes                  No                  **Color #4**

\_\_\_                    \_\_\_                    I tend to help, counsel, and nurture  
others.

\_\_\_                    \_\_\_                    Love, spirituality, and relationships  
are my highest priorities.

\_\_\_                    \_\_\_                    I tend to be emotional and can cry  
easily.

\_\_\_                    \_\_\_                    Total

Yes                  No                  **Color #5**

\_\_\_                    \_\_\_                    I have a strong desire to help save or  
improve the planet.

\_\_\_                    \_\_\_                    I have always felt that I was going to  
be famous, be a leader or do something big and important.

\_\_\_                    \_\_\_                    Freedom, travel, and independence are  
major priorities to me.

\_\_\_                    \_\_\_                    Total

Highest number of "yes" answers: Color # \_\_\_\_\_

Second highest number of "yes" answers: Color # \_\_\_\_\_

### **Your Aura Color Key**

- #1                  = Yellow
- #2                  = Tan
- #3                  = Green
- #4                  = Blue
- #5                  = Violet

Most people have two main aura colors, so the personality traits of both colors will apply to you. Below, notice what you'll need in a partner and which colors are your best match:

**Yellows:** The fun-loving Yellows need playmates. They need to laugh and enjoy life. They enjoy partners who are playful, happy, spontaneous, curious, optimistic, physically active and healthy. Best partners: Yellows, Blues, some Violets and Tans.

Yellows: Goldie Hawn (Yellow/Blue), Johnny Depp, and Mike Myers.

**Tans:** Practical, down-to-earth Tans value long-term commitment. They need partners who are logical, devoted, reliable, sensible and who can be content with a basic, secure lifestyle. Best matches: Tans, some Blues, Yellows, and Greens.

Tans: Clint Eastwood (Tan/Violet), Harrison Ford and Brad Pitt (both Yellow/Tans.)

**Greens:** These movers and shakers are intelligent and ambitious with a strong, commanding presence. They're driven, often workaholics and may not be at home much, so partners need to be independent and self-reliant. Greens need mutual respect and to feel intellectually stimulated by their mates. Best partners: Greens, Violets, and some Tans.

Famous Greens: Barbara Walters, Bill Gates, and David Letterman (Green/Yellow.)

**Blues:** Blues are nurturing, devoted partners. They live for love and a committed, monogamous relationship. There is nothing Blues won't do to keep their relationship together. What Blues needs from a partner is love, loyalty, emotional connection, faithfulness, mutual trust, and long-term commitment. Best mates: Blues, Yellows, Violets, and some Tans.

Blues: Ellen Degeneres, Jennifer Aniston, and Kate Hudson (All Blue/Yellows.)

**Violets:** Violets have strong, dynamic personalities. They're visionaries and leaders. They typically radiate charisma and sexual chemistry. Violets need to live big lives so they need partners who can soar with them; equal, inspirational partners who share their visions. Violets must experience excitement, growth, expansion, and passion. Best partners: Violets, Blues, Greens, and some Yellows.

Violets: the Beatles, Oprah, Martin Luther King Jr., George Clooney, and Spielberg. (All Violet/Yellows.)

*For over 27 years, Pamala Oslie has helped people better understand themselves and live happier lives by using her psychic abilities and her rare ability to see auras. She has discovered different colors in the aura reveal a person's personality, best life direction, and more. Check out [www.LoveColors.com](http://www.LoveColors.com) and [www.AuraColors.com](http://www.AuraColors.com) for more information.*

---

## George Clooney and Jennifer Aniston Dominate 'Dream Smooch' Survey





With New Year's Eve around the corner, people are beginning to dream about who they'd love to lock lips with at midnight. According to a recent survey of over 1,000 readers from [omg!](#), the two who dominate this list are Jennifer Aniston and George Clooney. For the celebrity men, the survey reported that 28 percent of women wish for a smooch from Clooney on Dec. 31 with Johnny Depp coming in at a close second with 27 percent. Surprising to most, star of *Crazy, Stupid, Love* and *The Notebook* Ryan Gosling only stole 7 percent of women's dream kisses. On the female celebrity side of things, Aniston, the star of *Friends* and *Horrible Bosses*, captured 22 percent of men, while Halle Berry came in second with 18 percent.

**If you could share a kiss with a celebrity at midnight, who would it be? Share your choices below.**

---

# Top 10 Romantic Winter Getaways



By Abbi Comphel and Linda Guma

On December 22nd, the first official day of winter is upon us. The sun begins to rise late and set early, which can lead to some minor winter blues. As you start to go stir crazy, take this piece of [relationship advice](#) to heart, and start planning a romantic getaway for you and your partner. A nice break from the same old routine is probably just what you need to re-ignite a spark in your relationship.

**Cupid has some love and**

# relationship advice on where to escape with your loved one this season:

**1. Tampa Bay, Florida:** With the winter chills fast approaching, the birds aren't the only ones heading south this winter. Located along the Gulf of Mexico, Tampa Bay is an ideal destination for a couple vacation. Enjoy long walks along the shore of one of the beautiful beaches, like hot spot Archibald Beach Park, which is often busy on weekends and features restaurants and bathrooms nearby. You can even indulge in your sporty side and check out a Tampa Bay Rays baseball game with your mate.

**Related Link:** [The Most Romantic Destinations of the U.S.](#)

**2. Montego Bay, Jamaica:** With its vibrant reggae, tropical shores, and relaxing atmosphere, there is no doubt that Montego Bay, or "Mo'Bay," is Jamaica's center for tourism. You and your partner can adhere to this piece of [dating advice](#) and enjoy an array of water sports, from fishing to snorkeling and scuba diving.

**3. Riviera Maya, Mexico:** With its warm climate, the Riviera Maya an ideal destination to get away from it all with your partner. Enjoy swimming in the beautiful Caribbean Sea in the city of Tulum, as you gaze at the only archaeological site located near the sea, and then immerse yourself in a rich cultural experience as you discover Maya history.

**4. Bangkok, Thailand:** Among the most urban and safe cities in Asia is Bangkok. Known as the hottest city in the world, its coolest period is November to February, so it's definitely worth checking out at this time of the year. The city's diversity and glamour, infused with a romantic ambiance, make it an ideal destination for a couple's holiday.



Palaces, Buddhist temples, museums, and parks will keep you busy sightseeing during the day, while exotic performances will entertain you at night.

**Related Link:** [“Out Of The Way” Vacation Spots](#)

**5. Paris, France:** There is something about Paris that continues to entice tourists and [celebrity couples](#) alike year after year. Come visit the “city of love” during low season for tourism, and allow yourself to be compelled. Drenched in art and culture, Paris is home to the iconic Eiffel Tower, the Arc de Triomphe, the Chateau de Versailles, and the Chartres Cathedral. The Seine River is an ideal make-out spot... among many others! Other absolute musts include indulging yourselves in a bottle of wine and a baguette, warming up at a local coffee shop and enjoying a jazz show. You can definitely spot some celebrity couples enjoying their time here!

**6. Quebec City, Canada:** Winter is a great time to visit Quebec City. The St. Lawrence river freezes, and the streets are covered by a pristine blanket of white, transforming the city into a winter wonderland. These features give the city the charm and glamour that make it the perfect site for a romantic holiday. You and your partner will be amused by ice sculptures, night parades, dance, and music during the Winter Carnival in January and February. These are some perfect date ideas!

**7. Kitzbuhel, Austria:** Located on the Kitzbuhel Alps, this small medieval town is a truly enchanting location, ideal for sports fanatics. One of Austria’s most famous winter sports resorts, Kitzbuhel offers a wide array of exciting activities that will allow you and your partner to reconnect by skiing, snowboarding, ice skating and hiking together. In the evening, go for a romantic stroll through the picturesque town.

**8. Dillon, Colorado:** This is another enthralling winter

paradise. You'll be bedazzled by the glow and sparkle of the Lights Festival throughout December and half of January. Dillon is also home to the Arapahoe Basin Ski Area, the highest skiable terrain in North America. Adorned with snow, Dillon offers plenty of great couple's activities which will allow you and your honey to really unwind.

**9. Charleston, South Carolina:** This historic city is distinguished by its rich array of churches and museums. Take a romantic horse-drawn carriage tour of the quaint town. There are plenty of relaxing spas, which will make this destination a perfect couple's retreat. If you head over in February, check out the Oyster Festival.

**10. Sun Valley, Idaho:** This unique resort city is known as one of the world's top winter resorts. Its peaceful setting creates the perfect backdrop for a romantic vacation. Spend your days engaging in fun physical activities like cross-country skiing or snowboarding, and during the evening rekindle your passion by a flickering fire place in one of Sun Valley's many beautiful lodges.

**Where do you plan to take your honey this Winter break? Share your ideas below.**

---

## **Simple Ways to Please Your Man**





By John Powers

Contrary to popular belief, men are simple creatures. It doesn't take much to make us happy. All you have to do is find out what your man likes and then take an interest. That's honestly all it takes. Spend quality time together doing things you both appreciate and your relationship will flourish. Here are some ways to make that happen:

**Enjoy each other's company.**

Laugh, smile, and be silly and lighthearted. It may sound impossible, but it's necessary to eliminate stress. Do this by sharing inside jokes and special moments. A good relationship will bring out the best in both of you, and you should look forward to being together. Most guys are low-maintenance, and we want our downtime to be carefree.

**Related:** [She's Got Game: The Women's Guide to Loving Sports](#)

**Make together time count.**

Each of us has a different schedule, and it's important to

make the most of time together doing things you both enjoy like playing tennis, going wine tasting, or watching a movie.

Plan exciting activities that involve cooperation and interaction and you will build great memories of time spent together. Take plenty of pictures but avoid distractions like text messages or phone calls.

### **Appreciate relaxation.**

Some guys like watching the game with a beer, while others prefer chess and pomegranate juice. Sit beside him, pour yourself a drink, and snuggle up to him. If you discover your guy enjoys road trips it might be fun to plan one. If your man likes playing guitar it would be good of you to listen, or take piano lessons.

**Related:** [Signs to Know He Is The One](#)

### **Rest assured.**

There's nothing that will scare a man away faster than insecurity, but if your man is satisfied in bed and on weekends then you have nothing to worry about. Men are straightforward creatures and you should be confident that your man is happy unless he tells you otherwise.

So enjoy each other, relax, and stop asking questions.

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