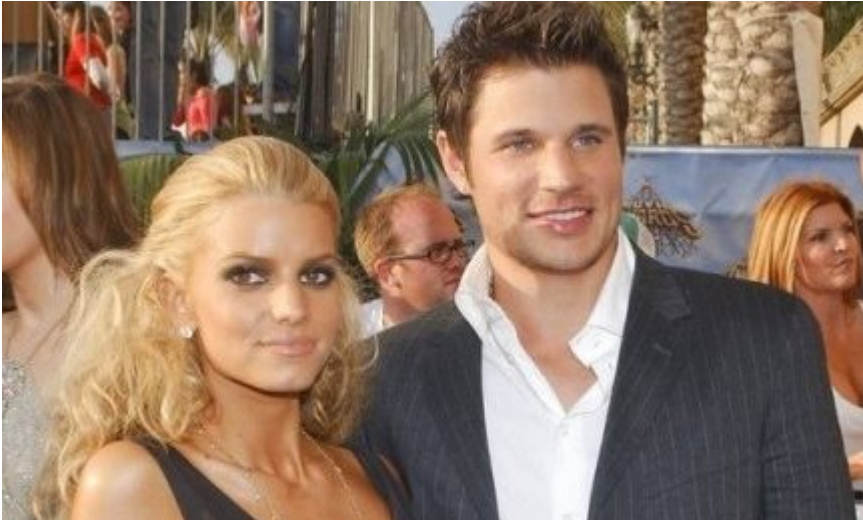


5 Celebrity Couples We Want to Reunite



By Tanni Deb

We've all had a moment when we've stared wide eyed in utter shock at the TV screen after finding out our favorite celebrity couple has split, trying to figure out what went wrong. After all, this pair seemed to be in such a happy relationship!

There will always be famous duos that we think about months (or even years!) down the line, wondering if they'll ever reconcile. While the possibility may be a long shot, no one can help wishful thinking. With that said, here are five celebrity couples we would like to reunite:

1. Britney Spears and Justin Timberlake: The famous singers first met in 1993 on the sets of *The Mickey Mouse Club* and began dating five years later. They were everyone's favorite celebrity couple in the late 90's, but their relationship ended in 2002. After their breakup, Timberlake released 'Cry

Me A River,' a revenge song for Ms. Spears herself. As much as everyone loved this musical duo it doesn't seem like they'll ever get back together – romantically, at least. We can hope for a musical collaboration, right?

2. Jessica Simpson and Nick Lachey: Although wedding bells are ringing for both performers, who wouldn't like this aesthetically pleasing couple to reunite? The pair met in 1998 and within weeks of meeting each other, Lachey told his 98 Degrees band members Simpson would be his future bride. He proposed in 2002 and the marriage lasted for three years. Could *Newlyweds*, MTV's reality show which aired the couple's married life, be to blame?

3. Reese Witherspoon and Ryan Phillippe: This blonde coupling were married for seven year when they split in 2006. While they seemed to have a successful relationship, they spoke openly about having to work on their marriage, and underwent couples therapy in 2002. Despite Witherspoon's recent nuptials, we can't stop thinking of what a beautiful couple she and Phillippe made.

4. Scarlett Johansson and Ryan Reynolds: After only two years of marriage, the pair called it quits in 2010. Rumor had it that Reynolds had an affair with *Gossip Girl* star Blake Lively, and *Us Weekly* reported that he told friends Johansson "treated him badly." Though the *Lost in Translation* actress has certainly moved on, we wonder if she and her ex-husband will ever reconcile.

5. Courteney Cox and David Arquette: They fell in love on the set of *Scream* in the mid-90s, tied the knot in 1999, had their first child in 2004 and then shocked the world when they announced their separation in 2010. However, the couple isn't giving up, as they're currently undergoing marriage counseling. We wish these two the best of luck!

These are just a few of the many celebrity couples we'd love

to see together again. Which celebrity do *you* want to see back with their ex? Let us know in a comment below!

Every Royal Divorce Begins with a Royal Kiss



By Dr. Kenneth Ryan

It's a fact. I'm not throwing cold water on the big wedding. It was beautiful, and I wish Kate and William all the best.

I'm just saying you can't judge a relationship by the beauty of the couple or the smiles at the wedding. Kate caught the Prince's attention with her invisible dress, and now it looks like they are living the dream. But they have a tough road ahead. Diana and Fergie's marriages began the same way – just like dozens of U.S. celebrities. As outsiders, there's no way to know if the royal relationship is built on a solid foundation or if it's as flimsy as her see-through wardrobe.

Kate and William are really no different than any other

couple getting married, as they have great optimism and excitement about their future together. They've already beat the odds by converting eight years of living together into a marriage, because a University of Denver study found that only one in ten couples who live together are still together five years later.

Celebrities have it tough when it comes to relationships.

They're no wiser than you or me, but their every move is monitored and discussed. In fact, they're probably even more confused about relationships than you, because their world is so artificial. Every person a celebrity meets is suspect because so many people are awed by them, in love with them (fantasy) or just to want to exploit them. It's a tangled web of mixed motives when judging any potential suitor, but celebrities have it the worst. Therefore, it makes no sense to look upon the beautiful people with envy or to necessarily emulate their courtship strategies. You might end up emulating a "Bad Romance."

Top 5 Mistakes Women Make in Searching for Their Prince

Don't give up – Some women feel helpless and hopeless because few men have shown interest in them, and there are so many pathetic adolescent men. That said, there are many ways a woman can improve her connections with guys and make herself more appealing. They just need to learn effective communication techniques.

Don't chase guys – Women who come on too strong look desperate and easy. Predatory males look for desperate women, because these women will do almost anything to get them. The good guys out there find desperate women to be less appealing. Learn how to engage men without coming on too strong.

Don't be naïve about men – Too many dangerous men are lurking out there. If a woman does not understand the risks and the huge difference between men and women when it comes to sex and

relationships, she will get burned eventually. If most of her guidance for relationships comes from popular media and peers, she is working from a position of ignorance. Movie makers couldn't care less how your life turns out. They just want your \$13 movie ticket.

Don't panic – Some women become so fearful that they will never find a guy who loves them that they abandon their convictions and make irrational, dangerous decisions. Some painful effects are immediate, while some might not surface for years.

Don't sleep with the boyfriend – Every woman must make her own decision when it comes to sex, and it's a huge decision. Sex is the most common and most harmful mistake women make in relationships. It may seem romantic or exhilarating, but there are hidden fangs that can cut deep. It causes an avalanche of problems, many that the woman doesn't anticipate.

Does he love you or does he love having sex with you? That's the million dollar question that women routinely get wrong – resulting in shredded female hearts. You can't put a condom on your heart.

It's not easy to navigate the shark-infested waters of the dating world, but if you can follow these basic tips, you shouldn't have to worry about being someone else's prey.

Dr. Kenneth Ryan is the author of Finding Your Prince in a Sea of Toads: How to Find a Quality Guy Without Getting Your Heart Shredded. Dr. Ryan offers straight talk about relationships garnered from years of not only counseling engaged couples about sex, but from his own marriage and living with three teenage daughters. He understands the yearning of most young women to be loved and cherished by a great guy.

4 Celebrity Couples That Sailed Past Stormy Weather



By Tanni Deb and

Molly Jacob

Did you ever hear the phrase, “April showers bring May flowers”? Believe it or not, it means something deeper than just storms and blossoming blooms. In life, dark clouds always eventually pass, allowing the sun to shine through. Focusing on the bright side when you’re down can be difficult, but these five famous couples have gone through rough times (in the public eye, no less!) and these celebs are currently doing exceptionally well.

Cupid takes a look to see what

celebrity couples made it through stormy times:

1. Prince William and Kate Middleton: The royal newlyweds dated for eight years, but they had an off-and-on relationship. 'Inside Edition' reported that the pair broke up in 2007 after five years of dating, stating William's "immaturity" was a major factor for their break. However, this famous couple soon got back together and had the wedding of the decade in April 2011, which more than two billion people watched worldwide.

Related Link: [Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby](#)

2. Cash Warren and Jessica Alba: The duo began dating in 2005, but called it quits two years later because Alba was ready for marriage and Warren wouldn't commit. The celebs reconciled in 2008, announcing that they were expecting their first child, and married in May 2008.

3. Carey Hart and Pink: This celebrity couple has had a tumultuous relationship. They met in 2001 and briefly split in 2003. The pair then got married in January 2006 but separated two years later. They began seeing each other again in 2009 and went through martial counseling since their divorce was never finalized. Carey even got an image of Pink's face tattooed on his leg.

Related Link: [Pink Says the Key to Marriage Is Only Half Listening](#)

4. Jessica Biel and Justin Timberlake: This famous couple finally seems to have found peace with their relationship. Their relationship was on again, off again for years until they finally got married in 2012. While they've been at the center of celebrity gossip for rumors of cheating and divorce,

they seem happily married now and their first child was born this past April.

It might have taken these celebrity couples some years and plenty of time to reconcile their relationship, but if they were able to sail past their own storms, so can you. Look at the positive side of your relationship with your significant other, and soon you will also be happier than ever.

What other celebs do you know of that have gotten through tough times? Let us know in the comments section below!

Clicking to Find Love



By Lisa Becker

I used to be a little embarrassed to tell others that I used an online dating service. Much like the heroine of my novel, *Click: An Online Love Story*, I needed some coaxing before I could embrace the experience. But, the more I talked about it,

the more I found out that friends and family had met their significant others the exact same way; in fact, according to a 2010 survey, one in five new relationships starts online.

Online dating is a useful tool for young professionals who are busy working and finding it difficult to make the right connection at the gym, bar, coffee shop or grocery aisle. It's also a great avenue for meeting new people in a relaxed, on-your-own-terms way. People today are married to their cell phones and laptops, so why not use that technology to get hitched while you're at it, right?

After my now-husband and I met online, I was recalling some of the hilarious encounters that I had during the whole online dating experience. How could I forget the guy who started every story (no joke!) with "My buddies and I were out drinking one night." I decided to capture some of them in writing and, from there and based loosely on my own experiences, my novel emerged. My book is comprised solely of emails exchanged between friends, dates, and romantic prospects as the story of online dating unfolds. This format felt like a modern way to tell my story that fit the topic, and allowed readers to develop an intimate relationship with the characters along the way.

Now that I'm considered an online dating success story (eight years of marriage in Los Angeles is apparently no small feat!), I'm often asked what advice I would give to singletons out there... particularly those who are approaching an age where they thought they would be married. My advice, whether you're 18, 41 or 73, is to concentrate on being a complete and fulfilled person on your own. Take the trip to Europe you've always dreamed of, sign up for ballroom dancing classes, or like the heroine of my book, continue to develop life-long bonds with your best friends.

Bottom line: pursue your own passions, because when you are

happy and secure in your own life, you will be much more attractive to someone else.

Hungry for more? To purchase *Click*, visit Amazon. To follow updates on *Click* and share your stories about online dating, visit the *Click* Facebook fan page.

Teri Hatcher Struggles with Pain on the Path to Happiness



Desperate Housewives

star Teri Hatcher has had a year full of medical problems, including broken ribs and a “frozen shoulder,” but as she told [Prevention](#) in their June issue, it’s not slowing her down in finding love and happiness.

Hatcher’s medical problems began when she turned 45 after she cracked two ribs falling off a ladder while helping build a stage for her daughter’s birthday party. Then, while filming

ABC's hit reality show *Desperate Housewives*, she broke *another* two ribs while pole dancing. But all of these maladies have taken a backseat to her "frozen shoulder." Frozen shoulder, medically referred to as adhesive capsulitis, causes stiffness and chronic pain in the shoulder area and greatly restricts movement of the arm. It's sometimes associated with perimenopause (which Hatcher has stated that she does not have), and is found in women between the ages of 45 and 55. The disease lasts for about two years, and then, just like magic, disappears.

"It doesn't even sound like a real disease, but it's debilitating," Hatcher told *Prevention*. At her lowest point, Hatcher was found sobbing in her closet because putting her clothes caused too much pain. She has gone to three doctors to help her with her shoulder trying many different treatments, including reflexology, raw food, physical therapy and extra strength Advil. But sadly, she has not found lasting relief from the constant pain.

However, despite going through a rough year, the actress is still trying to find romance. She told *Prevention* that she has been out on dates with a few men, and even has three men calling her at the moment, which is new for her. "I'm all over the map," she said. "I want to have an open mind." Her "Mr. Right" is "fun, adventurous, funny, kind, honest, smart. Successful – but I want to be clear that doesn't necessarily mean rich."

While this past year has definitely been a difficult journey for Hatcher, she is looking optimistically towards the future, making sure she is healthy – both inside and out.

What are you doing to keep yourself happy and healthy? Let Cupid know in a comment below. And for the full interview with Teri Hatcher, pick up the June issue of *Prevention*, now on sale.

Mayday, Mayday! 5 Tips to Get Your Relationship Out of Sinking Waters



By Amber Belus

Trouble on the high seas? Not to worry. Every relationship, whether short-lived or long-lasting, hits shipwreck status at some point. While your sailing days may seem like they're over, this could just be a rough storm that makes you and your first mate stronger. Here are a few tips to help you get back on board:

1. Communication is key: If there's an issue, address it fast. Bottling it up will only hurt you in the end. If your partner is doing something you don't like or has made you upset, discuss the matter calmly. This will avoid a screaming match, an emotional breakdown and excess stress.

2. No third parties: Relationship problems are between you and your partner, not the entire ship's crew. You may think your friends know best, but you should follow your heart and do what you think is right. At the end of the day, it's your happiness – and relationship – on the line.

3. Don't be manipulated: Sometimes, you've already done everything that can be done. If your partner expects you to steer the wheel and insists on laying back, it might be time to cut ties. Breakups are due to faults from both parties, and you each need to take responsibility for your actions. Don't flip everything onto one person.

4. In-person beats technology: Texts or emails can be easily misinterpreted and it's a cowardly way to handle problems. Talking one-on-one will avoid miscommunication, and you'll get a better sense of how your partner feels. Sparks may even fly during your conversation, reminding you both why you love each other in the first place.

5. Try to compromise: However, there's just no agreeing on certain issues. You can either argue about them until one of you can't take it anymore, or try to strike a deal. If you're serious about fixing things, you should each learn to go with the flow of your relationship. After all, a ship can't sail without both partners on board.

If you and your beau can't get through these steps, it may be time to bury things at sea. Cupid wishes you fair weather and smooth seas ahead. Happy sailing!

Prince William and Kate Middleton: To Prenup Or Not to Prenup



By Bethany and Scott Palmer, authors of *First Comes Love, Then Comes Money*

Prince Charles and Lady Di didn't...and it cost the Prince more than 17 million pounds (\$27 million today) during their divorce. As you can imagine, as much as people were chatting about what Kate's dress would look like, just as many were speculating about whether William and Kate would sign a prenup.

As we reflect on the royal wedding, here is a statistic to ponder: the number one cause for divorce is miscommunication about money. In most cases, it's better to "get it all on the table" versus waiting until it's too late. Many wonder whether signing a prenup is setting them up for divorce. The answer is, no. There are some very practical reasons to have one in place.

Here are some tips to having a positive prenup conversation with your partner:

1. Set the tone: It's important to keep it positive. Obviously with this type of conversation, it's easy to become defensive. You can open the conversation by saying, "I would never want money to come between us and ruin our relationship. Why don't we explore some reasons to have a prenup. Let's talk about the positive and negative aspects."

2. Here are some points to talk through:

- Why would a prenup be important to you?
- What are our debts? A prenup absolves one from the others' debts.
- Is there a family home that needs to stay with one person in the relationship? A prenup ensures that the family home stays within the family.
- Are there children from previous marriages we need to think about? A prenup can help divvy assets amongst children.
- Is there a family business? A prenup will keep the family business intact and protect other siblings and parents.

3. Once you have agreed upon a prenup take these important steps:

- Be sure to set your prenup up a number of months before the wedding – wedding planning can be stressful, be sure have this done and out of the way.
- List all of your assets and liabilities – this can be a relationship saver because there will be no financial surprises.
- Set it up to strengthen the relationship – start your relationship out right, clear financial communication is key to making sure your love stays strong.

Remember, no two relationships are the same. You may not be privileged into royalty but the positives and negatives of prenuptials affect us all. Decide what is the best decision for you, and move forward together.

*Bethany and Scott Palmer are financial and relationship communication experts and the authors of **First Comes Love Then Comes Money: A Couple's Guide to Financial Communication**. They are also widely known as "The Money Couple."*

How About We...Find a Date This Spring



After spending three months bundled up inside the house and sitting in front of the fireplace, why wouldn't you be thrilled when spring finally arrives? The best part about this time of the year isn't just the warm weather or the endless places to visit – there's tons of new people spending time outdoors. If you're lucky, maybe you'll find The One while soaking up the sun's rays.

Since it can be difficult to find a date, HowAboutWe.com suggests these five easy tips to successfully land a date this spring:

1. Ladies, ask guys out: Men and women are asking one another out at equal rates, and in fact, ladies are at a slight advantage. Dates proposed by women get an average of 5.8 responses each, while men get about 5.5. Gals, the odds are in your favor, so use 'em to your advantage!

2. Be specific: Dates that involve doing a particular, such as eating at a *specific* restaurant or doing a *specific* activity, are 40 percent more successful than ambiguous date ideas. Here's an example: "How about we try and complete a 500-piece jigsaw puzzle while sampling one of Gorilla Coffee's famous maple lattes?" See – easy!

3. Plan ahead: Wednesday is the best day to ask someone out on a date. The worst day to propose a date? Sunday.

4. Keep it short: A date idea that gets communicated in 120-140 characters is ideal, so keep it to the length of a tweet.

5. Two-part dates have the most success: Sixty percent of the most responded-to dates are two-fold: a short, active first part followed by a more intimate second location. Here's an example: "How about we practice our swings at the driving range then get some slices at my favorite brick-oven pizza joint – it's just a few blocks away."

HowAboutWe.com is a dating site that focuses on helping members find a compatible mate by getting them away from a computer screen and actually going on a date. Unlike other online dating sites, where you find potential partners by looking through someone's profile, HowAboutWe.com allows you to suggest an ideal date and connect with those who share your interest. If you don't have a preference, then scroll through a list of dates suggested by others and see which of them fit you best. You can invent dates or browse them, then ask people out, going on the types of dates that match your interests.

Are you interested in giving the site a try? HowAboutWe.com is offering our readers a **SPECIAL DISCOUNT of 33% OFF** their service! Use promo code **SpringFun**. For more information, visit their [Facebook page](#) and follow them on Twitter: [@howaboutwe](#).

This post was sponsored by HowAboutWe.com.

Celebrities Who Love the Derby



By Andrew Pryor

Known as “The Most Exciting Two Minutes In Sports” because of its rapid duration, the Kentucky Derby is a combination of old-time tradition and the fast-paced fanaticism of sports betting. Love and luck will both be in the air on May 7 – a love for the “sport of kings” and desire for the luck it takes to see something amazing happen. If you’re planning on making

the trip to Churchill Downs, you might see a few amazing celebrities as well.

Here are a few of the past celebrity couples that have been to the Derby:

1. Nick Lachey and Vanessa Minnillo: These engaged lovebirds made an appearance at last year's races.

2. Rebecca Romijn and Jerry O'Connell: He's a *Bachelor* no longer and she's the farthest thing from *Ugly*. And both of them saw the Derby last May.

3. Mario Lopez and Courtney Mazza: The *Entertainment Tonight* personality started dating Broadway dancer Mazza in 2008. Two years later, they attended the "Run for the Roses."

And here are some celebrity singles that are looking for a win, place, or show (or maybe even love!) at the Derby:

1. Terrell Owens: A guest at last year's events, this high-profile football player always wants to be where the action is – and the Downs has plenty of action to offer.

2. Maria Menounos: This sexy television correspondent showed up to the Kentucky Derby last year, which was a welcome break from interviewing celebrities.

3. Idris Elba: Known best as *The Wire*'s Stringer Bell, he attended last year's Derby in style.

Charlie Sheen: The Greatest

Loss of All



By Dr. Jane Greer,
Marriage & Family Therapist, Author, Radio Host & Shrink Wrap
Celebrity Commentator

People are still transfixed by Charlie Sheen. Some clinical speculation about his behavior has suggested the ravages of drug addiction or an untreated bipolar episode. While all of this may be true, to me, it looks like unbridled narcissism in full fury.

The go-to definition of narcissism is thinking only of oneself. However, when you use the word narcissist you are really making a much bigger statement. A narcissist is not only selfish but actually lacks the ability to think of anyone else. Most narcissists are masters at turning things around so they're the ones being wronged, and they make it appear that they are doing you a favor by letting you make it up to them. They are typically self-righteous and have an exaggerated sense of entitlement that leads them to believe they deserve everything and more. When they don't get what they want, they get angry and their rage knows no bounds.

You could be dating a narcissist and not even realize it. In fact, at the beginning of a relationship, it can be easy to miss the signs. If you're not sure, take a minute and consider these questions. Are most of the conversations you have centered around your partner? Are you always the one being flexible, making changes to your schedule or agreeing to new plans? If you're out to eat, does your date help themselves to your food without asking, not seeming to think twice about it and never offering you a taste of theirs? When you visit them, do they get up and greet you at the door or expect you to just walk in and join them in whatever they're doing? While each of these things might seem insignificant alone, together they are the signature behaviors of a narcissist.

The epitome of this is a specific personality type that in my book, *What About Me? Stop Selfishness from Ruining Your Relationship*, I call an ultimate controller. Their slogan is "it's all about me." They talk about how great they are, how successful they are, how they know more than anyone and how they're better than everyone else. Charlie certainly brings this to life. We see this in his public tirades on Twitter and his webcast "Sheen's Korner," along with his declaration of "winning." Ultimate controllers have little if any empathy for their significant others and they are unable to accommodate the needs of those around them. To try to get them to is likely to lead to frustration, disappointment and unhappiness. This is what each of Charlie's wives realized, and why they ultimately got out of their marriages. For ultimate controller's, when their needs aren't met they are quick to get mad and attempt to control others with their anger in an effort to intimidate so they get their way. All of this comes through loud and clear with Charlie's reported death threats, along with his talk about trolls, fastballs and tiger blood. If you pay attention to some of the indicators you will hopefully avoid getting in so deep.

Unfortunately, because Charlie is such a money-generating celebrity he's been able to make his narcissism work for him and his out of control antics actually perpetuate his image as "the quintessential bad boy." The irony is that despite all that Charlie has lost, the one thing he is indeed the 'winner' at is being the best narcissist around.

5 Fantastic Dating Tips for Cinco de Mayo



By Andrew Pryor

The Cinco de Mayo holiday was founded on May 5, 1862. On that day, General Zaragoza led the Mexican army to defeat a French force nearly twice their size. It was one of the biggest military victories ever for Mexico, allowing the Union to build an unstoppable army. Today, America and Mexico both celebrate Cinco de Mayo each year to uphold the values of liberty and national pride.

In other words, there's no reason to feel out of place on Cinco de Mayo, no matter what nationality you are. Go out with someone you love (or go out looking for someone to love) and celebrate the holiday. In honor of the fifth of May, here are five ways to get into the *espíritu de la celebración*:

1. Learn the language: French may be the language of love, but Spanish is the language of seduction. If you want to spend time teaching yourself or your significant other a new way to say "I love you," learn a few new phrases from Supreme Spanish. For a real challenge, try going the whole day speaking Spanish to each other – remember to roll your R's!

2. Try new things: Cinco de Mayo is all about exercising liberty and freedom, and there's no better day to stretch your personal boundaries. Indulge in Spanish cuisine: anything from homemade *paella* or *enchiladas* to a night out for *tapas* will do. If you're not normally a romantic person, look up some poems by Federico Garcia Lorca and read them to someone you love. Watch a film about love, like *Y Tu Mama Tambien* or *Talk To Her*. Break out of your routine.

3. Hit the dance floor: If learning the Spanish language is wearing you down, communicate with your bodies through the language of dance. Again, it's a great idea to try something new with someone you love. Learning an exotic dance like the salsa will bring you closer together on more levels than one.

4. The more the merrier: While anything more than two is a crowd, Cinco de Mayo is meant for celebration and you can't throw a party without a mob. But if decking your house in red, white and green isn't on your schedule, check if any of these famous festivals are happening near you.

5. Fiesta today, siesta tomorrow: May 5 only comes once a year, so take full advantage by making as many connections as you can, whether you're single and connecting with new friends or attached and bonding with the one you love. Cinco de Mayo

is about loving your country – why not spread the love with others as well?

Jessica Biel and Jessica Alba Among Hosts at 14th Annual EIF Revlon Run/Walk



Making a relationship work can be challenging for anyone, couple that with a partner who is diagnosed with cancer, and that takes an additional amount of patience, support and love. Well, there was plenty of encouragement and comfort happening in Times Square Saturday morning when more than 20,000 people came out to support loved ones who have battled with cancer at the 14th Annual Entertainment Industry Foundation (EIF) Revlon Run/Walk for Women.

Revlon ambassadors Jessica Biel and mother-to-be Jessica Alba

hosted the event alongside Jimmy Fallon, Dr. Mehmet Oz and Nate Berkus. The pace car driven by *White Collar's* Matt Bomer, led participants to the Central Park end mark and four-time Grammy nominee Keyshia Cole kicked off the morning with a grand performance.

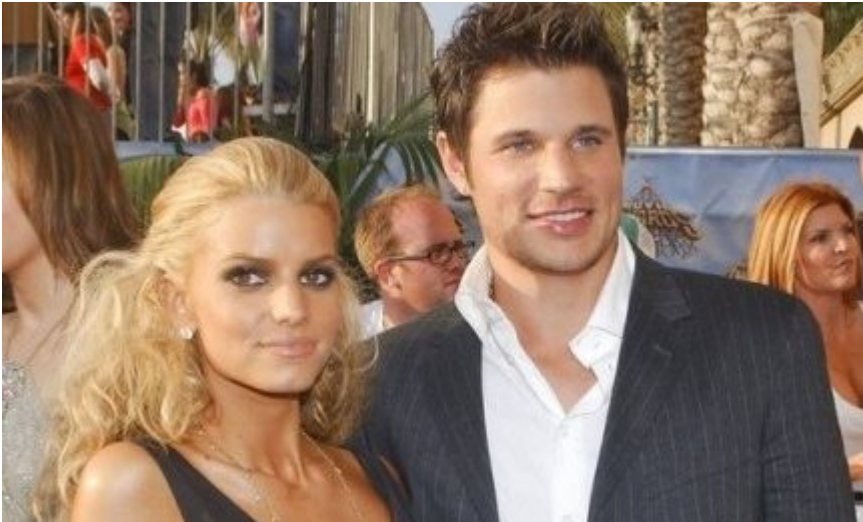
"The energy here @revlon run/walk is amazing 20,000 ppl r here 2 participate. This is the 14th yr & we've raised over 60milli for wmn's cancer!" Alba tweeted at the event.

Before the Run/Walk kick-off, the ceremony hosts walked down the red carpet and gave personal speeches that expressed the pride and honor they felt from being part of such an event.

The EIF Revlon Run/Walk event, which launched in 1994 through the combined efforts of Lilly Tartikoff, Ronald O. Perelman, chairman of Revlon, Inc., and EIF, is one of the nation's largest single-day fundraisers to support women's cancer research, counseling and outreach programs in New York City and Los Angeles. Since its inception, more than \$60 million in grants have been raised from the combined events in New York and Los Angeles.

Support Domestic Violence Awareness Month and Rock the Purple





With the rise in domestic violence and bullying, the Purple Ribbon Council, a grassroots national charity dedicated to preventing domestic abuse, has adopted May as their National “Go Purple Awareness Month to Prevent Domestic Abuse.” By holding “purple” events across the country, the Council aims to inspire people to create awareness about this horrible issue that impacts 1.3 million women each year.

To kick things off, select Hard Rock Cafes will sponsor Rock the Purple, A Purple Ribbon Council Concert for a Cause to raise awareness for the prevention of domestic abuse and dating violence. Rock the Purple was first launched in May 2010 at the Hard Rock Cafe in Phoenix, Ariz. with more than 250 people in attendance rocking out to local bands.

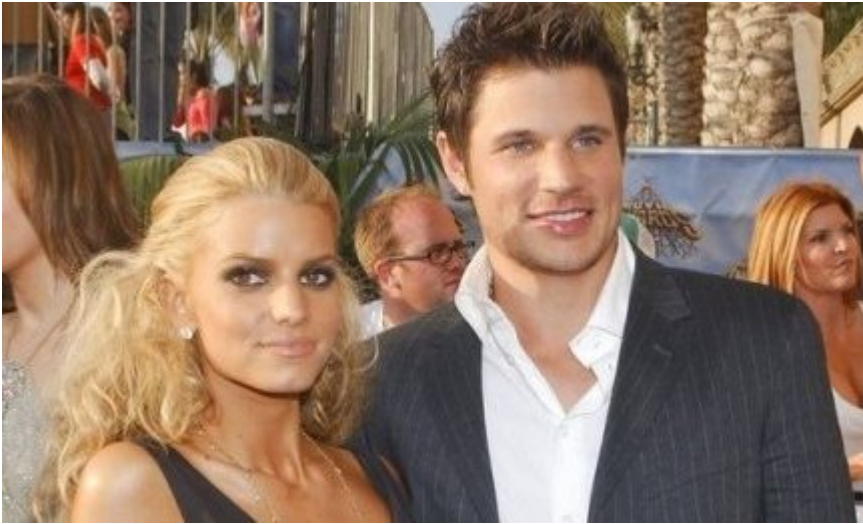
This year, Rock the Purple will take place in three cities: **Phoenix on May 6, Philadelphia on July 6 and Seattle on July 28**, with local bands and musicians performing for the cause. Additionally, hairstylists will be on site to create a “sea of purple” for participants with SHE by So.Cap.USA purple hair extensions. The event is open to the public and is absolutely free, but cash donations are accepted at the door. Donations will assist children who have lost their parent(s) to domestic violence homicide and support Purple Ribbon Council’s prevention projects. Last year, the Phoenix event raised more than \$2,000 from donations.

In addition, the organization also supports **Pretty in Purple Week**, a fundraising effort that benefits the Council's **Purple Ribbon Fund for Children**. The campaign which runs from May 1 to 7 is a time when select salon and spa professionals will raise awareness by informing their clients about ways to recognize and respond to the signs of abuse. Many establishments will also hold fundraising events like cut-a-thons and manicure parties, and will sell and display purple paper butterflies to support the children who were left behind because of domestic abuse. [Click here](#) to see a video about Pretty in Purple Week.

If you'll be near Phoenix, Philadelphia, or Seattle on any of the above dates, make the time to attend the event and help spread awareness about domestic violence and bullying. For directions, performing acts, or general information, visit [Rock the Purple](#).

Top 10 Sexy, Successful and Single Celebrity Women Over 40





By Krissy Dolor

Think women over 40 don't have a place in Hollywood? After reading this list you'll see that isn't the case. While The Moviefone Blog came up with 40 actresses over 40 that are killin' it on the big screen, we wanted to narrow it down to our favorite 10 – but they had to be single. Why? Simple! While there's no doubt that every woman on the list is sexy and successful, we wanted to highlight the celebrities who prove that you don't need a man (or woman!) by your side to make it big. So go ahead ladies – keep doing what you're doing! Read on to see our picks for powerhouse women in Hollywood:

1. Jennifer Aniston (42): Though Aniston is constantly singled out as *the* icon for unmarried and over 40 women (which some tabloids don't view as a good thing), she brushes it aside and continues to make us laugh alongside funnymen like Adam Sandler and Ben Stiller. She'll continue the comedy streak in *Horrible Bosses*, which includes a cast of Jason Bateman, Jason Sudekis and Jamie Foxx. With a list like this, being single is *definitely* a good thing!

2. Halle Berry (44): Not only is Berry a Revlon spokeswoman and a former Miss USA runner-up, she is *still* the only African-American woman to have won an Oscar for her role in 2002's *Monster's Ball*. Though she is currently in a custody battle with ex Gabriel Aubrey over daughter Nahla, she hasn't

let it slow her down completely. In fact, rumor has it that she's dating Oliver Martinez, her co-star in their upcoming film, *Dark Tide*.

3. Sandra Bullock (46): This woman won a Razzie for comedic flop *All About Steve*, an Academy Award for *The Blind Side* the day after, then went through an excruciatingly public breakup with husband Jesse James, handling it with extreme grace. Need we say more? While baby Louis is the only man in Bullock's life, she is working with a few good ones in her upcoming films, including Tom Hanks, John Goodman and James Gandolfini for 9/11-themed drama *Extremely Loud and Incredibly Close* and George Clooney for sci-fi flick *Gravity*.

4. Courteney Cox (46): Though Cox currently has an estranged relationship with longtime husband, David Arquette, she openly supported his decision to check himself into rehab for alcohol abuse and depression. While their future still remains to be seen, the two currently star in this year's *Scream 4*, the movie that brought them together in the first place.

5. Jodie Foster (48): We've all seen Foster on film – but did you know she's a director, too? Check out May's *The Beaver*, where she'll co-star alongside drama-daddy Mel Gibson. If anyone came tame that guy for a few months of filming, that's considered success!

6. Melissa Leo (50): You may not have heard of this longtime actress, but Leo made news when she won a Golden Globe, Screen Actors Guild and an Oscar for best supporting actress in 2010's *The Fighter*. You'll see more of her this year next to Robert Duvall in *Seven Days in Utopia* and Jesse Eisenberg and Tracy Morgan in *Predisposed*.

7. Susan Sarandon (64): Though many have speculated that Sarandon is dating ping pong business partner Jonathan Bricklin, she insists she doesn't have a boyfriend. But let's be serious – who *doesn't* like imagining a little cougar action

when it comes to this sexy starlet? After all, she was in the Beastie Boy's *Fight for Your Right Revisited*, a Sundance short – a sure sign of her staying with the times.

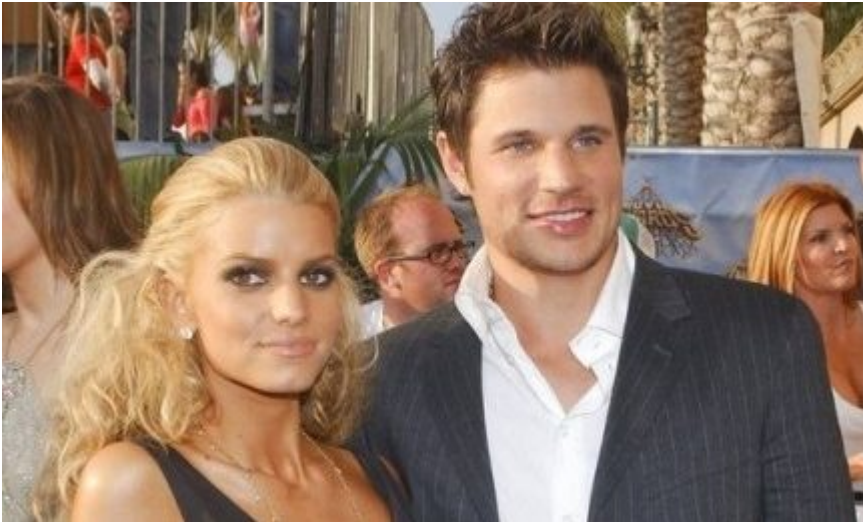
8. Sarah Silverman (40): This funny lady keeps it controversial, addressing racism, sexism and religion in her comedy stints, but everyone knows that a woman who isn't afraid to speak her mind is sexy. You'll see in her in this year's *Take This Waltz* with Michelle Williams and Seth Rogen.

9. Marisa Tomei (46): She's starred in hits like *My Cousin Vinny*, *The Wrestler* and *The Lincoln Lawyer*, and you'll see her next in *Crazy, Stupid, Love* along bigwigs like George Clooney, Ryan Gosling and Julianne Moore.

10. Robin Wright (44): After her highly-publicized divorce from Sean Penn, this former soap star threw herself into new projects, including crime thriller *Rampart* with Steve Buscemi and Sigourney Weaver; *Moneyball*, an adaptation of author Michael Lewis' (*The Blind Side*); and the adaptation of Stieg Larsson's *The Girl With the Dragon Tattoo*. With all that on her plate, who has time to think about exes?

Katie Price: She Keeps On Kissing Frogs





By The Hopeful

Romantic

Katie Price, previously known under the pseudonym Jordan, cuts a lonely figure even when she's not alone.

The British television personality, occasional singer and former model has been in love and then she's been out of it ... Then she's been in love again and fallen out of it ... again. It's kind of sad.

When Price got together with singer Peter Andre, I was quietly pleased for her. It wasn't because I'm the biggest Jordan fan on earth, but because I felt that she needed someone stabilising in her life. She needed someone who genuinely cared about her. Of course, a few years and a couple of years later, that marriage crashed and burned, and she was left single again. She didn't let it get her down, however, and struck up a relationship with professional fighter Alex Reid and tied the knot with him in 2010. Not long after, that marriage dissolved as well.

There's something that feeling so sadly familiar about that situation, isn't there? We've all got those friends or relatives who are pretty, intelligent and every other adjectives that you could throw at them that would describe 'a good catch'; yet they go bouncing from one horrible relationship to another. They're so wedded to a particular

ideal that they can't even see when they have someone genuine standing right in front of them. They can't see the person who isn't like all the others – someone who will remain faithful and just wants to unpick every little bit of hurt that has been ever caused to them. The problem is, they never seem to see it until they're left trying to make do with the next loser that they choose to let in.

And it's just so incredibly sad.

I don't know what the psychology behind that is, do you? It must be really hard living out your life under the spotlight – having people like me and you watch celebrities' every moves and commenting on how they might have done things better. The reality is, people like Katie Price could do better. Let's face it: she needs to do better for not only herself, but also for the sake of her three children.

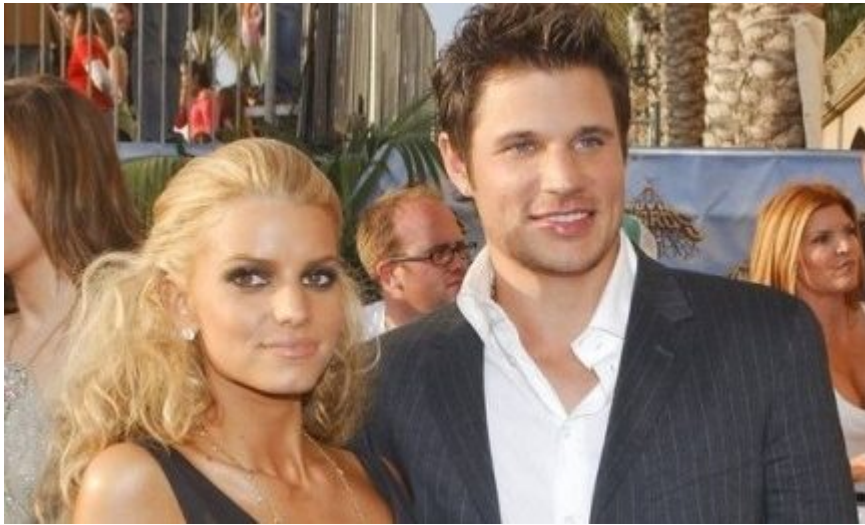
Everyone wants the fairy tale, the castle and the prince. They want the oh-so-elusive dream. But at some point we need to wake up and focus on what's really important, which is quality love. When we find it, we need to hold on tight.

Wishing you all the best of luck, Katie!

Keep Going!

#THR

Celebrity Couples Saving the Earth



By Tanni Deb

With Earth Day this Friday, people everywhere are making pledges to support the planet and show appreciation for the environment. Whether it's planting trees, recycling, or just walking instead of driving, plan to do something eco-friendly on April 22 – you'll join the countless celebrities who continue to raise awareness about persevering our planet. Here are some celebrity couples who are not only committed to each other, but to Mother Nature as well:

1. Bar Rafaeli and Leonardo DiCaprio: DiCaprio is one of the most outspoken celebrities to discuss environmental issues, and girlfriend Rafaeli is no different. In 2008, the *Titanic* star purchased a condominium in Riverhouse, an eco-friendly building in New York City. He also drives a hybrid, flies commercially to reduce his carbon footprint, inspires other celebrities to go green, founded the Leonardo DiCaprio Foundation to support many eco-friendly causes, and created a documentary about the global environmental crisis called *The 11th Hour*. Meanwhile, Rafaeli is an activist in promoting alternative energy sources.

2. Miranda Kerr and Orlando Bloom: The Victoria's Secret model

has an organic skin care line called Kora, was named Earth Hour's global ambassador for 2011 and modeled nude for *Rolling Stone's* Green Issue to raise environmental awareness. Bloom, Kerr's husband, built an eco-friendly house in London and was named a UNICEF Goodwill Ambassador in 2009.

3. Jessica Alba and Cash Warren: In 2008, this couple bought an eco-friendly house in Los Angeles to raise their daughter, Honor Marie in. The couple also lives green. In an interview with *InStyle*, Alba said, "I would like to see a cleaner earth for my child."

4. Rachel Bilson and Hayden Christensen: They might keep their relationship private, but when it comes to causes like Aeropostale's Teens for Jeans, Bilson and Christensen enjoy discussing its recycling campaign. In addition to encouraging people to donate their jeans, Bilson uses reusable shopping bags, drives a hybrid Toyota Prius and wears cloths made from organic cotton. Christensen owns an organic farm in Canada.

5. Angelina Jolie and Brad Pitt: These two have been praised for all the charity work they participate in and the organization they founded in 2006, the Jolie-Pitt Foundation, which assists with worldwide humanitarian crises. The couple is also dedicated to creating eco-friendly communities. Shortly after Pitt received permission to run his project, Make It Right NOLA, which focuses on building affordable green houses in New Orleans, he volunteered to be a designer of an environmental luxury hotel in Dubai.

These are just a few of the dozen celebrities who are committed to creating a healthier planet. Follow in their footsteps and make a difference this Earth Day.

When The Party Is Over In Relationships



By Marla Martenson,

Author of *Diary of a Beverly Hills Matchmaker*

There's a new survey out in Britain that suggests the "three-year glitch" has replaced the "seven-year itch" as the tipping point where couples start to take each other for granted. I notice that when I'm asked how long my husband and I have been married, I get a response that is a mixture of surprise, shock and awe. "Ten years? Wow!" The reaction is then followed by a knowing nod of the head and a silly grin, as if we have unwittingly found the cure for cancer or something equally as impressive. That said, marriages do seem to be getting shorter and shorter. 50% percent of first, 67% of second and 74% of third marriages end in divorce, according to Jennifer Baker of the Forest Institute of Professional Psychology in Springfield, Missouri.

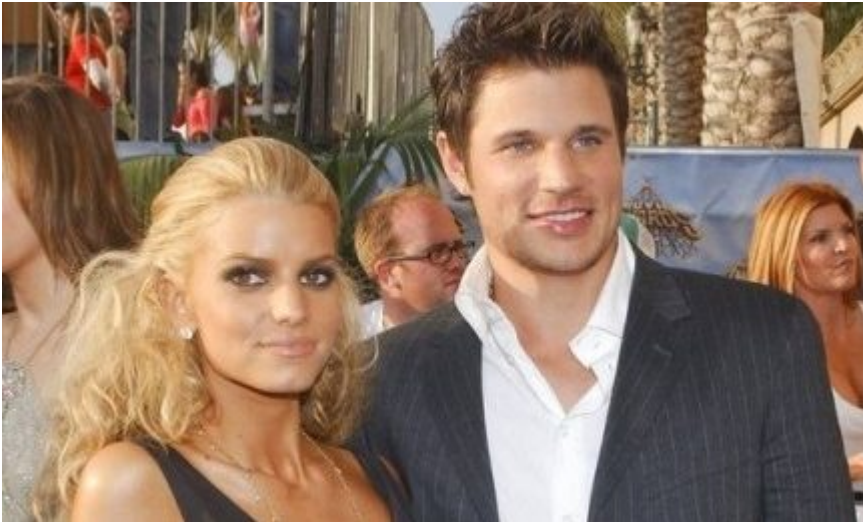
The British survey shows the top two passion killers as being weight gain/lack of exercise and money/spend thriftiness.

It doesn't seem to make sense in the celebrity world, where couples seem to change partners as fast as Lindsay Lohan goes in and out of rehab. After all, celebs don't seem to gain weight; they all have personal trainers and private chefs, right? Money woes? Puhleeze! But one thing that celebs tend to do is rush into marriage. A few romantic scenes with their sexy co-stars and whamo! The oxytocin kicks in, and the girl is gliding down the aisle all decked out in Vera Wang.

What can we learn from our beloved celebs? Take it slow. Really get to know the person that you are dating. Don't let your biological clock's tick tock rush you into thinking that it's now or never and that you'd better grab onto anything with a pulse. Finding out if this person has the qualities and values that you are seeking will help ensure a lasting marriage and happy family.

Male Perspective: Don't Strike Out On That First Date





"Baseball is the only field of endeavor where a man can succeed three times out of ten and be considered a good performer." – Ted Williams

By Andrew Pryor

It's April and we're in the midst of baseball season, where men strike out on a regular basis in front of millions of people...and step right back up to the plate minutes later. Take your inspiration from them when preparing for a crucial first date and know that there will always be another fastball headed your way. With that said, here are seven tips to increase your odds of getting onto the base path – and steer clear of the dugout:

1. Control your appearance: First impressions are key in any situation, so make sure you look the way you want to be seen. Trim your facial hair, tuck in your shirt, shine your shoes; look as flawless as you have to. They're called *impressions* for a reason – you want to give your date a reason to be impressed.

2. Be polite: You don't have to show up at her front door with a bouquet of roses to prove that chivalry isn't dead. Just stick to the basics. Hold the door open. Say please and thank you. Compliment her on her looks. Be nice to the waiter. And by all means, please pay for the check.

3. Be positive: The great Yogi Berra once said, “When you come to a fork in the road, take it.” Don’t get down on yourself if you think the date isn’t going well. Just remember to keep your chin up and be someone she wants to be around. Focus on the runs you score, rather than the errors you commit.

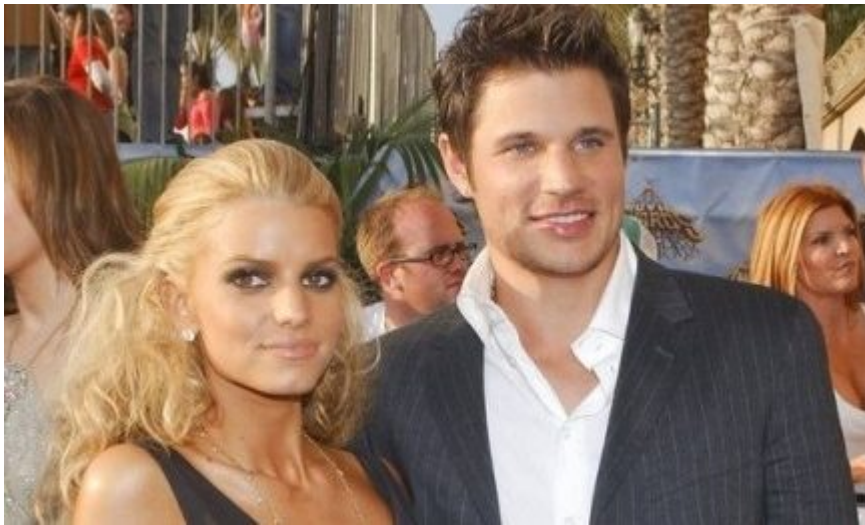
4. Be yourself: As soon as you have tips one, two and three locked down, you can let the rest all hang out. You want to dazzle your date, but you also need to look like a human being. Let your own interests play a role. Find out her hobbies, what she does for a living and what she aspires to do and see if you have common ground.

5. Know when to talk...and when to listen: Conversations should be like tides, not tidal waves: they should ebb and flow. If you feel like you’re dominating the table talk, ask her a question and give her the opportunity to speak. By the same token, don’t be a brick wall – if she’s the only one talking, tell her a few things about yourself.

6. Have confidence: They say that few batters go for a home run on every swing, but you should at least be able to go into a first date planning for a second date. Walk up to her knowing that she needs you in her life. And if you feel a first kiss coming on at the end of the night, go for it.

7. Don’t go to a baseball game for your first date: Seriously – watch the game from your favorite bar if you really want, but the ballpark is a grand old disaster of a first date. Peanut shells and spilled beer, nasty bathrooms, screaming fans, lethal line-drives, and a date that might be more interested in the pitcher’s perfect game than your perfect evening. No thanks.

Money, Honey: 5 Fun Ways to Spend Your Tax Refund with Your Sweetheart



By Breanna Olaveson

Spring is a magical time. The cold grayness of winter fades away into the freshness of spring, bringing clearer skies, brighter colors and warmer temperatures. And as if it could get any better, there's one more yearly miracle headed your way – the much-anticipated tax return.

This extra income comes as a pleasant bonus this time of year. There are a lot of ways you could spend the money, but what could be better than using it to make memories with your love? Here are a few fun, romantic ways to spend your tax refund as a couple:

1. Splurge on better seats: Use the extra money to get better seats to whatever entertainment you both enjoy most. Go see a play, a professional sporting event, or a concert, and give yourselves royal treatment: third-row seats, some snacks and a

cab to take you home. It will feel good to not worry so much about money for one night.

2. Play tourist: Pretend you're visiting your town and go to all the local tourist attractions. Buy souvenirs at local museums, historical sites, famous landmarks and local restaurants – and don't forget to take lots of pictures! This is a fun way to spend some extra cash while getting to know more about your city.

3. Take a road trip: With gas prices so high, this simple pleasure is becoming more of a luxury. Fill up the tank and hit the road. Bring plenty of snacks and make sure you have your favorite music. This is especially fun if you start driving without a destination in mind – just go wherever the wind blows you!

4. Visit an amusement park: April is a great time to visit local amusement parks because they're less crowded than during warmer months. Bring a sweater and enjoy having the place all to yourselves!

5. Take a class together: Learning new skills can be expensive, but that's what tax returns are for! Enroll in a pottery, ballroom dance, golf, or ski class. This is a fun way to spend your day together, and you can practice your newfound skills for future dates.

Breanna Olaveson is a professional writer and editor and has been featured in various magazines, including Utah Valley BusinessQ, Utah Valley Magazine, Liahona, Ensign and MainStreet. She has a B.S. in communications and continues to write about business, entrepreneurship, marketing, success, lifestyle and more. Breanna is currently working with Professional Marketing International helping entrepreneurs reach their goals.

A Cozy 2011 'Bachelor' Reunion in Colorado!



Bachelor reunions are always a good time, and this year's event in Breckenridge, Colo. was no exception! Hosted by Jesse Csincsak, Breckenridge native and winner of *The Bachelorette* season 4, the weekend was filled with skiing, snowmobiles, and of course, partying. Other attendees included Csincsak's wife, Ann (*The Bachelor* season 13), their 2-month-old son Noah, Vienna Girardi (season 14 *Bachelor* winner) and new boyfriend Kasey Kahl (*The Bachelorette* season 6), and Suzie Williams (*The Bachelor* season 5). Though Williams suffered minor injuries from a snowmobile accident, the rest of the weekend seemed to go without a hitch.

But we wondered – were there any hookups that weekend? After all, that's how Jesse and Ann met! And who can resist a person wearing cozy footie pajamas (which have been featured

on our site!)?

Top 10 Ways to Get Invited to the Royal Wedding



By Tanni Deb

Prince William and Kate Middleton invited an astronomical number of guests to their wedding: 1,900 people! Yet most of us are wondering how we can get invited without having to work the affair itself. Sure – you can watch the fanfare on NBC (at 4 a.m. EST no less!), but it's not the same as getting dressed, attending the event and bumping elbows with A-listers from around the world. If you feel left out and want to see the ceremony in person, here are strategies that worked for some of the hundreds of guests that will be at Westminster Abbey on April 29:

1. Embarrass yourself in public, Kanye West-style: West's infamous humiliation of Taylor Swift at 2009's MTV Video Music Awards didn't stop the royals from inviting him. While millions of us watch the wedding overseas, West has the honor of mingling with many notable international figures – and may even get to offend some of them as well.

2. Open a pub: Middleton's favorite pub owner, John Haley, is attending the nuptials. If you want an invite, follow suit! Open your own bar close to Buckingham Palace, pray that someone in the royal family is a regular visitor, and hope that you'll score an invite when Prince Harry gets engaged.

3. Stay close to the family: If Ellen DeGeneres, the queen of comedy, stayed in touch with her distant relative, she probably would've been dancing down the aisle at Westminster Abbey. Sadly, the 15th cousin of Kate Middleton won't get that opportunity. Check your genealogy – you just might be royalty.

4. Become a popular sports player: Think British football (or as Americans call it, soccer). It's no surprise that David and Victoria Beckham are on the guest list. If you want an invite, start working on your athletic skills now.

5. Mind your manners: Simon Cowell, former American Idol host, won't be in attendance. Last month, he told Jay Leno, "I may have said something to the Queen about her hat when I met her..." In that case, you can't *really* blame the royals for not inviting him. It pays to play well with others, Cowell.

6. Be a nanny: Rumor has it that former royal nanny, Tiggy Legge-Bourke, will be a guest. While it's too late to take care of these princes, positions are sure to open up once they have kids, so stay on guard.

7. Don't humiliate your fellow royals: Prince Andrew, the Duke of York, and his daughters, Princesses Eugenie and Beatrice, received an invitation. However, ex-wife and mother, Sarah

Ferguson, was left out. Well, that's embarrassing – and bound to happen when you try to sell access to your ex-husband. Moral of the story: If you ever wish to attend a royal event, never mess with the royal family.

8. Become a charity volunteer...: Volunteer at a charity where Prince William is the president; you'll automatically be invited. Who says it doesn't pay to volunteer?

9. ...or join the military: In Britain, of course. It was reported that 30 members of the country's Defense Services will see the nuptials in person. Join the forces now; that number might increase when the next ceremony takes place.

10. Don't run for President of the United States: If the emperor of Japan, sultan of Brunei, and the kings of Malaysia, Tonga and Thailand are invited to this affair, you'd think the president of a leading first-world country would be as well. Unfortunately, President Obama didn't make the cut. Why, you ask? Blame it on the expensive costs for security to protect him and the First Lady. Looks like the Prince has also been affected by the recession.

Well, there you have it! If any of these strategies work for you, let us know. However, if you're unsuccessful, the 'Not Flippin' Invited' party at London's Mahiki nightclub would love to have you around. And if that's too far for you, consider throwing your own, "Where's *My* Royal Wedding Invitation" party.

Focus on Friendship for a

Peaceful Dating Experience



By Naini Nakagawa

Spring is in the air, and so is dating! With the fresh spring air comes a new way to approach dating. The goal for this season? Focus on friendships, which may lead to romance later on when you truly know your mate-to-be. Celebrities like Ryan Phillippe could certainly use this wisdom right now.

Phillippe's recent relationship with Amanda Seyfried seems to be on and off, and he was also recently accused of having "innocent sleepovers" with Rihanna. It seems to be a game of celebrity musical chairs in Hollywood these days, filled with all sorts of drama. For the rest of us, who prefer to keep drama-free peaceful relationships, the following tips could go a long way:

1. Rid your life of toxic people: Keep those who are discouraging and who don't support and believe in you on the sidelines. Your energy field can take a turn for the worst with negative influences in your life.

2. Consider your spiritual path: Celebrities like Scarlett

Johansson, who received an Ally for Equality Award at the 2011 Human Rights Campaign Los Angeles Dinner and Awards Gala, keep things in perspective by prioritizing things like helping those less fortunate than themselves. Give off positive energy by taking each interaction throughout your day and adding some cheer to it. Smile! It could make a big difference in someone's life. Plus, confidence attracts. It's one step closer to finding your future mate.

3. Exercise and eat right: Being healthy will not only make you feel good about yourself, but your healthy glow will attract potential partners. Bring out the Jennifer Aniston inside yourself! Some foods with special vibrations to consider are cherries, which bring joy, and strawberries, which foster dignity. Working out can help to keep you balanced so that you're in the mindset to make the right choices.

4. Be friends for 8 months before dating: Meet as many people as possible and keep it friendly, even if the attraction is strong. Longtime Hollywood actress Goldie Hawn had a deep friendship with Kurt Russell before they were romantically involved, and they're still together after 25 years !

5. What's meant to be will be: Let the gods get working already. Sometimes the universe needs some time to work its magic, so instead of micromanaging your love life, try to have faith that things will work out the way they're supposed to work out.

6. Meditate: Meditation brings on a sense of delicious peace, which no other activity can accomplish. A-list celebrities like Richard Gere, Gwyneth Paltrow and Angelina Jolie are no strangers to the practice, as they're known to make quiet time for reflection a regular part of their busy schedules.

7. Be proactive: After you've taking the time to get to know someone on a spiritual level, it's time to make a move. Plan a

date that doesn't involve drinking alcohol, so that your minds are clear and ready to connect.

By utilizing these tips, you can increase your magnetism to such a level that you'll attract someone with the same vibrations as yourself, even if he or she isn't currently anywhere near you. It will lead to a peaceful dating experience that few celebrity couples in Hollywood have thus far achieved.

Sean Penn and Scarlett Johansson: Is the Age Difference an Issue?



By Christie Hartman,

PhD

After 14 years of marriage, Sean Penn and Robin Wright

divorced in July 2010. Now Penn, who's 50, has been caught canoodling with Scarlett Johansson, 26. Yes, your calculations are correct: Sean Penn is dating a woman who is literally half his age.

Of course, the obvious questions are: Why would Sean Penn go for someone so young? And why would Scarlett Johansson date a man so much older than herself? That's when all the pseudo-scientists come out of the woodwork and start spouting evolutionary theory – i.e. that older men like young and pretty women because they represent fertility, and that younger women like older, not-necessarily-good-looking men because they have the maturity and means to care for her and her young. While there is some truth to these theories, it's only a small part of what drives dating (and mating) behavior.

More often, such theory is used as an excuse for older men to chase women who are too young for them, and for younger women to seek sugar daddies.

That said, many people assume a May-December romance is somehow typical, and that it's what every man wants. Single women in Penn's age bracket may wonder, "What chance do I have if men my age can get women in their 20s??"

Here's why you shouldn't fret much when you see a relationship like Sean Penn and Scarlett Johansson:

1. Older men often rebound with younger women. In fact, dating a much younger woman is an ironclad sign a man is still recovering from a past relationship. He's looking for fun, sex and an ego boost after the difficult time he's been through.

2. Celebrities are not like regular people. You will often observe more extreme mating behaviors in celebrities, including multiple marriages, rapid transition from one partner to another, marrying after having dating only a few months and partners with vast age differences. These

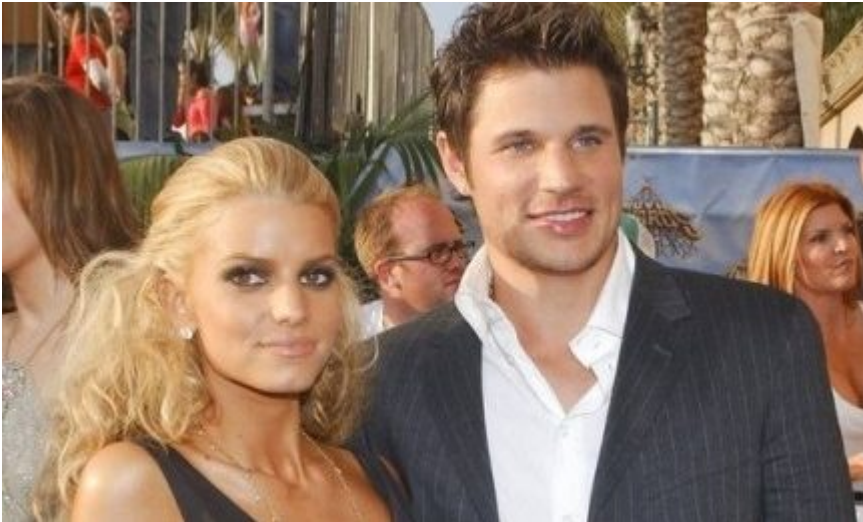
behaviors are far less common among the rest of us. In fact, only 7.5% of U.S. marriages include a husband who is more than ten years older than his wife.

3. Most older men admire younger women, rather than prefer them. A youthful, pretty face is a pleasure to look at, but most men want a partner with whom they connect. That special connection will rarely occur with someone half your age. Likewise, most women prefer men much closer to their own age.

Christie Hartman, PhD is a psychologist, dating expert, and the author of Dating the Divorced Man and It's Not Him, It's YOU.

David Arquette and Courteney Cox: Did Over-Complaining Kill Their Marriage?





By Guy Winch, Ph.D.,

author of *The Squeaky Wheel*

While it's natural to moan and complain to our spouses and expect support and understanding from them, too much complaining can change the very nature of our relationship and damage it beyond repair. When David Arquette and Courteney Cox announced they were splitting up last October, Arquette mentioned that Cox was sick of "mothering" him. For a celebrity couple, the two have been relatively close-lipped about the details of their separation. However, it's fair to assume that if Cox was doing too much mothering, Arquette was doing too much complaining.

When one member of a couple becomes an over-complainer, it creates significant stress on the relationship and the entire household. Unproductive complaining such as venting, whining and moaning, creates an atmosphere of negativity and dissatisfaction that pervades the home. Over-complaining of the unproductive kind can also make it difficult for other members of the household to express their own joy and happiness.

The problem is that such habits can develop slowly and go unnoticed until the problem is severe. For example, a husband might go through a period of employment instability and feel down about himself and the world. His wife might be supportive at first. She might try to help out by offering

regular dollops of sympathy and taking on more responsibilities. However, by doing so she is reinforcing her husband's complaining and enabling him to remain miserable and passive. Over time, the husband in this scenario can become comfortable in the situation and expect his wife to continue "mothering" him.

When left unchallenged, this kind of dynamic can lead to a shift in the very nature of a couple's relationship. Instead of being husband and wife, they now relate to one another in a manner more reminiscent of mother and child or mother and teenager. As a result, their relationship suffers, their marital satisfaction drops and their sex life erodes. Whining is rarely a turn on.

Although it's natural to go through difficult times and expect support from our spouses, couples should never let negative circumstances turn into an enduring reality. If your spouse is over-complaining so much that you begin to think of him or her as a whiner, alert your partner to his or her behavior and how it is affecting you. Ask your mate to learn how to use complaints sparingly and productively—for everyone's sake.