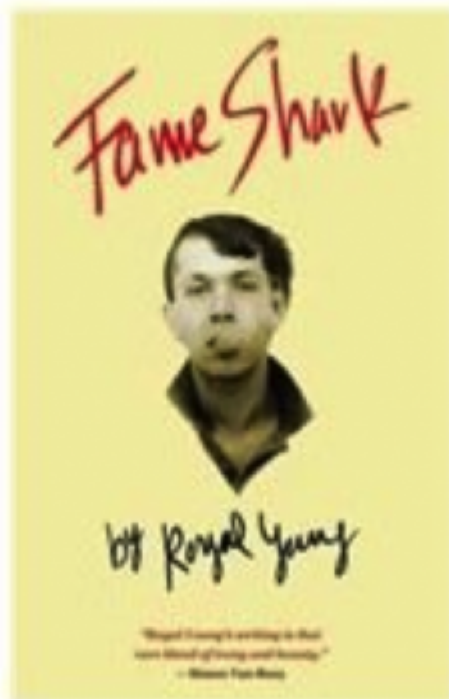


Royal Young Explains Why Fame Isn't Everything In His Memoir 'Fame Shark'



By Marisa Spano

There is something special about Royal Young, and it's not just his name. Perhaps it's his hefty quantity of charisma and understanding of the world around him. The 28-year-old writer was born Hazak Brozgold to a Jewish family on New York's lower east side. He spent much of his young life looking for a spotlight, and now that he's finally got one, he's urging people to understand the downsides of fame.

To the American culture, fame means money, mansions and adoring fans. Most people think of the perks instead of the downfalls. But is fame a good thing? That's the very question that this author and [Interview Magazine](#) writer answers in his recently-released memoir, *Fame Shark*. Young's memoir outlines his past obsession with being famous and uses his history to illustrate to young people why a fixation with celebrity can be damaging. When CupidsPulse.com chatted with Young, he opened up about initial resistance to his memoir, the story behind his name and his new perspective on fame.

At what moment did you realize that you wanted to write a memoir?

When I was 18 years old, I was kind of crazy. I was drinking a lot and chasing all of these different means of getting attention instead of looking for love from my parents and relationships in general. One of the ways I was doing that was modeling. I met some shady people in that industry, but I also got to meet someone amazing at Wilhelmina. I sent him some of my writings and photos of myself. He sat me down and was like, "Dude, I read your writing, and you have a real talent here. You can keep being a crazy downtown New York City kid and messing up your life, or you can write a book. I think you have that in you." That was the first time I had heard that from anyone. I was so excited by it that I actually started a very tiny piece of *Fame Shark* right then and there.

Related Link: [Amanda Bynes: When Help Is Needed But Not Wanted](#)

What was the initial reaction to your book?

Honestly, it was hard. So many people were very skeptical, and I dealt with a lot of rejection and resistance. But for me, being so young is kind of the point of writing the memoir. I think we live in a culture that is very obsessed with celebrities and very obsessed with youth, and I think that can be taken to a dangerous extreme. Writing a book like *Fame*

Shark at a young age is kind of a comment on that culture.

Are you still obsessed with fame? If not, what changed for you?

It has definitely changed. When I started writing the book, I was still under the kind of weird, narcissistic delusion that the book itself would be my final catapult to celebrity. However, writing a book doesn't really work that way because it's such hard work and there's so much rejection. I have worked incredibly hard for seven years as a journalist – that delayed gratification was so helpful to me in terms of these disillusionments. Do I still want to be famous? No. Do I still want to be successful and visible? Do I want my work to get to the largest audience possible? Absolutely.

In your book, you have an infatuation with Winky, a 14-year-old girl you meet on MySpace. She's the one who gave you your name, Royal Young. Tell us about that!

Winky had nicknames for all of her *Gossip Girl*-type, upper Westside friends. She would call us "The Lost Boys." It felt awesome – she was like this weird Wendy figure, and I was like a drunk Peter Pan. It felt great to be a part of that and be saved from my horrible Hebrew name, which always set me apart and made me feel like an outsider. I legally changed my name eight years ago, and it changed who I am. Even my old friends call me Royal now. It's a persona and a personality that I have grown into and that I feel so comfortable with.

Related Link: [The Pros and Cons to Taming a Bad Boy](#)

You say that you went to art school to live out your father's dreams of becoming a famous artist. Do you feel like you were living your father's life instead of your own?

I certainly felt that way. I think the peril of trying to fulfill someone else's fantasies is that you really end up resenting them. That's something that my dad and I had to work

through, but what's so cool now is I feel like I am in a position to help him. My dad's images are in the hard copies of the book. So in that sense, I am still connected to my dad's dreams. I still want to help him live them out, but I'm not the one who is doing the living – he is.

What advice do you have for young people looking to be famous?

Don't do it! Get rid of your grand ideas; get paparazzi, flashbulbs, money and all of that out of your mind. Just enjoy your life and work hard at your passion. I think it's so important to stay grounded and really keep those connections to friends and family. Work on those key relationships in your life because that'll help you; pursuing a path of solitary success is very dangerous and scary too. Focus on knowing yourself before you go out into the world.

And finally, what's next for you?

I want to go silver screen. I want *Fame Shark* to have a red carpet premiere. I'm negating everything I just told you! I really do see *Fame Shark* as an evolving brand though. When it started off for me, the definition of fame shark was someone who is so lonely that they mistake success or being a celebrity for love, and now, I feel like that's changing. Now, it's about tenacity; it's about hard work and hustle. So I would love to see where that goes next. I'm also working on a novel.

Fame Shark is available now on Amazon. You can follow the author on Twitter @RoyalYoung

Author Roy Sheppard Bridges the Gap Between Mothers and Daughters In His New Book



By [Andrea](#)

[Surujnauth](#)

Growing up in today's society is full of challenges, especially for teenage girls. They tend to forget, though, that their mothers went through similar difficulties when they were young. In his new book, *Dear Daughter: what I wish I'd known at your age*, author Roy Sheppard hopes to connect mothers and daughters, revealing their similarities and making communication easier.

Drawing on his experiences as a psychotherapist, neuro-linguistic programming (NLP) practitioner, journalist and [relationship expert](#), he reaches out to everyday mothers and gives young women helpful advice about topics ranging from financial issues to [boy problems](#). These words of wisdom come straight from the hearts of moms who want to help their daughters grow but have a hard time reaching out to them. Here, CupidsPulse.com chats with Sheppard about his varied career path, his inspiration for his new book and his advice for girls as they search for [love](#).

You used to be a reporter for British Broadcasting Corporation (BBC), and then, you became a hypnotherapist and NLP practitioner. What influenced you to make such a big change?

My proper job is interviewing people, so after I spent years working at BBC, mainly doing live reporting, I switched to the conference industry and interviewed executives. I wanted to be a much more effective journalist, not just talking about data and information. I wanted to be more [insightful](#), so that's the actual reason I trained to be a hypnotherapist, which might sound a bit bizarre. As a therapist, you're taught to notice more details, and as a hypnotherapist, it's almost a forensic understanding of how people think, how they perceive the world. So when you can tap into that ability, your interviewing becomes so much more perceptive. It totally changed my life.

Related Link: [Use Your Five Senses For a More Fulfilled Love Life](#)

Once in the therapy field, you focused on relationships. What drew you specifically to relationship coaching?

I wanted to write about [relationships](#) but with a different spin on them. I found that most relationship writing is by women, for women. As a man, I have a different perspective. I always make sure that I make it very clear that I have a male

point of view. If women are open-minded, when they read my writing, they get a perspective that they won't get from a female writer. So the big thing that I try to do is bring men and women together; I want to be able to help them understand each other better.

Let's talk about your new book, *Dear Daughter*. What inspired you to write a self-help book for young women?

I wanted to write something that would be relevant for young people today. I realized very quickly that you can't do it in one book, so I decided to split it up: *Dear Son*, which was published late last year, and *Dear Daughter*. *Dear Daughter* is about 15 percent longer – there's more information that [girls](#) need to know! I had the most fantastic conversations with women, talking about stuff that they wouldn't normally talk about with a man. I felt very privileged.

You include a lot about relationships, and you discuss why it's unwise for women to overanalyze men. Why is this a bad habit to develop?

I just don't think that it's a productive use of your time and energy. There are two types of men: good guys and [bad guys](#). Most men are actually straightforward, and if they say one thing, they mean that. Men are not as complicated or Machiavellian as women. We both know that there are some women who are extremely calculating and who behave atrociously to other women, but men don't do that. Because women think in this way, it's easy for them wrongly apply the same sophisticated analysis to a man as they would to a woman.

We've all heard of the book *He's Just Not That Into You*. How can a woman tell if a man is into her?

He calls. It really is that simple. A man will find any excuse to talk to a woman if he [likes](#) her.

Related Link: [How Not To Scare A New Man Away](#)

What would you say are some of the most important things that women should do when looking for Mr. Right?

Don't look for [Mr. Right](#)! Just be somebody who, if Mr. Right comes along, he decides to stop. If you focus on being a special person for yourself first, that makes a huge difference.

I think dating is the new addiction. It's so easy to [date](#). But I genuinely believe that, if you put energy into being a decent human being, it makes the process so much easier. As a therapist, the biggest problem I see is that people – women in particular – create a fantasy figure in their head. They compare Mr. Perfect to the man in their life, but no person will ever live up to that fantasy figure. Why? Because that fantasy figure doesn't exist. Focus more on enjoying your partner and accept that your differences actually add richness to your relationship.

Do you feel that daughters who are close with their mothers have a better chance at finding a healthy relationship? If so, why?

I definitely agree with that. I hope that my *Dear Daughter* and *Dear Son* books can be something that parents give to their kids and say, "Look, I know you don't want to talk to me about a lot of this stuff, but read this book. Afterwards, if there's anything that you want to talk about, please do." A number of friends of mine who have teenage [daughters](#) were reading the manuscript separately from each other, and they all asked if they could share it with their daughter. Every single time they did, they had the most amazing conversations. It brought new topics into the open, and they talked about some really important things.

And finally, if you had one piece of advice that you would give to our readers, what would it be?

Of course, I want them to read the book!

In the introduction, I say that I want to build a bridge between [parents](#) and young people. Remember that a bridge is built from both sides. Even though you may believe that adults have no idea what it's like to be you, listen to them a little bit more. Before you decide that somebody's wrong, just be silent and think about what they're saying. If you decide later that they're wrong, that's fine, but don't let "no" be your knee-jerk reaction to everything.

The book is now available from [Kobo](#) as an e-book. You can currently purchase a copy of Dear Daughter from www.TheSensibleUncle.com, and it will be more widely available on July 8, 2013. For more information about Sheppard, please visit www.royspeaks.com or follow him on [Facebook](#) and [Twitter](#).

Niecy Nash Explains Why 'It's Hard to Fight Naked'





By [Whitney Baker](#)

[Johnson](#)

We all know and love Niecy Nash as an actress, television host and comedienne. What you may not know, though, is that she's quite the matchmaker as well. In fact, it was at her first matchmaking party that she introduced best friend and *The View* co-host Sherri Shepherd to her now-husband Lamar Sally. From there, she began hosting an online show on Yahoo! called "Let's Talk About Love," which eventually developed into her new book, *It's Hard to Fight Naked*. In it, she invites her readers to think differently about matters of the heart and shares her tips for finding true love. We chatted with the newly-minted author about the book's eye-catching title and many words of wisdom.

Related Link: [Video Exclusive: Sherri Shepherd Chats About the Three Men in Her Life](#)

What inspired you to write a book of relationship advice?

I fell in love! After I experienced the best part of a relationship, I wanted that for all of my girlfriends. I feel like we struggle most at the thing we were created for, which was love.

What can readers expect to learn from *It's Hard to Fight Naked*?

First, you will attract what you are. So inevitably, you should be what you want to receive. If you're dating and all of your potential partners are crazier than the last person, then you need to look in the mirror and say, "Good morning, crazy!" That's part of what you're bringing to the table.

Also, it's one thing if you just want to hang out and have fun. But when you're looking to settle down, then you have to move into a place where you date with your priorities versus your preferences. There are certain things that you require in a relationship that are more important than superficial things. You have to find someone who meets the priorities of what you want in a man, and then you can consider the outer wrappings of a relationship.

Let's talk about the title!

It has a figurative and a literal application. Figuratively, when you are exposed and vulnerable, you're at your truest self. And you have to walk in the truth. I think people sometimes approach relationships like they're a game – they don't really want to show their hand or their feelings or their fears. When you're honest, though, you're exposed, and that's when you're most "naked."

The literal meaning takes us back to Adam and Eve when they were really naked and unashamed in the garden. If you have your clothes off, there's a party! I'm a lover, not a fighter, so I'd rather stay in any state that leads to love as opposed to fighting.

Related Link: [Harlan Cohen Shares Why 'Getting Naked' Will Help Us Find Love](#)

And did this type of vulnerability help you meet your husband, Jay Tucker?

I was very honest with him. When you're deciding to marry someone, there has to be a like-mindedness. Your partner needs to know the truth about how you think, you feel.

Finally, what advice do you have for someone struggling to show her true self?

You have to work on being honest with yourself. You see women who say they don't care if they ever get married or have a family, yet every Sunday morning, they watch a marathon of *Say Yes to the Dress*. Knock it off! You have to be honest with yourself first. Once you walk in your own truth, you'll be better able to communicate that to a man. If you're living a lie, of course, it's going to be hard to be open with someone else.

You can purchase Nash's new book [It's Hard to Fight Naked](#) on [Amazon](#). To keep up with the author, follow her on [Twitter](#) and [Instagram](#). Be sure to check out [www.niecynash.com](#) too!

Dr. Wendy Walsh Shares How Single Women Can Benefit From 'The 30-Day Love Detox'



By [Whitney Baker](#)

[Johnson](#) and Andrea Surujnauth

You probably recognize Dr. Wendy Walsh from *Good Morning America*, FOX News or the *Today Show*. She's a well-known relationship expert, psychotherapist, author and actress. Currently, she appears as the expert commentator on Investigation Discovery's *Happily Never After*, a show that looks at stories of newlyweds who's marriage turned deadly shortly after saying their vows. "My job is to retrace the romantic steps of both partners and figure out what red flag could've saved the bride or groom's life," she explains.

Despite her busy schedule, she found time to write a new book, *The 30-Day Love Detox*, which was released on April 23rd. In it, Dr. Walsh answers common questions that women

want to know: How can I stop falling for the wrong type of guy? How can I find a man who is willing to commit? She also lists common mistakes that women make when dating someone new and shares her tips for avoiding them. The author chatted with us about her ground-breaking new book.

What inspired you to write *The 30-Day Love Detox*?

I'm a single mother, and I wanted to explore the social reasons why a very smart, very attractive woman like myself would "end up" as a single parent. And what I discovered is the more educated a woman is, the more attractive she is, the more cities she's lived in, the more likely she is to be divorced. Attractive women will leave relationships earlier, they say, because they have more sexual opportunities than others. Having a higher education means that women are often using up their fertility window on schooling and careers and grabbing whoever they can at the end of their fertility window. The more places you live during your childhood, the less likely you are to have a committed relationship. Moving around, instead, teaches you to have a lot of mobility. It teaches you how to say goodbye.

How did you come up with the title?

It's called *The 30-Day Love Detox* because I found a study that showed that, if you have sex within 30 days of meeting somebody, you have a 90 percent chance of breaking up with them within one year. If you wait 31-90 days, you have a one in four chance that you'll be together a year later because you've taken the time to build some kind of friendship, some kind of emotional bond. Unfortunately, plenty of women think that a hookup is a stepping stone to a relationship. But I promise you that not one man thinks that! The true aphrodisiac is saying "no."

Related Link: [Is He In It for the Long Haul?](#)

You say that you saw yourself as Carrie Bradshaw from *Sex and the City*. Can you elaborate on this idea?

The *Sex and the City* generation and even young women today have been sold a false bill of goods, a mythology if you will, by the fertility clinics who market that women can have a **baby** when they're 50, which is absolutely absurd. The success rates for in vitro fertilization have not changed since the 1980s; it's about a 15 percent success rate, and it costs 13,700 dollars on average. So that means for your hard-earned money, you've got an 85 percent chance of failing.

My point is that 80 percent of women are going to become mothers – good boyfriend or not, good husband or not. And where they end up financially, psychologically and physically at the age of 45 has to do with the choices they make in their 20s.

Can you share any positive results that people have seen after doing *The 30-Day Love Detox*?

Well, I did backward research. First, I held a series of wine-and-cheese focus groups for single women to hear the stories of what's been going on in the dating market place. Then, I went on a hunch and interviewed married women with children who were in, what I believe is, a healthy relationship, and I asked them how long they waited before they had sex with their husbands. I found that a number of them actually even waited until marriage. One of the things that people do as a reaction to the high-supply sexual economy is check out of it by saying, "I'm not even going to participate in this nonsense." So I found a population of post-modern virgins; some of them are married now, and some of them are single women who don't use religion as a reason for staying a virgin in their 20s. Instead, they stay a virgin so that they can take the time to find a real relationship.

Let's shift gears a bit. Our readers are fans of reality shows like *The Bachelor* and *The Bachelorette*. Do you think those shows are helpful in teaching viewers how to find good

partners? Or do they ultimately damage our perspective of relationships and love?

I think they hurt as much as romantic comedies do because nobody is teaching anybody relationship skills. They don't practice slow love. They also subscribe to the myth that if you just choose the right partner, everything will be okay. The truth is being a good partner with good relationship skills will increase your chances of having a long, healthy, happy relationship. A great example is people who divorce and say, "Oh well, my second marriage is going to be better because I'm going to choose better." But divorce doesn't teach you how to choose better; it doesn't teach you how to be a better partner. Divorce only teaches you to say goodbye. Therefore, second marriages actually have a much higher divorce rate because the only thing divorce teaches you is how to survive divorce, and once you learn how to do that, it's even easier to leave the second time.

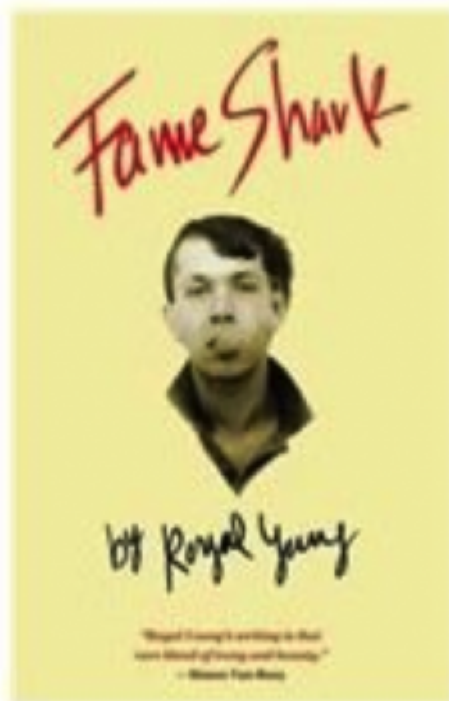
Related Link: [Cancelled: Why NBC's 'Ready for Love' Fueled America's Hatred](#)

Can you tell us about any other projects that you have coming up?

Yes! I'm developing an app based around my book *The Boyfriend Test*. Women will be able to crowd source the guys that they're dating. They can share a picture and biographical information and then ask other girls if they know them, if they've dated them, if they think he'd be a good boyfriend. *The Boyfriend Test* itself is also coming out as an e-book right after *The 30-Day Love Detox*. And I'm continuing to shoot *Happily Never After* – we have a whole new season for you!

You can purchase a copy of *The 30-Day Love Detox* in bookstores and online from [Amazon](#). For more information about Dr. Wendy Walsh, visit [drwendywalsh.com](#). Be sure to check her out on [Facebook](#) and [Twitter](#) too.

Celebrity News: Comedian Julia Sweeney Tells Us Why 'If It's Not One Thing, It's Your Mother'



By Jessica

Conigliaro

It's almost every girl's dream to get married and start a family one day. But what do you do when you reach a certain

point in your life and that dream hasn't come to fruition—yet? Actress, comedian and author Julia Sweeney took matters into her own hands: she adopted her daughter Mulan *before* she found Mr. Right. In her new memoir, *If It's Not One Thing, It's Your Mother*, she tackles life's challenges with both humility and humor. Sweeney shares the difficulties of having a family and the importance of making time for yourself. Here, she chats with CupidsPulse.com about adopting her daughter, finding love as a single mom and her upcoming projects, including a voice over role in the upcoming *Monster Inc.* sequel, *Monster University*.

In your book, you discuss how important starting a family was to you and your decision to adopt a baby without a partner. There are so many single women out there who want the same thing and feel like time is escaping them. How difficult is it for a single woman to adopt?

For me, it was really easy. I decided to adopt from China. There was a two-year waiting list, and I wanted a long wait; there were so many things I wanted to do first. I'm really glad I did it. In many ways, I was very naïve, but I'm sure that's how it is for all parents before they have a kid.

Was adoption always the only option for you?

There are so many kids in this world who desperately need parents. There are definitely more children who need parents than there are parents out there to take care of them. I felt like trying to have a biological child was unethical, so I never seriously considered it.

Was your daughter's name inspired by the Disney character?

No! Put that in caps – NO! That was her name in China, and I immediately changed her name to Tara Mulan. When she was about three-and-a-half years old, she announced that she was Mulan. My daughter came from China with so little, but she did have a

name, and she liked it – so we legally changed it back to Mulan.

Let's talk about relationships. Was it challenging for you to find love after you adopted your daughter?

In some ways, I've never had so many guys interested in me as I did after I became a single mom, which I think is so funny. I think the reason is that, before Mulan, I was like a loaded bullet on dates. I wanted to be a mom, and I was over 40; there was a lot that I wanted from a man. I think that scared them off, which is understandable. You like to start a relationship thinking people don't need so much from you. People start healthy relationships that way.

Once I actually had a kid, two wonderful things happened. First, all of that was off the table – I'd done it on my own, so I didn't need a guy to do it anymore. Second, I had so much love in my life from this kid that I was a much less needy date. I didn't care if I was dating or not, which made a lot of guys more interested.

How did you meet your husband? How old was Mulan at the time?

Mulan was six years old, and we met him in a crazy way. I got a fan letter from his brother, proposing to me on Michael's behalf, even though Michael didn't know anything about it. It was a cute letter, but I didn't respond to it. Several months later, I came out of a show, and there was a guy waiting in the lobby. He told me he wrote a letter about a year ago, proposing for his brother. He told me his entire family, including Michael and his mother, were mad at him for sending the letter and weren't talking to him. I wrote to Michael and told him not to be mad anymore. He wrote back and said how embarrassed he felt. We just kept writing to each other, and eventually, he did, in fact, propose.

How did you know your husband would be both a good partner for you and good father to your daughter?

I was so smitten with him, and nature just took over. He had a solid career, and I admired that. The thing I really liked was he had achieved success in his field and wasn't an insecure guy. Insecurity is such a poison, but Michael was comfortable with himself. That was a huge ingredient that went into our comfortableness around each other.

He was also really great with Mulan. He's a quiet, calm, reassuring presence and doesn't get ruffled very easily. I'm much more emotional, and he's more steady. I could see that personality trait being such a good addition to our family.

You discuss how hard you worked to start a family, yet you feel like you need to escape from them sometimes. Mothers have such guilt when it comes to needing time for themselves. Any advice you can give for just letting go?

One thing that was hard for me when it comes to having a family is having constant interaction with others. I lived a long time by myself where I could work and come home and really decompress in my own way. Even though it seems like I'm an extrovert, I really have to honor the part of me that's an introvert. I guess my advice would be to try and do things on your own: go off to a movie by yourself or go sit in a park for an hour each week. I definitely need that.

You spent a month away from your family. During this time, you reflected on your life and what you wanted out of it. What did you learn during this time?

I realized how much I loved and cared about my family. I just missed them and wanted them to come back. I also realized I needed to build more breaks into my life, so it doesn't get to the point where I need a month alone again. I'm always a better mother when I've had a couple hours off.

And finally, outside of your book, do you have any other projects in the works?

I do! I have this show that I do with Jill Sobule called *The Jill and Julia Show*, and we have a website going up soon. We go around and do shows over the summer; she sings, and I tell stories. It's really fun – Jill is my best girlfriend, and we just have such a great time on stage together. Our shows are really about the ups-and-downs of our careers and relationships. We've kind of been humbled by life.

I'm also a voice in *Monsters University*, the sequel to *Monsters Inc.*

You can purchase a copy of *If It's Not One Thing, It's Your Mother* in bookstores and online from [Amazon](https://www.amazon.com). For more information about Sweeney, visit her juliasweeney.com. Be sure to check her out in *Monsters University* too, out on June 21st.

'Ready for Love' Matchmaker Matthew Hussey Tells Us How to 'Get the Guy'





By [Lori Bizzoco](#) and [Rachael Moore](#)

Although he began his career as a life coaching at the age of 17, Matthew Hussey soon became an expert in the field of love and dating. His popularity with male clients grew in the United Kingdom, but it wasn't long before he made the transition to helping women in the UK, eventually crossing the pond to the United States. Hussey has built a platform to help women find, attract and keep their ideal match through his organization, *Get The Guy*. Over six million single women tune in online for his motivational seminars, and around 50,000 females attend his live events. With all of Hussey's success, including his role on the upcoming NBC dating reality show, [Ready for Love](#), writing a book to share his eye-opening advice seemed to be the logical next step. In his debut book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, out today, Hussey gives women the confidence they need to find – and keep – their soulmate.

What are some of the things you talk about in your book that help women find the right guy?

I teach them to look for a man who already has balance and is playing on their level. I let them know if they want a guy who doesn't play games, they shouldn't play games either. Also, it's important to be true to yourself. If they want a guy who is confident enough to walk up to a woman and make something happen, then they need to be confident too. Like any area of life, if you don't go out and get what you want, it won't happen for you.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

You've had a lot of success coaching men. Was there a pattern that you observed with the men who came to you for relationship help? What was their biggest challenge?

Their biggest challenge was that they weren't being men. I realized that guys have a lot of misconceptions about girls and that men have different stages they go through when dating. The first stage is to be really nice. When they were young, that's what their mother's taught them. But they soon figure out that women don't want a people pleaser; they want the guy who has an edge and might break their heart. Guys learn quickly that being nice doesn't work.

The second stage occurs when they think they need to become a jerk or a bad guy. Women also think they want this type of guy, but what women really want is a man who is a leader, who is confident in his decision and who carries himself well. A lot of guys find it difficult to strike that balance between being nice and being a jerk.

What was it like transitioning from coaching men to coaching women?

The truth is I was terrified. I know men; I didn't know women.

Then it hit me: that was exactly how I could help them. I didn't need to tell them about themselves; I needed to tell women about men and why they do the things that frustrate them. I worked with guys for so long, and working with the other side was so rewarding for me. It was great to see women get happier and figure things out about themselves through my coaching.

Related Link: [The Most Powerful Tool to Help You Find Your Soulmate: Intuition](#)

With the world of technology being used to find love – online dating, texting and even Facebook – women are more overwhelmed than ever. What is your number one piece of advice when it comes to technology and relationships?

People have too many options available, and relationships end up lacking depth. The problem is that as soon as we meet someone, we're already confused about that next step. Do I text, call, Facebook or e-mail them?

Ultimately, you have to boil things down to simple truths. Wherever you engage with someone, you have to be building a connection. Everything text or typing-related is the lowest form of communication. One step above texting or typing is talking on the phone. Regardless of your initial form of communication, the goal should always be to progress to a phone call as quickly as you can.

And finally, should women initiate it if the guy doesn't ask for her number?

Some guys won't initiate anything. They don't want to seem overly desperate or needy, so they try to play it cool. But then, everyone plays it cool, and you end up in this limbo of no one doing anything. Remember that *someone* has to make a move. You can do this by texting, "Hey, I'm free tonight – give me a call." That way, the ball's in his court.


*To order a copy of Hussey's new book [Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve](#), click [here](#). For more information about the life coach, check out his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#). Don't miss him on the premiere of *Ready for Love* tonight on NBC at 9/8c!*

Relationship Author Judith Ruskay Rabinor Chats About 'Befriending Your Ex After Divorce'





By Jessica Conigliaro and Michelle Danzig

It's no secret that over 50 percent of all marriages end in divorce. But does it mean that the relationship is completely over? After spending years devoted to a spouse and family, it's nearly impossible to remove your ex from your life entirely. If you have children, it's even harder. There will be graduations, weddings and other family events that will bring you both together again. After the unpredictable aftermath of a divorce, it's hard to believe that remaining friends with your ex is even an option but it could be the best choice when you've been with someone for a long time. 

In her new book, *Befriending Your Ex After Divorce: Making Life Better for You, Your Kids, and, Yes, Your Ex*, Judith Ruskay Rabinor, a psychologist, author, speaker, relationship expert and divorcee, explores her personal journey and shares how relationships can continue to grow and change once a marriage ends and a new family structure begins. In this

exclusive interview with Rabinor, she shares her advice on how to develop and maintain a friendship with an ex –especially when there are kids involved.

In your book, you seem to really know how to manage relationships with your exes. How did you accumulate this knowledge?

My knowlege primarily accumulated through my ex-husband. I was also in a group of divorcees back in the 80's, and I learned a lot from their experiences. Plus, I interviewed a lot of people going through similar situations specifically for my book.

Marriages usually don't end on the best of terms. How long would you recommend waiting to develop a friendship after a messy divorce? How can a person know when the time is right?

It's rare that a divorce is friendly. You have a lot of negative feelings towards the other person: hurt, loss, anger and grief, to name a few.

As for how long to wait to become friends again, most data indicates two years. That amount of time is needed to create distance and boundaries and slowly inch your way back into a more comfortable relationship. That's just a statistic, and there are certainly exceptions. Some people never get past it, while others move forward within months. Remember that befriending you ex is a new relationship, not a continuation of your marriage.

What advice can you give to divorced women when their ex-husbands have no interest in being friends?

That's tough. I would advise them to recognize that it may take a long time, and it may never happen. Try to focus on being good parents and keep the best interest of your children in mind. Divorce is forever, so make the best of it. You have

to see your ex at all types of family events; having him as an enemy would be horrible. Be generous and optimistic and realize your ex may feel a certain way now, but he won't feel that way forever.

Related Link: ['Hollywood Exes' Daphne Wayans on Divorce: "We're Still A Family"](#)

You mention that certain obstacles, like anger or resentment, can prevent people from staying close after a divorce. What was the biggest challenge for you, and how did you overcome it?

In the beginning, just acting civilized felt awkward and even phony, especially during legal proceedings. Money was definitely the hardest obstacle for us; getting over the financial battle took the longest.

How do you develop a friendship after a split? What are some benefits of maintaining a positive relationship with an ex-husband?

First, create a vision of what becoming friends with your ex really means to you. Do it for your children, especially during school events; avoiding public arguments with your ex makes it easier on them. Next, you should take a risk. For instance, a friend of mine invited her ex-husband and his new wife to Thanksgiving dinner. They declined the invitation but then turned around and invited my friend to *their* next holiday dinner. As it turns out, her ex just needed some time to digest the idea.

Obviously, there will still be some touchy subjects, even when befriending an ex. What topics would you recommend avoiding?

To develop a healthy friendship, the best thing to do is talk about the children. Don't rehash why the marriage was a failure. Leave your ex's new love life and money situations out of the conversation.

RelatedLink: [Dating After Divorce: How Soon is Too Soon?](#)

What advice would you give to divorced women who are starting to date again?

Once the relationship gets serious, it'd be nice to give your ex a heads up before you introduce him to your new partner. You may have a new boyfriend, but your ex will be your ex forever. You have to respect their feelings. You would want the same in return, right?

What about divorced people without kids?

Believe it or not, I've been interviewed by several people who told me they never had children but got divorced after 15 years. Since there were no kids involved, they didn't have much motivation to stay friends; nothing was tying them together. Even so, they wanted to stay friends because they had developed so many years of family connection. They had nieces and nephews, mother-in-laws and sister in-laws, who were important to them.

For women who have been divorced for a long time, is it ever too late to become friends?

It's never too late to become friends. In fact, the whole last chapter of my book discusses that.

And lastly, what projects are you currently working on? Any plans for another book?

I'm doing workshops in Manhattan and have been talking about my new book. No plans for another one just yet.

You can purchase a copy of [Befriending Your Ex After Divorce: Making Life Better for You, Your Kids, and, Yes, Your Ex](#) in bookstores and online from Amazon. For more information about Rabinor, please visit JudithRuskayRabinorPhD.com.

These Are 'Not Your Mother's Rules': Ellen Fein Helps Us Find Love in the Digital Dating Age



By Jessica

Conigliaro and Michelle Danzig

In their twenties, Ellen Fein and Sherrie Schneider were experiencing the dating world in a completely different way.

To help single women like themselves, they wrote *The Rules: Time-Tested Secrets for Capturing the Heart of Mr. Right*, which highlighted the many guidelines that a woman should follow in order to attract and marry the man of her dreams. After the book became a *New York Times* bestseller, four more books followed, covering the rules for getting married and online dating.

As the authors progressed through life—and, more importantly, became mothers—they began noticing that new technologies were affecting the dating scene for today's generation. In their new book *Not Your Mother's Rules: The New Secrets for Dating*, they explain the effects of modern communication and social media on relationships and how to adapt *The Rules* accordingly. In an exclusive interview, author Ellen Fein shares her personal experiences that influenced the book and offers some great advice on how to date in a digital world.

You've written several books that helped women navigate their love lives through the 90's, online dating and even through marriage. What inspired you to write a book for today's generation?

A woman told us that she had lost her phone in Bloomingdale's and couldn't find it for an entire day. By the time she got it back, text messages had piled up from a guy she was seeing. That hadn't happened before because she always immediately replied back. They had been "text chatting" and casually dating but nothing more serious. Because of her lack of response, he actually seemed *more* interested in her. It was all so puzzling. This story is one of many in our 15 years of dating consultancy experience that inspired us to revive the rules.

We also had mothers handing down the original rules to their daughters, and their daughters didn't understand half of them.

We realized we needed to write another book because everything about communication was so different.

Related Link: [10 Steps to a Remarkable Relationship](#)

We have noticed that the book is getting a bit of controversy in the press. What do you make of it?

We've sold over two million books. We have consultations and hear from girls who need our advice. We're not trying to write a bestseller; we're trying to write a helpful book. Clients never mind the negative press. They just want the answers to their dating questions. It's not fake or outdated to play hard to get; it's just what works.

A lot has changed in 20 years. What rules did you toss out for today's generation? What is the most antiquated rule you had in *The Rules* that no longer applies today?

We wrote it differently. Originally, we said not to tell your therapist. However, we found that many therapists recommended the book to their patients. We also tossed the rule about not calling a guy. Honestly, no one calls anymore; everyone texts now. We didn't feel the need to include it. Lastly, this book is less marriage-minded and a little bit more about getting a boyfriend. Don't lose your friends because you're obsessed with a guy. Don't accept booty calls and meaningless hook-ups.

What are three obstacles that women face today that they didn't in the past? How can they overcome them?

1. Doing the same thing they always do and never changing their approach to dating. Honestly, I say do whatever you want until you're ready to follow *The Rules*. They may seem old-fashioned, but they really work.

2. Mass texting. Men today can send compliments and date requests to multiple women at a time. How do you know if you're special? Back in the day, men had to try a little

harder; they had to know your home number, your roommate, where you live or where you go out. Let him make an effort to see you.

3. Sexting. Don't do anything online with him that he can copy and paste, including video chatting and dirty texts. It might blow up in your face when you split.

Related Link: [5 Ways Social Media Can Help Your Relationship](#)

In the book, you touch on the difficulties mothers face when trying to give their daughters advice. Why is it important for young women to communicate with their mothers about dating? What advice do you have for people struggling with this interaction?

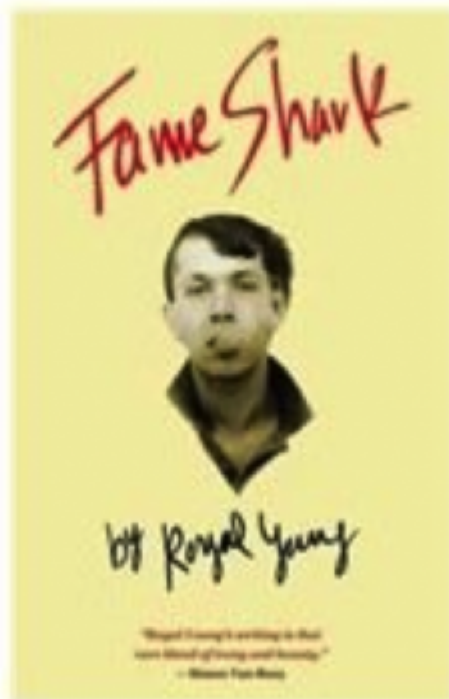
Mothers should spend time with their daughters but never push anything on them. Make sure they know they can come to you about anything. Don't overreact when they come to you with problems or questions. Listen to what they have to say, and then quietly freak out in the next room if necessary. You don't want them to be afraid to talk to you.

What is the most important thing you learned from writing the newest installment of *The Rules*?

I would never break any of my rules. When a guy likes you, he wants you. He's willing to meet you halfway; he likes paying for you; and he wants to take you out. It's just that easy.

For more information about Ellen Fein or to purchase a copy of 'Not Your Mother's Rules,' visit [Amazon](#). You can find out more about 'The Rules' series by visiting [Twitter](#) or [Facebook](#).

Betsy Prioleau Demystifies the Ladies' Man in Her New Book 'Swoon'



By Michelle Danzig

In a world full of bad boys, players and ladies' men, it may be difficult for women to find a partner who truly loves them. Constantly falling into their web, women dub these men toxic and don them with a negative reputation. However, author Betsy Prioleau challenges these views. After writing a book about famous female seductresses, which exposed an intellectually compelling woman with the ability to land – and keep – the best men, Prioleau set out to discover their counterpart. In

her new book, *Swoon: Great Seducers and Why Women Love Them*, she describes notorious Casanovas as unexpected lovers with a true appreciation for the opposite sex. In an exclusive interview, Prioleau tells us what inspired her to investigate this type of man, what makes him tick and what type of woman is his perfect match.

In your first book 'Seductress,' it seems you have an affinity for powerful, seductive women. Why turn the tables and write a book about seductive men?

In both cases, I was intrigued by why some people consistently enchant and win over others. Plus, I wanted to see if seducers were as misunderstood as seductresses. These ladies' men have never been studied before. And I found that they've been just as distorted by myth and prejudice as their female counterparts. They offer a privileged window into what women want and can even help men become better, sexier and more cherished in the love game.

Related Link: [Love Lessons from Holiday Movies](#)

Where did you find your inspiration for 'Swoon'?

My inspiration came from two men in my life: my charismatic father, who was so fond of women and they, of him, and my husband, a born women-charmer.

Another inspiration was a course that I taught at New York University four years ago. In this class, we explored ladies' men throughout history, and the seducers we studied, both fictional and real, baffled every preconception and raised a host of questions. What made them so unique, sexy and irresistible to women? Why were they always censured and punished?

There was also a defining moment when it dawned on me that we have such a misguided idea of seductive men. One night, I got

a call from a stranger – a Catholic priest, of all people – who'd heard I was studying ladies' men. He said, "You've got to talk to this man. I have no idea what he has, but every time we go out for coffee, women sort of appear and are all over him." A month later, I finally met this babe-magnet and was floored. He was older, only average-looking and ingratiating in the most unexpected way. He was courtly, soft-spoken – almost diffident – and spoke of the women he'd loved and how he courted them with deep, genuine affection. That's when I realized I had to try to get a handle on this mystery and figure out who these ladies' men really are and what makes them tick.

Based on your research, who would you say was the number one Casanova?

After Casanova (who was very misunderstood, by the way), I'd say the number one ladies' man was the eighteenth-century duc de Richelieu. This man was a diplomat, marshal of France and a famous general. He was also a hero of the boudoir and adored by women everywhere. Charming, kind, and vivacious, he received ten to twelve love letters a day and romanced nearly every beauty in Paris. With his "wolfish grin," they used to say that "he could ruin a woman with a smile."

Women were so wild for him that he caused one of the greatest scandals of his day. Two court ladies who were competing for his favors, dueled over him in the Bois de Boulogne. They arrived on the scene dressed as Amazons and fired pistols at each other; the marquise de Nesle fell to the ground, drenched in blood. She survived (it was only a surface wound), but Richelieu was too universally desired to belong wholly to anyone. He sired a child in his 80s and died at 92, still irresistible to women.

In your opinion, who would you say is today's modern-day celebrity Casanova? Is there one?

With all the Hollywood spin, it's hard to say for sure. But based on women's testimonials, I'd single out three: sexy peacock, Johnny Depp, Hugh Jackman, and Ashton Kutcher. Jackman is a Mr. Romance who studies the art of pleasing in etiquette classes, creates enrapt female audiences, and still woos his wife. And charmer/activist Ashton Kutcher, by reputation, is a "honey-dripping, chick magnet." None may have the whole package, but they're avatars of change and challenge the canard that Casanovas are an extinct species.

What are your thoughts on Hugh Hefner?

Hugh Hefner now is just pathetic—a grotesque rhino (an old guy who chases girls), with a purchased blond. But in his day, he was dangerous. He sold men on the idea that women were playthings, seduced by expensive props, cool moves, and satin sheets. Since he ignored love craft—charm and conversation, for starters—he left a generation of men laid but unloved. His legacy still lingers in the PUA (pick-up artist) culture, but happily most of the male population have wised up considerably since then.

What are three common characteristics of ladies' men? And what attribute do you feel that women would find most surprising?

I'd say the three most common characteristics of ladies' men are: sexual charisma (that indefinable radiance, which may be genetic), a genuine love for women and a mating effort. Unlike most men, great seducers court women energetically and are perpetual suitors.

I think the most surprising attribute of great seducers is their androgyny. Contrary to the popular view that women swoon over he-men, almost every ladies' man turned out to have a strong feminine streak.

What women would make the best partner for seducers?

The best partner for a seducer is his match: a seductress in

full possession of her erotic powers. That's why so many enchantresses of history, like Cleopatra or Annette Bening today, paired up with seducers—and made them faithful. As Picasso said, “The lion mates with a lioness.”

Related Link: [8 Great Winter Dates](#)

Do you have any advice for women on how to seek out and appreciate the type of men in your book?

If you're lucky, you won't have to go far. Great lovers, though still a minority, are everywhere: they turn up at parties and work or on trains and planes.

The bigger question is how to appreciate them. These darlings of women can be mercurial and faithless, but it's possible to corral a great seducer if you're savvy and seductive enough. The best way to appreciate them is to harvest their love arts and teach them to be ordinary men. As the love philosophers say, every man should be Don Juan to his wife.

You can purchase a copy of 'Swoon: Great Seducers and Why Women Love Them' in bookstores and online from Amazon. For more information about Prioleau, please visit BetsyPrioleau.com.

‘DATA, A Love Story’ Author Amy Webb Tells Us How to Find Love Online Based On Her Own

Experiences



By Michelle Danzig

After countless failed dates, author and digital strategist Amy Webb decided to try online dating in a whole new fashion. To better understand what makes an online dating profile attractive, Webb created an online dating profile disguised as a male. Then she created nine more.

In her book *DATA, A Love Story: How I Gamed Online Dating to Meet My Match*, Webb brings the expression “put yourself in someone else’s shoes” to an entirely new level. Dating can be hard enough without adding the pressure of creating an online dating profile that represents you at your best.

Using the data recovered from the multiple profiles and their different characteristics, Webb discovered what information is needed to help you boost your online profile, ultimately helping you get the most out of your experience. We had the opportunity to interview Webb about her new book, learning the dos and don'ts of online dating and how to make your online dating profile more appealing.

I find it so fascinating that you created a fake, male profile (actually 10 of them) to “game” the online dating system. Why did you take this approach? What surprised you most about your female competition?

My goal was to make the best possible profile that I could. In order to do that, I wanted to find out more about my competition, and the only way to figure that out was to sign up as a man. The first time I did that, it was really shocking to me to find this big of gap. I was looking for a very specific type of guy, a very specific type of relationship. So I created a profile that had all of the attributes of the type of guy that I wanted. I asked myself, “If these are the women attracted to the same men as me, how can I present myself better online so I can get the guy instead?” That’s what it was really about.

I was surprised to find out that people were lying about their height, although I think we all round our numbers a bit. Men are rounding up on their height; women are rounding down, which I also found interesting. I was always told that men are typically the ones making the first moves. What I realized was that people who are really great at online dating and seem to be really popular are the ones who aren't afraid to make the first move, male or female. They were willing to reach out first, which was a happy surprise.

Related Link: [5 Low Profile Online Dating Strategies](#)

You gathered a lot of data and uncovered specific

characteristics that make an online profile “attractive.” What are some of the top characteristics?

Well, photos matter, but that’s common sense. It’s obvious when the photo is eight to ten years old. The photo should always be current and, of course, make you look great. Women should show some skin, and there should be no one else in the photo.

Keeping the profile shorter rather than longer is always a good thing. Creating an online profile is really branding and marketing yourself. You should always be optimistic in what you’re saying; try not to sound negative. I think the most important thing to keep in mind is that the dating part doesn’t happen online; the dating part happens in real life.

What are some key characteristics that users should eliminate from their profile?

I’ve never dumbled down who I am, but one thing I learned is that you can’t list all your accomplishments. When you first meet somebody, you wouldn’t give them a five minute speech about your life (although we’ve all certainly met people like that), so why on earth would you do it online? Try to paint a picture for whoever is looking at your profile; make it seem like you’re approachable and like you’re a really fun person to be around.

After you analyzed your data, you went back and changed your personal profile based on what you learned. What changes did you make?

I changed everything. I had to scratch the entire thing and start over again. From the photos to the description – everything.

Related Link: [No More Excuses: 10 Ways to Ditch Bad Dating Habits](#)

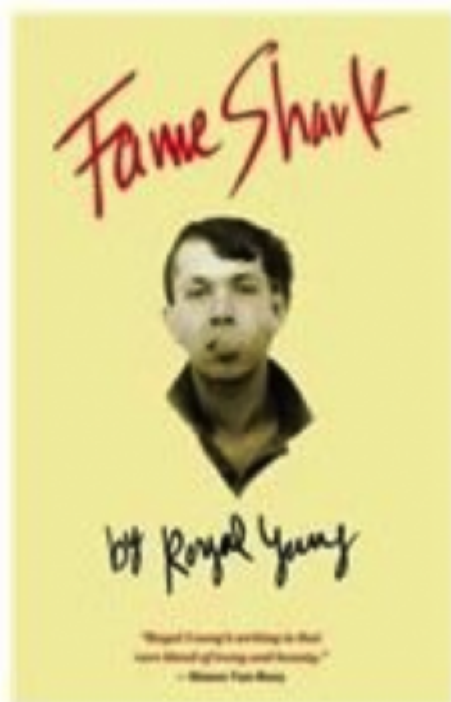
The majority of our visitors are single women looking for love. What advice can you give them for finding someone online or even offline?

Figure out exactly what you want. I think a lot of people who are in unhappy relationships aren't being honest with themselves. Everyone who is looking for someone should start off with his or her own list of attributes, and they should be very specific. Market yourself appropriately. Digitally, that means using the right information and presenting yourself the right way. However, in the real world, it's the same thing. Make sure you look and feel your best. Have a lot of confidence and present yourself well when you meet people.

You can purchase a copy of 'DATA: A Love Story: How I Gamed Online Dating to Meet My Match' in bookstores and online from [Amazon](#). For more information about Webb, please visit [DATALoveStory.com](#) or follow her on [Twitter](#).

Get Dating Advice From Classic Literature With the Help of 'Much Ado About Loving'





By Michelle Danzig

What does your love life have in common with the love lives of the characters in classic, century-old literary novels? Some of you may be thinking back to your high school and college reading lists when you dreaded those 500-plus page novels assigned to you by an outdated teacher or professor. There couldn't possibly be any similarities between you and those fictional characters, right? Two book lovers and advice columnists challenge that notion. In their new collaborative book, *Much Ado About Loving: What Our Favorite Novels Can Teach You About Date Expectations, Not So-Great Gatsbys, and Love in the Time of Internet Personals*, authors Jack Murnighan and Maura Kelly address today's relationship issues, apply them to the plots and character traits of classic novels and suggest ways that their readers can learn from these stories. In an exclusive interview with CupidsPulse.com, Murnighan and Kelly discuss what sparked the idea for the book, what you can

learn from these novels and what they personally discovered while writing.

Jack, Maura's introduction states that you instantly recommended *War and Peace* to help her with her dating troubles. Where did you come up with the idea to learn about relationships from fictional characters in classic literature?

JACK: If you spend a lot of time reading great books, you can't help but learn, feel and grow right alongside the characters; that's much of the joy (and point) of turning those pages. What really separates great literature from merely good is how much it can teach and inspire you. Alain de Botton wrote that Proust can change your life, but that's true of most great writers – and that's why we wrote this book.

In the book, you compare modern-day problems to the plots and characters of fictional literary novels. Which modern-day problem was the hardest one to match?

MAURA: Well, we didn't really say, "Okay, let's take some modern-day problems and look for their analogs in classic novels." We did it the other way around – a more natural approach. As we read novels, we thought, "Hmm! There's a lot in here that sounds familiar. There's a lot here that we can apply to our own dating lives." And then, when I was talking to a friend about how Jack and I were looking for romantic wisdom in novels, she said, "Pass some of that insight over to me!" That's when I began to think that we should write a book.

JACK: I take it as an open dare to find a current life situation that I can't find some analogous set-up in great literature. Even some theoretically contemporary-only situations, like online dating, can be illuminated by quality literature, as in Maura's chapter about *Love in the Time of Cholera*.

Related Link: [Five Steps to Turn a Date into a Relationship](#)

Do you feel that today's generation is facing the same scenarios in love (with the exception of new technology) as what we read in classic novels?

MAURA: Absolutely. One of my favorite proofs that we moderns, living in the age of the iPhone, are facing the same kinds of romantic conundrums that people faced in the time of hunting and gathering – or, at least, in the time of stagecoaches and petticoats – comes from Jane Austen. In *Sense and Sensibility*, there's a great little set piece during which Marianne Dashwood, one of the main characters, sends a note to her crush, Willoughby, through a footman, and then begins waiting, immediately, for his letter back. She waits and waits and waits – and checks at the window and looks at the door and listens for the sounds of a horse's hooves and makes herself sick wondering when she will receive the response she wants. The same kind of thing happens all the time today, even if what we're doing is staring at our computer screens and endlessly refreshing our inboxes.

In your opinion, what are the modern-day catalysts that cause relationships to fail?

JACK: Assuming that you have real chemistry together, in some ways, I think it's all about timing: both parties have to want the relationship to work, and that requires a good time sync. Each party also has to be mature enough to have a sense of what they need and be able to communicate that (and the disappointment of not getting it). That's a fair amount of personal development. I fear most of us, most of the time, brush things under the rug, and eventually, that deteriorates everything.

If you could each chose one fictional character in the novels you studied and give them jobs as relationship experts, who would you pick and why?

MAURA: I don't know if there's a character I would pick. We

like characters and relate to them, in large part because they *don't* know everything about relationships and love – and we often read novels to see what they learn about romance. I'll point to Austen again because she's an author so many people know and love. Her characters learn, for instance, that the charming guy whom you just feel so connected to and so passionate about isn't always a good bet for the long haul; sometimes the less dashing – and more cantankerous or even less sexy – guy is the one who's going to make you feel adored and respected.

But if I had to pick an author to be a relationship expert, I'd vote for Tolstoy. That guy really seems to know the human heart inside and out. A "Dear Leo" syndicated advice column? Awesome. Of course, we'd need to do as we say and not as we do – Tolstoy's wife was deeply miserable in their marriage, and I'm sure any of us would've been too. It sounds like Tolstoy was cruel and emotionally abusive.

JACK: Yes, sadly, the wisdom of his books wasn't exactly put into play in his personal life. Not that either Maura or I have that problem...

Related Link: [7 Ways to Build a Love That Lasts](#)

What are some of the biggest lessons that you learned from studying these novels? How do you apply them to your own love lives?

JACK: My favorite lesson comes from Charles Dickens' *Bleak House*, where there's an old married couple, the Bagnets, that provide excellent examples of how to keep love alive. Mr. Bagnet is utterly full of appreciation for his wife, and the palpable love he feels for her, the pains he takes to try to show it and the degree to which he trusts and leans on her all add up to a portrait of an incredible husband. (And all of this occurs in only a few short scenes!) I'd like to marry a woman whom I love as much as he loved Mrs. Bagnet, and then

I'd try to be an equally good partner to her.

You can purchase a copy of 'Much Ado About Loving: What Our Favorite Novels Can Teach You About Date Expectations, Not So-Great Gatsbys, and Love in the Time of Internet Personals' in bookstores and online from Amazon. For more information about Maura Kelly, visit MauraKellyWriter.com. For more information about Jack Murnighan, check out his biography [here](#). You can also follow both authors on Twitter: @jackmurnighan and @Maura_Kelly.

Sabra Ricci Couples Astrology with Food in 'Sexy Star Sign Cooking'





By Whitney Baker

Learning your sweetheart's favorite foods is something that takes a lot of trial and error – and it may even involve throwing your hard work in the trash. However, celebrity chef and acclaimed astrologist Sabra Ricci knows a secret: if you pay attention to your partner's astrology sign, you'll have a better chance of pleasing his or her picky palate. Her newest book, *Sexy Star Sign Cooking*, which was released on January 8, 2013, is the perfect guide if you're hoping to impress your girlfriend or boyfriend and make your next date night unforgettable. As Jenny McCarthy said of the book, "Sabra Ricci's passion for cooking for Hollywood stars and her lifelong fascination with astrology come together."

Ricci took some time out of her busy schedule to share why astrology and cooking go hand in hand as well as her tips for cooking a romantic meal.

Your first book, *Lobster for Leos, Cookies for Capricorns*, told readers how to use star signs to prepare delicious and

healthy meals. Why is your new book, *Sexy Star Sign Cooking*, a logical follow-up?

While health is important, everyone is interested in improving his or her love life. So I wanted to provide a fun and entertaining guide to help people find their perfect match.

Can you define “foodstrology” for our readers?

“Foodstrology” is a word I coined for combining food and astrology. Each sign rules different parts of the body, so I created recipes based upon foods that support each part.

How do you determine the “romantic foods” for each sign?

The romantic foods are aphrodisiacs. I chose aphrodisiacs that support each part of the body – brain, heart, immune system, etc. – to put any sign in the mood for love.

Are there any astrological signs that are most compatible when cooking together?

Generically speaking, like attracts like, so all three fire, water, earth, and air signs are compatible with each other. Opposites also attract, but if you really want the magic formula for compatibility, have your chart done by a professional.

Related Link: [Wolfgang Puck of ‘Top Chef: Seattle’ Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

Let’s say a couple is on their second date – what’s the safest bet if the man decides to cook for the woman? Is it important that he know her sign before determining the night’s menu?

We’ve been playing it by ear for most of our lives, sticking with the following formulas: candlelit dinners of steak and champagne, lasagna and wine or some other delicious meal. If he knows her sign beforehand, he will be more assured of cooking what she will love, but it is not crucial.

What about a woman who is hoping her long-term boyfriend proposes? What should she cook for dinner?

They always say the way to a man's heart is through his stomach. So by choosing the right aphrodisiacs for his sign, he will be putty in her hands, and she will soon have a big rock on her ring finger!

What's your all-time favorite meal to cook for your husband?

Ossobuco, a Milanese specialty of cross-cut veal shanks braised with vegetables, white wine and broth.

Related Link: [Celebrity Nutritionist and Trainer Jackie Keller Says, "Those Who Exercise With Support From Their Partners Do Better Overall"](#)

Have you ever been a chef for celebrity couples (like Julia Roberts and Danny Moder or Jenny McCarthy and Jim Carrey before they split)? Any fun stories to share?

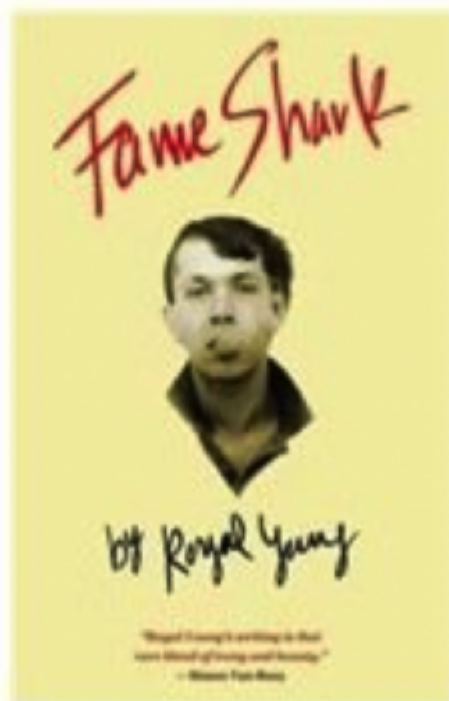
I've actually worked for both couples several times. They are amazing, and it's always a memorable experience. One occasion that comes to mind was Julia and Danny's third anniversary party with twins in tow and 10 of their best friends for a tropical extravaganza.

And finally, do you have any plans for future books?

Yes, there will be additional books as part of the series. In conjunction with the cookbooks, there will be an exciting announcement too, so stay tuned!

To purchase 'Sexy Star Sign Cooking,' visit Amazon. For more information on Ricci, visit her cookinproductions.com or follow her on Twitter.

Find 'Love at First Click' with Some Helpful Online Dating Tips From Laurie Davis



By Michelle Danzig

With more online dating sites available than ever before, and the world of social media integrated into our lives, meeting someone new and having a successful relationship is so much

different than it was just a few years ago. Take it from Laurie Davis, a former marketing consultant turned online dating expert, with her own personal story of finding love on Twitter. Davis, Founder and CEO of eFlirt expert and first-time author of *Love at First Click: The Ultimate Guide to Online Dating* prides herself on her uncanny ability to match up happy couples. In an exclusive interview, she talks with us about her new book, and shares some helpful tips for anyone who wants to give online dating a try.

Can you tell us why you left your job in marketing? Of all of the things that you could have done, what made you choose the relationship industry?

I was burned in the Maddoff scandal. I worked in marketing as a consultant for Fortune 500, and one of my biggest clients was invested with Bernie Madoff. Needless to say, I lost that contract and a lot of others. I was really struggling to figure out how to pivot my knowledge and experiences into my next job, knowing that marketing consultant jobs were going to be hard to come by.

Then, one of my friends called and said that he was moving in with his girlfriend; I realized that I had helped him meet her online. In fact, I helped many of my friends meet their significant others online. It's a lot like marketing, so all of the skills I learned professionally really applied. I started my business within 48 hours with 50 dollars in my pocket and a Twitter account.

Related Link: ["No More Duck Lips!" And Other Dating Profile Rules](#)

What would be the number one piece of advice you would give to someone new to online dating?

My best tip is to experiment. Remember, online dating isn't just dating sites; it is any technology that touches your

life. Online dating is still really important, but I think it's great to use "pop tech flirting," which are other ways of meeting people online. Just be sure that the outlet is something natural to your life; I wouldn't join Twitter to find dates if you don't normally use Twitter.

What is the biggest challenge people face when starting out?

I think the biggest challenge people face when entering the online dating world is that they are too judgmental when viewing profiles. Remember that nobody is perfect on paper – even your perfect match probably won't look that way on their profile. So, if someone sounds interesting, go ahead and start a conversation with him.

What is the biggest mistake someone can make when creating an online profile?

Writing too much. It is really easy to go on and on about yourself and what you want in a partner. Your profile should be a conversation *starter*, not the entire conversation. Keep your "About Me" section to three paragraphs: two about you and one about what you are looking for.

What are the three most important things that someone needs to do to find a successful relationship online?

First, you should join a site and develop your profile. Next, be active on the dating site. I know these sound super simple, but a lot of people think that if they simply put up a profile, they'll automatically find love. You need to be an active participant in your dating life. Even if you are getting a lot of traffic to your inbox, it's not only about the people who are interested in you; it's about the people who you like too. And finally, get offline because that is where the relationship really happens. I have a very important rule that you should get offline after six emails. If he keeps dodging your request to meet in person, move on to the next guy.

You met your fiancé via Twitter. We'd love to know more about how your relationship developed!

When I first started my business, I searched for people on Twitter who were single and I thought may need my help. I also searched for other people in the industry. I was just getting a feel for what to expect with my new career path. Eventually, I came across Thomas; I thought he was so cute, and I loved his avatar. His tweets were so insightful, and he was giving such great advice.

So, I retweeted something he said, and we started chatting via Twitter. We found out that we both grew up in Boston, where Thomas was living at the time. When I was visiting my parents one weekend, I direct messaged him and asked him out for a drink. That was the beginning! We still flirt in 140 characters or less, even though we live together.

Related Link: [Q&A: Where Does Social Media Draw the Line on PDA?](#)

Of all of your clients, which success story stands out the most?

One of my favorite stories is about a guy who was living in the south. When he came to me, he just wanted to meet new people in his area, not find a serious girlfriend. I helped him with his profile, and eventually, he realized that he was ready to make a commitment. A girl actually reached out to him and said, "I've never messaged anyone before, but your profile made me feel like I needed to say hi." Now, they are actually married!

Any additional advice you can offer to our visitors?

Whether you're looking for love online or offline, you just never know when or where you will meet someone. This is why it is so important to use online dating as an empowerment tool—so that you are in more control of your dating life. Hopefully if

you take the time, you will find love at first click.

You can purchase a copy of 'Love at First Click: The Ultimate Guide to Online Dating' in bookstores and online from Amazon. For more information about Davis, visit eFlirtExpert.com. You can also follow Davis on Twitter and Facebook. Don't miss her live tweets during MTV's 'Catfish' on Mondays at 11 p.m. EST!

Dr. Brandy Engler Says, “‘The Men on My Couch’ Taught Me That Love Is Hard and Complicated”





By Whitney Baker

When Dr. Brandy Engler opened her sex therapy practice for women in New York City, she was shocked that it was mostly men reaching out for her help. As she began working through their heartache, she discovered that she had her own issues to face as well. In *The Men on My Couch: True Stories of Sex, Love and Psychotherapy*, Dr. Engler, along with David Rensin, weave together her personal story and her patients' journeys, sharing the lessons both learned and taught throughout her first year as a psychologist. We chatted with the first-time author about her new book and what she has coming up next.

Why were you surprised that more men than women came to you after you opened your practice?

Traditionally, men tend to seek psychotherapy less than women for issues like depression or anxiety. Similarly, I hadn't seen any statistics that showed that men were more interested than women in sex therapy.

What question about love and relationships do you find your clients asking most often?

The question that they tend to come to therapy with is: Should I break up with my significant other? They feel confused about a decision, which drives them to therapy. The second thing that most often brings people to me is feeling broken-hearted and wanting to know how to stop hurting.

Once in a while, couples that are about to get married or are newly married come in as well. They want to know how to communicate or understand each other better. They're usually in pretty healthy relationships but are just looking for guidance.

What motivated you to write a book about your experiences during that first year?

Because of my time spent with these men, I gained a lot of new insights that really excited me. The more I sat with them and explored their true motivations for being there, I felt like I was uncovering answers that went far beyond the simple and conventional conclusions that we draw about men – things like men just want to have sex, men want sex more than women or men are less emotional about sex. The more I listened to them, the more I saw how vulnerable they were.

The first chapter of *The Men on My Couch* talks about a guy named David, who was a relatively happy guy. He recognized that he was cheating a lot, which led him to the question, "Am I even capable of love?" I thought that was such an interesting question. It ended up becoming a theme in the book, which is why I put it in chapter one.

Can you tell our readers a bit of your personal story, as discussed in *The Men on My Couch*?

Originally, I wasn't going to include my personal story; I just wanted to focus on what was happening during my sessions

with the men. But I realized that I was learning a great deal, which I thought would be important, particularly for female readers.

Initially, I felt taken aback by some of the men's behavior. Like the guys who were total womanizers. They made me nervous, and I started to become super jealous and unsure of myself. I had to start working through my own anxiety. I started looking at my relationship and asking myself, "Is this really love?" I had to assess my own notions about love.

Related Link: [Top 10 Dating Dos and Don'ts](#)

What lessons learned during your therapy sessions most impacted your own life?

Psychologists are necessarily trained on "what is love" – that's more of a social or philosophical question than it is psychological. So I had to really examine that idea, and throughout the book, that's really what I'm learning. I learned that love is much more of a skill and that it's actually kind of hard and complicated.

I had to learn to be patient and understanding with each of my male clients even when it was hard for me. It felt amazing when I was actually able to be very loving towards my clients. My ability to do so became very healing for them; instead of me just reaching them in a cognitive way, I was now fully present and invested in helping them.

If you had one piece of advice to share with our readers, what would it be?

This is another theme of the book: to truly understand your own motivation. You need to become more conscious about the way that you love. Instead of really loving each other, a lot of people bring fear and deficit to a relationship. They're trying to get a need met instead of bringing fullness to the relationship. People don't realize that though; they feel some

sort of want, and they go after gratifying it, so they're basically using the other person. When people become more aware of what's driving them, they become very full and happy and satisfied in their relationships.

We understand that ABC recently optioned your book for a TV series – anything else you can share with us about this deal?

Yes! We have an amazing writer – she worked on 'Will and Grace' and 'Ugly Betty' – who wrote the pilot. In January, the networks will decide what shows to pick up, and ABC is interested this year. It was a contender this past January as well, and it made it to the final round.

And finally, you're already working on another book called *Libido*. We'd love to know more about this project!

Libido will be all about women and how they get in touch with their desire, which was the original focus of my work. It'll be conversational in tone (as was *The Men on My Couch*) and include some history as well. In the past, women were viewed as very sexual – even more sexual than men. So this narrative that we have that men are more sexual than women is only a couple of hundred years old. It's a totally manufactured story that a lot of people buy into, but it's not true.

To purchase 'The Men on My Couch,' click here. You can also learn more about the book by visiting her site or following her Twitter.

Andy Puddicombe, Author of

'Get Some Headspace,' Shares the Ingredients for a Perfect Relationship



By Whitney Baker

As a former Buddhist monk, Andy Puddicombe knows a thing or two about meditation. Considered to be the United Kingdom's foremost expert on mindfulness, he founded the Headspace organization in an attempt to demystify the practice of meditation. To further this goal, Puddicombe wrote *Get Some Headspace: How Mindfulness Can Change Your Life in 10 Minutes*

a Day; he was inspired by his “desire to make meditation accessible, practical and relevant to modern-day living.” CupidsPulse.com had a chance to interview Puddicombe about the importance of meditation and how finding balance can lead to greater happiness and improved relationships.

Can you define “headspace” or “mindfulness” for our readers?

Mindfulness is the ability to be present and in the moment. Most of us have experienced this at some time, perhaps whilst watching a sunset or listening to music. The problem is that it seems to pass quite quickly, and before long, we are caught up in lots of thinking or struggling with difficult emotions.

So we need some way of training the mind to be more familiar with the state of being present and engaged with what is happening now. This is where meditation comes in. It is simply a technique that allows us to become more familiar with this quality.

And headspace is the result of both. When we are present in life, there is a sense of being grounded; we are not easily put off balance by challenging emotions, and at the same time, we are fully aware that our thoughts do not control us. When we have a sense of headspace, we are at ease with our thoughts, our emotions and our body; perhaps just as importantly, we are at ease with those around us as well.

For people interested in finding more balance, what is the number one technique you recommend using to clear the clutter in their heads?

I always recommend starting with something simple. Go to www.getsomeheadspace.com or download the Headspace App, and you can learn a classic mindfulness technique for free. It takes just 10 minutes a day, and it provides all the essential elements for learning how to step back from thought and to experience a greater sense of calm, clarity and balance in the mind.

What areas of our lives will be enriched by daily meditation?

When we meditate, we are fine-tuning the mind. It doesn't just change our relationship to one or two particular things; it changes our relationship to everything in life. It fundamentally changes our perception of everyone and everything. It allows us to stop projecting what we think and instead see the world for what it really is.

Related Link: [Get Back In the Dating Game This New Year](#)

When it comes to love, how can mindfulness help us be our best selves and thus attract our best matches?

Mindfulness has been shown to reduce stress, worry and anger, whilst increasing the qualities of happiness, openness and empathy. Needless to say, when we are looking for love, we want the very best of us to shine. We want to be able to let go of our impatience, nervousness and maybe even our desperation. At the same time, we want to be able to connect with our partner, to meet them where they are in life, to see them for who they are and not what we want them to be. That is the starting place for any healthy relationship.

For someone who is still nervous and unsure about a new relationship, can mindfulness help calm their fears and give them confidence? How so?

Absolutely. In fact, a study at University of California-Los Angeles showed that, by learning to be more aware of our emotions through the practice of mindfulness, we can reduce the intensity of anxiety by up to 50 percent.

But perhaps more importantly still, as we get to know ourselves better through the practice of mindfulness, we're able to recognize the tendency to run away from difficult situations or to get very defensive when we feel unsure or insecure. This is replaced by the ability and willingness to just stay with that uncertainty, to embrace it and allow it to

be part of the journey. There is a certain feeling of freedom that comes from the certainty that nothing is certain. This, in turns, tends to have a very positive effect on the relationship.

Related Link: [Three Steps to Stress Free Holiday Dating](#)

And finally, how can mindfulness help us get the most of our current relationships?

Mindfulness helps us to be present. This means that, when we are with others, we are actually with them rather than simply being there in person but elsewhere in our mind. It allows us the space of mind to listen to others, to understand others, to be less critical and judgmental of others. At the same time, it encourages the qualities of openness, flexibility and empathy. Most of all, it allows us to give others the opportunity to be themselves, which is the only way either person is ever going to be truly happy. If you were putting a mix together to make the perfect relationship, it is difficult to imagine a better list of ingredients.

To purchase Andy Puddicombe's 'Get Some Headspace,' visit Amazon. You can also follow him on Twitter, Facebook and his site at www.GetSomeHeadSpace.com.

Dr.Greg Smalley Reveals How to Fight Your Way to a Better Marriage



By Jennifer Ross

Dr. Greg Smalley was fortunate to be raised in a loving family who believed in the sanctity of marriage. From a very young age, he attended marriage conferences held by his father, Dr. Gary Smalley. This foundation ultimately led to his own passion and to the marriage counselor and author that he is today. In his latest book *Fight Your Way to a Better Marriage: How Conflict Can Take You to Deeper Levels of Intimacy*, Dr. Smalley explains what it means for a relationship to benefit from the opportunities that fighting presents and how a marriage can succeed because of disagreement. We had the chance to interview Dr. Smalley and hear what he had to say about his upbringing and how it influenced his life.

When watching your father's conferences, what principles did he speak about that really struck a chord with you?

I think one thing that stuck with me was my father's passion for doing something that made a difference. And I never forgot that. Something else that I saw from my dad is that he was the same person at home as he was up on stage. He worked to implement the things that he was teaching.

He also taught us the concept of honor, the importance of viewing your wife, your kids, your loved ones, as priceless treasures. I want my heart in my marriage. I want my heart with my kids.

Let's talk about that concept of honor. Do you think that's the main principle that most adults are misunderstanding or misinterpreting in their marriages?

When we become comfortable with someone, it's easy to lose sight of honor. When we lose sight of someone's value, we are likely to treat them in hurtful ways. If I don't value myself, then it's pretty hard to value other people as well. If we just did those two things every day – cherish our loved ones and value them – then we would also be nourishing them. If that's all we did, can you imagine how strong our marriages would be in this country? But again, it's hard to do that because we've got all this other stuff going on.

Can you briefly explain how fighting can improve a marriage? It sounds so counterintuitive.

The problem is that, culturally, we tend to perpetuate that myth that conflict is a bad thing. We see fighting as a sign that your marriage isn't that strong. There's amazing benefits if we are willing to walk through the doorway of conflict. Some of the greatest things that I've learned about my wife have happened on the other side of conflict.

I hate the words "conflict resolution," and I never use that

term. Sometimes it's not about an issue to resolve. It's about how to manage the situation when we bump into a difference. Every relationship will have conflict. It's a normal part of life. So really, my book focuses on how to find success in these times of arguments.

Related Link: [Elisha Cuthbert Proves Patience Can Pay Off](#)

You state that fights are really about fear and not about money, kids, etc. If that's the case, then why do we focus so much of our energy on fighting about money or kids?

I think that's what we are taught to do. We see it on TV and in movies. Conflict is driven by something deeper than the surface level issue. I call it an emotional button. It's like an iceberg. The topic is what we see, so we spend all our time worrying about that. But man, there's a lot going on down deep, and that's the stuff that we have to learn how to handle. I need to learn what my buttons are because ultimately to break out of conflict, I've got to learn to deal with me first.

You talk about the unproductive fights between you and your wife. Considering the amount of experience you have with understanding marriages, how did you find yourself falling into this common trap?

I have my bad days, and I'm no different than anybody else. I may know more things, but I'm still gonna get my buttons pushed. There's only two types of reactions: when we fight or when we flight. What this does is create a reactive cycle. My button gets pushed, and I react. The way I react pushes my wife's button, and she reacts, and we just keep spinning around. It's what we all do.

And finally, what is the one thing that you want readers to take away from your book?

What I like is the sequence for breaking this cycle; I show a

very simple way to figure out how to solve things as a team. We're usually taught that we need to talk through our arguments – and that's really the worst advice you can give someone. It really does need to go in order. I gotta deal with me first, get my heart open, and then I can go after my spouse and care for her heart. Together, we can solve whatever needs to be solved.

You can purchase a copy of 'Fight Your Way to a Better Marriage' in bookstores and online nationwide beginning November 6, 2012. For more information about Dr. Smalley, you can visit his website at smalleymarriage.com.

Dana Adam Shapiro Reviews the Lessons he Learned While Writing 'You Can Be Right (Or You Can Be Married)'





By Michelle Danzig

After making a list of all the people that he knew, under 40, who were divorced, filmmaker and serial monogamist, Dana Adam Shapiro decided to answer the ultimate question: Why does love die? His book, *You Can Be Right or (You Can Be Married)*, contains 30 intimate interviews, where real people share the reasons why their marriages ultimately failed and their own important advice for others on keeping relationships alive. In an exclusive interview, Shapiro shares what it was like to write this intimate book, discusses the common reasons why he believes marriages fail and shares advice on what can be done to prevent this from happening.

You have become pretty successful in the film industry, what made you want to write a book about divorce?

The reason I was interested in the topic of divorce was because many of my friends started getting divorced. It started happening when I was 35. I guess people must have been going through that '7 year itch' (people that got married in

their late 20s). I didn't realize how common divorce really is. I was incredibly surprised to hear that they were getting divorced each time because people are really good at putting on a show. Marriage is a great mystery: you never really know if they are happy, or even what the idea of happiness is. Some people may find it difficult to address the reasons they got divorced. Inevitably, because the interviews would not be anonymous on camera, there really was no way to make a documentary about it.

What was it like asking people to open up about their failed marriages?

I think the key to being a good interviewer is being genuinely interested in the topic. I was just genuinely, personally interested in what they were saying. This wasn't just an assignment, it was something I was truly curious about and wanted help with. I was literally asking for their advice. I wanted to learn what went on behind closed doors and what they did wrong that they could have done better. I think that came through. There were definitely times when I was listening to a story and I thought, "Wow, you really did that?" But of course, you can't say that in the middle of an interview. It's very rare that people are allowed to speak about these types of things. How often can you really open up to a therapist? I don't think there are that many opportunities for people to really open up about themselves. Most of the people said that they've never spoken so deeply about the issues before and at the end, the interview almost felt like an exorcism. I got to know these complete strangers in one interview better than their own friends know them.

Related Link: [When One Partner's Needs are More Important](#)

Almost all of the interviews are extremely intimate. Why do you think these first-hand accounts of failed marriages will benefit your readers?

I think this type of hard-worn wisdom, for me, is more powerful and more provocative. All great drama has conflict and that is what these stories are about; the break ups. It was kind of the opposite of *When Harry Met Sally*, where everybody was sitting on the couch telling you how amazing their marriage is or their love-life is. My book, on the other hand, is really about how to learn from other people's mistakes.

What was the most common reason marriages failed for the people you interviewed?

Personally, I think it's because people marry the wrong person. I don't think that most of the marriages that ended could have been saved. Many people get married too young and too quickly. Most of the time, in the courtship phase, when we're dating, there is a lot of 'airbrushing' going on; we really want to present ourselves to be as good and as strong as possible. Maybe we're even afraid to show our true selves because we just want so badly to get married. I think we tend to not see characteristics in our partner that may bother us. There is always the thought that, "Maybe they'll change." This alludes to how everyone talks about this idea of compromise. I believe it is essential, but there is such a thing as too much compromise. So many people woke up seven years into their marriage saying, "Where did I go?" or "Who am I?" People are so focused on trying to please their partner and becoming their ideal that in doing so they've lost themselves. The most important and first chapter in the book is called 'Accelerating the Inevitable'. Honestly, I think that the inevitable is that you're going to become yourself. Any attempt to alter your character in some way and please another person, or think that someone can fundamentally change to please you, is a recipe for disaster.

What do you think are the most important things someone can do to prevent love from 'dying' in their relationship?

I think you have to genuinely enjoy putting the other person before yourself. Because of fairy tales and movies, I think the idealization of love is corrupting what we believe it is supposed to be. To have a realistic idea of love is to really understand what it means to put another person completely before yourself. As a culture, I think we are getting more and more selfish. I think that's the problem because marriage is really about the two of you. One of the things that kept coming up again and again, if you traced it back to the beginning, was that one spouse felt under-appreciated or neglected for some reason. I think it sort of festers into resentment or withdrawal. In many cases, this makes someone susceptible to the affection of other people and can lead to adultery or an affair. Ultimately, the reason the marriage ends is because two people simply grew apart and are living in the future thinking maybe it will get better.

Has this helped you, in any way, in your own relationships?

Yeah. It has definitely forced me to acknowledge all of these things about myself; to really just encourage my partner to be honest about who they are and for both of us to be vulnerable; to say, "If it doesn't work out, it's alright, it's not that you're wrong or I'm wrong, it's just that we are wrong about each other." I think to prioritize marriage or eternity is a slippery slope. If marriage can work out then that's great, but it's not the only result.

Related Link: [The Great Marriage Hoax: Why There's More to Life Than Getting Married](#)

After writing this book, would you ever get married?

Yeah, I would like to get married. I think that is the ideal. If it is a great marriage, then yes. I think bad marriages, however, are far more common and the idea of happiness is definitely a tough concept when it comes to marriage. I think this idea that 'You're mine until the day that I die' is a

dangerous idea.

Lastly, will there be any other books in the future?

I'd like to do a book on alternative marriages; anyone who isn't doing the traditional marriage like swingers, bachelors, or communes. It could be interesting to see whether these situations are created by chance or by choice.

You can purchase a copy of 'You Can Be Right (Or You Can Be Married): Looking for Love in the Age of Divorce' in bookstores and online from Amazon. For more information about Shapiro, you can visit his website DanaAdamShapiro.com.

'I See Your Soul Mate': Sue Frederick Discusses How to Find the Love of Your Life





By Bernadettle McCadden

Sue Frederick is more than just an author; she is an intuitive life coach who helps people get in touch with their spirituality and higher self. She uses this intuition to guide her through life and encourages people to trust their gut when it comes to making decisions. Her previous book, *I See Your Dream Job: A Career Intuitive Shows You How to Discover What You Were Put on Earth to Do*, shows people how their specific birth date corresponds with the mission they were put on this Earth to do. Her newest book, *I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love*, follows the same premise but focuses on romance instead. Frederick explains how you can't truly find your soul mate until you are fulfilling your unique mission. She uses birth paths to help you recognize your strengths and weaknesses in relationships and also provides other birth paths that work well with your own.

We had the chance to talk with Frederick about trusting your intuition to find the love of your life.

Your book focuses a great deal on discovering your own birth path before focusing on finding your soul mate. Can you briefly define birth path and explain the importance of it?

We all come here to do significant work that helps our own soul evolve and also helps to raise the consciousness of other people. We have the potential to do something great, which is explained in the vibrations in our birth path order. That's why we're drawn to different careers and have certain dreams. Yet, when we get here, we buy into the negative messages that talk ourselves out of that greatness. At every opportunity in life, we can still make a choice to live up to that full mission, and that's what's in the birth path.

You talk about intuition as well. How can you develop your intuition and make it stronger?

Intuition comes from our right brain, while logic and reason come from our left brain. We live in a world dominated by the left brain, which is good and bad. We have great advancements in technology, but we've lost touch with our spirituality. That's why there is so much unhappiness in the world. As we each step into our right brain and trust our intuition, we're able to get in touch with our higher self. We can really see our mission and begin fulfilling it, which is what attracts true love and helps us find our soul mate.

My favorite way to make your intuition stronger is daily meditation, which quiets your left brain and gets you into right brain consciousness. The Buddhists and Hindus figured out a technique thousands of years ago where you repeat a sacred sound, which they called "a mantra."

Related Link: [Are You My Guru? How Medicine, Meditation and Madonna Changed My Life](#)

Can you give us an example of an intuitive dating technique?

The minute that somebody asks you out, make sure you have a piece of their information, whether it's their name, birth date or career. Write it down and put your hand on that piece of paper. Then, close your eyes and do a little bit of mantra meditation for a few minutes. You're going to start feeling their energy. These odd little images, words or thoughts, which are about this person, will start popping into your subconscious out of seemingly nowhere. If the words are good, like sweet and loving, that means you should go out with this person. If the words are negative or you feel fear, it's someone you don't want to pursue.

The book provides readers with birth path numbers that work well with their own number. What would you say to people who are currently in love or with someone whose birth path number does not match their own?

There's a lesson in that relationship. If you look at Kim Kardashian and Kris Humphries, both are master soul paths 22 who came together with great work to do. Their relationship number is an 8, which is the number of power. It would've worked if Kris hadn't become a conventional man who wanted Kim to give up her career and be a stay-at-home mom. Kris was abusing his power, and Kim could see that her life was going down the drain.

There is a lot of research we have to live through until we find our soul mate. I've had great passion and joy but also great heartbreak, and I think it's all been on purpose.

Related Link: [Is Dating Your Ex Off Limits?](#)

What do you think about the ever increasing divorce rate? Are younger couples failing to find their soul mate as older couples have done? Or are they simply more open to splitting up and starting over?

I think the vibrations of awareness have increased. You can't just be miserable and hate your partner and not have it fall apart. It used to be that you could live a life in that negativity and never really wake up. Now, you get into that negative state and something instantly changes. You have to make a choice to evolve to your highest state and make the relationship work or to go on your own learning journey and find your own mission. If you're really living true to your mission and highest self, you can find your soul mate and have that love last for a lifetime.

How can someone truly know if their partner is their soul mate?

It's about how you feel when you're with them. If you feel empowered to be your best self and if your partner is looking at you and seeing that greatness in you, even when you can't see it, that's a soul mate.

In your book, you share that fear and worry prevent us from fulfilling our true mission and ultimately finding true love. How can people avoid this pitfall?

Meditation. That negative self talk is part of being in the physical world, but we can learn to override it with a positive thought. Say to yourself, "Who am I to doubt myself? I came here with something important to do, and I brought gifts and talents to do it." It's not about the ego of doing your work; it's about letting the work come *through* you to help the world. Once we can look at our lives this way, everything shifts.

You can purchase 'I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love' on Amazon. You can also receive guidance from Frederick or get information on her live events at www.CareerIntuitive.org.

Entertainment Journalist Francine Brokaw Talks About Tinseltown Twosomes and Life 'Beyond the Red Carpet'



By Whitney Baker

Francine Brokaw's writing career, which spans over two decades, has taken a few twists and turns: she's focused on everything from politics and travel to celebrity interviews

and entertainment news. Her new book, *Beyond the Red Carpet: The World of Entertainment Journalists*, out today, looks at the ever intriguing world of the rich and famous. Lucky for us, she shares never-before-told stories and behind-the-scenes secrets about Hollywood's hottest residents. Having interviewed celebrities like Johnny Depp, George Clooney and Tom Hanks, Brokaw knows what it takes to get these folks talking about life on and off the red carpet.

We chatted with the author about her experiences in the entertainment industry, specifically those celebrity interviews about lasting love and messy break-ups, and her advice for up-and-coming journalists.

Related Link: [Dating After Being Dumped: How to Avoid Messy Rebound Relationships](#)

Tell us a little bit about what inspired you to write this book.

Nobody really has any idea what entertainment journalists do and experience. I think when people hear the words "entertainment journalists," they think of the hosts on shows like 'Entertainment Tonight.' That's a very minute percentage of us. We're actually in the trenches, dealing with the publicists and celebrities. It's a totally different life than what people have in mind. Like I say in the book, Kevin Costner mentioned that our friends probably think we have these wonderful and fabulous lives, but it's really a lot of hard work.

Do you have a favorite story from the book that you can share with us?

I always love speaking with the veteran actors. I love James Garner; he was just so open talking about fellow actors, like Steve McQueen (who he co-starred with in 'The Great Escape') and Kim Novak (who worked with in 'Boys' Night Out'). He brought them down to earth and told us things about them that

they probably wouldn't want the public to know. He was very candid.

Julie Andrews is always fun too.

Can you walk us through a celebrity interview? What goes on behind the scenes?

I usually have a list of questions that I want answered or that I need answers to for a specific article. Then, when the celebrity mentions a new project or some aspect of their personal life, you can go into further detail about that topic. A one-on-one interview requires a lot more research than a roundtable interview or press conference – you can't rely on other journalists to ask questions that you may not have thought of.

I will say I have had to run into the paparazzi while going into interviews, and it's frightening. I feel for celebrities because these photographers are really intruding into their lives. As an entertainment journalist, I don't want to be thought of as intrusive.

Have you ever interviewed a celebrity couple – either together or separate? Any stories to share?

I haven't had the opportunity to interview a celebrity couple together, but I have spoken to partners separately.

I interviewed Catherine Zeta-Jones and Michael Douglas at different times, and they seemed to be very compatible. Catherine's interview was at a resort in the Palm Springs area, and she was so excited that her husband was able to come along. She said that he was probably golfing, which was one of his passions, and she tried to catch sight of him out the window. I thought that was really sweet.

I've also spoken with both Brad Pitt and Jennifer Aniston. I interviewed Brad right before the break-up, and he let nothing

slip about their impending divorce. And then a few months later, we hear that they've split. I interviewed Jennifer afterwards, and she didn't want to talk about it at all.

Related Link: [4 Things Jennifer Aniston Taught Me About Love](#)

I interviewed Hilary Swank during her almost-decade long marriage to Chad Lowe, and she said how great they were together. Someone asked about the basis for their relationship, and she implied that trust and honesty were the most important things. And then we read later on that he was hiding his addiction from her. When I interviewed Chad right after the break-up, he refused to talk about anything related to his personal life.

Then there's Mandy Moore, who was so gushy about her relationship with Andy Roddick. She called him her soul mate and told me all about how they met, how they were meant to be together. And that didn't last. It's funny to hear what people say about their relationship and then see how things play out.

How do you approach the topic of love and relationships in an interview? How personal is too personal?

If they happen to bring up a dating partner or spouse, that's my invitation to ask about their love life. I've had celebrities mention the great love of their life and talk about their fabulous relationship, and then they break-up a few months later. It's interesting to see what people volunteer.

For instance, around Valentine's Day, one of my friends asked Antonio Banderas, who is married to actress Melanie Griffith, if they had any specific plans for the holiday. He happened to say that their relationship was really going well but that he can't guarantee that it is forever, which I thought was very honest of him.

And finally, what advice do you have for someone interested in

entertainment journalism?

Be prepared to do a lot of work. It's not easy; it requires a lot of preparation, research and time. It takes talent to bring information out of celebrities. Plus, it's a 24/7 job – sometimes you need to do a phone interview with a celebrity who is working in Europe; the time zone is different, but you have no choice because you're at the beck and call of the celebrity.

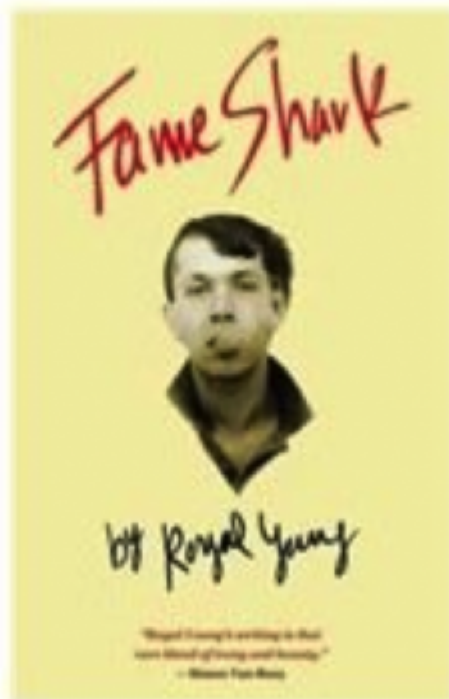
Also, you can't always rely on research. I read a story on IMDB about an actor saving someone from drowning, so I asked if it had really happened. He said that he didn't know where they got that and it had never happened. You have to put question marks by a lot of things that you find online and figure out if it's fact or fiction.

Brokaw leaves us with this final observation when the interview is done. "I gotta tell you, it's much easier asking the questions than answering them!"

You can purchase a copy of 'Beyond the Red Carpet: The World of Entertainment Journalists' in bookstores and online nationwide today. You can also purchase a signed copy when you buy it from her website at www.FrancineBrokaw.com. For more information about Brokaw, follow her on Facebook and Twitter at @FrancineBrokaw.

Author Janine Driver Shows How Catching Someone in a Lie

Can Save Your Relationship in New Book, 'You Can't Lie to Me'



By Sarah Ribeiro

When body language expert Janine Driver suspected her live-in boyfriend of cheating, she knew better than to make accusations. Although his habit of coming home at late hours in the morning roused her suspicion, she took her own approach to catch him in the act. "I asked him, 'Why are you so late?'" she shares, "and he told me, 'I was walking around M Street

thinking about our future together.’ When he said that, I decided to come up with a lie of my own and said, ‘No wonder you’re late – I heard about the five-alarm fire at Urban Outfitters on M Street on the news. Is that what held you back?’ A truthful person would have said, ‘No, I was there, and there was no fire. What are you talking about?’ Instead, he paused – and liars will always have an uncomfortable pause – and then went on and on, making excuses. I told him to pack his stuff and get out of my life.”

Related Link: [Find Out What Kristen Stewart’s Body Language Reveals About Her Cheating Guilt](#)

While the five-alarm fire may not have been real, Driver’s methods of catching a liar are. In her new book, *You Can’t Lie to Me: The Revolutionary Program to Supercharge Your Inner Lie Detector and Get to The Truth*, released August 28, she shows how to spot a liar and get them to admit the truth. Her five-step program walks you through a ‘BS Barometer’ to help you detect those who lie to you. Following Driver’s steps, you can learn to read people, avoid unfaithful partners, keep your children from lying to you, hire people you can trust or even keep yourself from getting swindled out of money. Driver even uses her expertise to train police officers to read body language while in the field.

We were able to speak to the author herself and gain some tips on how spotting a lie can help your relationship.

What are some simple body language cues?

We all wear different masks in different situations, but body language can tell you if someone’s holding back. If you ask a man if he’s married, and he says, “no” and shrugs his shoulders, there’s more to the story. A shoulder shrug is uncertainty – it doesn’t mean he’s married, but it means he’s uncomfortable with marriage, either through his own experiences or ones he’s witnessed. Ask him a question like

'Is there any reason why marriage would make you uncomfortable?' and you'll get the full story.

What are some situations you've been in where body language has helped or benefited you?

Everything – from parent-teacher conferences, to meeting my husband on Match.com, to working with my son. I say, from the boardroom to the bedroom to the barroom, just knowing what question you have to ask is how to get what you want. The key to using the successful 'You Can't Lie to Me' program is thinking like a detective. A simple question like 'Is there any reason why...?' can make someone give up on a lie and win you the truth without an argument.

Related Link: [Trust: Should You Give Your Passwords to Your Partner?](#)

What are some ways you can catch an untrustworthy partner?

You have to figure out when your partner has changed their baseline or behavior in some way. If they're avoiding looking at you or, on the other hand, are looking at you all the time, you should be suspicious. A change in behavior will tell you if they're hiding something from you or not, and the tools to approaching that are in the book.

In what ways can being able to read lies help you with your love life? How do you use lie detection to strengthen a relationship?

You can get real: you get to know what your partner's concerns are and what he likes or doesn't like and vice versa. When you hold back secrets from people who are important, that's toxic to your relationship. You need to flip the script on your intention: focus on ridiculous amounts of transparency, honesty, hope and kindness. When you can spot deception in people and approach it well – knowing how to ask the right questions – you can make your relationship stronger. It can

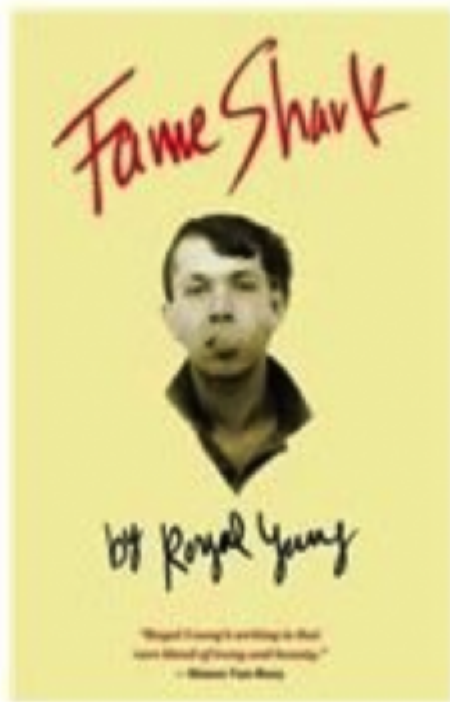
stop your husband before he cheats or stop your kids before they go down the wrong path. The people who tend to be the best at deception are the people who tend to be the most trustworthy.

Ask people to tell the truth in advance, and the likelihood that they'll tell the truth will skyrocket. Starting off with a statement like, "I'm going to ask you a few questions, and I want you to tell the truth" works better than saying "Don't lie to me." We never hear the word *don't* – we only hear the command "lie to me," so we *will* lie. The best thing you can do is to say, "Whether you tell me the truth or not" – make sure you pause here – "I'll still love you, and we'll get through this together." You've told them to tell the truth, and that sets you up for romantic success.

To learn how to tap into your own inner lie detector, you can buy 'You Can't Lie to Me: The Revolutionary Program to Supercharge Your Inner Lie Detector and Get to the Truth' on Amazon. Be sure to check out Janine Driver's website at www.lyintamer.com and follow her on Facebook and Twitter at @JanineDriver.

Dr. Catherine Salmon Shares 'The Secret Power of Middle Children'





By [Deanna Atkins](#)

One thing you can't change in life is your birth order. Firstborns are destined for leadership, and lastborns take the role as the family's beloved baby, making it a confusing ride for a child growing up in between. While a vast amount of research has been done on birth order, it always seems like the ones left out are middleborns. Realizing this truth, Dr. Catherine Salmon strives to credit middle children's extraordinary traits through her research, surprising readers, myth-believers and parents with the real facts about middles. Salmon teams up with journalist Katrin Schumann to reveal how middleborns can "harness their unexpected and remarkable abilities" in *The Secret Power of Middle Children*.

Although Dr. Catherine Salmon happens to be the baby of the family, she has great admiration for her father who was born a middle child. Throughout her book, she speaks about his honorable qualities, which she believes stem from his middle-child nature. A "trail blazer and a justice seeker," her

father inspired her to be independent and, above all, herself. We had a chance to speak with Dr. Salmon, and she filled us in on what sets middles apart from their siblings – intellectually, romantically and emotionally.

Related Link: [Will Smith Says Family is All About Love and Communication](#)

Why do you think people still choose to believe outdated myths which categorize middle children as being neglected, overshadowed, resentful and negative?

I think there are a number of different reasons for it. A lot of time, our opinions are based on what we see in the media. Sometimes, shows like ‘The Brady Bunch’ give middle children a reputation of being overlooked and neglected, which is powerful because so many people grew up watching that. Also, in general, there’s not a lot of research on middleborns; it’s usually just firstborns and lastborns, which proves the overlooked theory again. People look to firstborns and assume that, if they are this way, everyone else must be the opposite.

You say that middleborns are great love matches for first and lastborns. Why do these pairings work so well?

Generally, middleborns go well with most other pairings because of the traits they developed simply from getting less attention from their parents. They work diligently to develop relationships, and they’re good negotiators as well as cooperators. They tend to be more concerned about what they’re doing for others than what other people do for them. This quality transfers to their relationships, thus making them good at understanding what the other person wants.

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

What are some disadvantages of having two middleborns in a relationship?

When you match two middles together, neither wants there to be much conflict, so each partner may not address problems that arise in the relationship. Actually, many birth orders don't do well when paired together. Firstborn pairings tend to butt heads all of the time, and when two lastborns are in a relationship, neither really wants to deal with the problems at all. Middles can easily become pushovers, and a relationship won't be successful if that's the case.

Additionally, middleborns have stronger friendships and longer-lasting marriages. What makes them more relationship-oriented than first and lastborns?

Like I've said, middles are better at figuring out what the other person wants. They're dedicated, value their relationships and also show a willingness to survive the tough times. Middles are agreeable, loyal and flexible – which are all upstanding qualities that are essential to making a relationship or marriage last. Having a high sense of responsibility also helps them in relationships because they're eager to stay in a long-lasting relationship.

Related Link: [When One Partner's Needs Are More Important](#)

Middleborns are also “agents of change in business, politics and science – more so than first and lastborns.” Can you explain this idea further and share a few examples?

One of the things we talk about in the book are the strategies you learn when you're younger to get what you want. Middleborns are not only good negotiators, but they have an 'openness to experience' – which usually derives from not being given enough freedoms at a young age. Therefore, they're open to new things and willing to take risks and think outside the box. For example, Charles Darwin would probably not have come up with the idea of evolution and natural selection had he been a firstborn. He created a huge change in the way that people thought about science because he didn't

follow his family's expectations for what he should be, which was a doctor. Middles are more sensitive to issues about justice and whether people are being treated fairly. They see inequities in the world and want to change what isn't right.

What's the greatest hidden personality trait you believe middleborns possess?

The openness to experience – the willingness to not go by the typical way of thinking about things. They're empathetic and are internally good psychologists. These traits all go into what makes them so successful.

From Donald Trump to Madonna to the Dalai Lama, how can more middleborns channel their secret powers like these famous people did?

Recognition is the first thing. Sometimes, middleborns don't see their skills for what they are because they have a lower sense of self-esteem. They have this great package, and at first, they might not see how all the pieces fit together. I think that, if they had more confidence to go out and do the things that they want, then there would be a lot more successful middles.

You can learn more about 'The Secret Power of Middle Children at [Amazon](#).

Amy Laurent Tells Us How to Navigate a New Relationship

and Go From '8 Weeks to Everlasting'



By Whitney Baker

Matchmaker and reality star Amy Laurent didn't realize how much she needed her own help until she began filming Bravo's 'Miss Advised.' As viewers saw throughout the first season, she quickly learned how hard it was to be open to love and how scary it was to feel vulnerable. That was the catalyst she needed to write her book, which she began working on two-thirds through filming. *8 Weeks to Everlasting: A Step-by-Step Guide to Getting (and Keeping!) the Guy You Want* isn't about

getting the ring or getting to the altar; it's about building a strong foundation for a lasting relationship with your perfect person. "This book offers simple guidelines that every women needs to follow when they first meet someone they like," Laurent explains. "It's about how to change your approach to dating so you don't lose yourself in it." No one knows the importance of these parameters better than the author. We had a chance to chat with her about what rules to follow, what lies men tell and what she's learned in her search for love.

How did you develop your dating philosophy?

I found that women kept asking the same questions when it came to men and the early stages of dating. I've been giving women solid advice on how to handle these situations, and they've come back to me and thanked me for everything I said. But here I am, getting back into dating myself, and I'm totally stinking at it. During the course of filming 'Miss Advised,' I realized that I needed my own coaching. Talk about a sense of urgency! It was like, "Oh my god, I need to take everything that I've been telling women to do and turn it into a handbook so I can find a guy for myself!"

No matter who we are, whether were the expert or not, we really need rules that are clearly laid out, week-by-week, about how to date men. It's the first eight weeks that are the most torturous for women!

Related Link: ['Miss Advised' Star Amy Laurent Says, "I've Always Seen Katie Holmes With Someone Who Is More Mellow and Chill"](#)

In the introduction of your book, you tell women that they're in charge of their fate and they can have any kind of relationship they want. What is preventing women from finding their ideal relationship?

Accepting less than what we deserve. There are boundaries that teach a new guy in your life what is acceptable and if you are

a relationship girl or a casual dater. Your actions towards him define how he looks at you; you teach people how you want to be treated.

How many of us get excited about a guy and then start to cancel our plans with girlfriends because he suddenly calls and asks us out? That's the complete opposite of what you're supposed to do, but we've all been there. We're so emotionally invested in this guy that we've only been out with a handful of times that he has an affect on whether we have a good day or not. As women, we need to remember that we're in control. If someone isn't respecting you or treating you how you want to be treated, you get to choose to write that person off.

You banish women from making the first move, yet so many of our male readers tells us they *want* a woman to approach them first. What are your thoughts on that?

One of the biggest points in my book is that women should *never* initiate. You don't call or text a guy first; you don't suggest that you get together on a Friday night. You have to let the man take the male role. If you become aggressive, he's going to lose interest very quickly.

As a matchmaker, I work very closely with men, and they tell me things that I wish they would say to more women's faces. If a guy says he loves when a women takes the initiative and asks him out, he's lying to you. Any man will say that it's cool at first – it's less work when the woman comes to him. But he'll also tell you that he's never dated that girl for longer than two weeks. That's the truth.

Related Link: [Subtle Ways to Get a Second Date](#)

What love lessons did you learn from filming 'Miss Advised' and writing this book?

First, I gained a newfound respect for my clients. It had been so long since I put my heart out there, and I realized that my

clients do it everyday. It's not easy!

I also learned that dating is about enjoying the process, weeding out the jerks, finding your perfect person and having fun along the way because you're in control. One of the keys is balance: you need to stay open enough but also hold the reins and pace yourself.

Lastly, if there were one piece of advice you could give women looking for love, what would it be?

One thing I said repetitively is that, if a guy genuinely cares about you and wants to get to know you, he is going to try to impress you – and you should let him. You really have to communicate what kind of relationship you want, and you have to stick to that.

And buy my book, of course!

You can buy '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want' on Amazon. Be sure to keep up with Laurent on Facebook, Twitter and her personal site at www.AmyLaurent.com.

Marcy Miller Sheds Light on Looking for Love and 'Rebooting in Beverly Hills'





By Deanna Atkins

From catching her husband cheating to combating breast cancer, there's no doubt that former lawyer and author, Marcy Miller, is a survivor. Sure, everyone has gone through a breakup, but Miller's memoir, aptly titled 'Rebooting in Beverly Hills,' covers so much more than your average heartbreak. She shares a witty and humorous account of finding herself at the age of 45 after two devastating divorces. Whether you've settled down with the man of your dreams or just recently found out the guy you loved is gay, anyone can relate to the challenges of twenty-first century living, dating and loving. We had the opportunity to chat with the Hollywood writer, and she unveiled her biggest fears and challenges as well as her love lessons learned.

What were your biggest fears as you re-entered the dating world after divorce? How did you overcome them?

For me, one of the biggest fears had to do with physical

intimacy. In 2000, after being diagnosed with breast cancer, I had a mastectomy, and I hadn't been with a man other than my husband since. I'm very proud of my reconstruction, but I feared what a new man's reaction would be to my naked body. What I learned is that we all have something that makes us feel self-conscious. Frankly, it wasn't an issue, so I was able to relax.

Why do you think women are more hesitant to get back into the dating world following a divorce?

No one wants to be heartbroken again. In order to fully put yourself out there, you have to take risks. If you protect yourself too much, you're not going to be relating to men and other people in a way that allows relationships to develop. It's a leap of faith to say, "Okay, I'm going to go back in there even if that means my heart's going to be broken again." I think it takes time to heal, to get yourself together. But it's important to be proactive. If you don't come up with a strategy to get back into the dating world, then you won't get past that passive-negative mind set.

You write that every woman needs a 'BGF' (Best Gay Friend). What can he offer you that a female friend cannot?

A gay-man friend sometimes sees things differently than a girlfriend. My BGF feels comfortable asking me, "What is wrong with you that you think this time will be easy?" Through humor, he can say to me, "Knock it off! Stop wallowing in self-pity." For some reason, you take criticism a lot better from a gay friend. Maybe because those sort of things aren't often said by a girlfriend. Women tend to want to make you feel better, while a gay friend can just let you have it – which is what you need at times.

Some women get offended when their friends try to fix them up. Why do you think that's the case? What are they missing out on when they say no?

That is my number one rule: do not say no to a fix-up! A fix-up is your best possibility of meeting someone; it's a pre-selected date. Somebody who is nice enough to fix you up already knows who you are and also knows a nice man who seems like the type of person you're trying to attract. That doesn't mean you have to go out for a long dinner or evening of dancing, but why not have a drink or meet for a cup of coffee? It's a huge mistake to ever say no to that.

Related Link: [How To Ease Your Nerves Before a First Date](#)

What is the most important lesson that you learned as you were looking for love?

That's a really tough question, but I think the hardest lesson for me was to realize that I had to be able to bless my ex-husband – and mean it – in order to get on with my life. I would only be ready to attract the right man if I had totally forgiven him. His actions were unforgiveable, and it took me about four years to do it, but I had to truly forgive him in order to free myself.

What's the biggest takeaway that you hope your readers will discover from your book?

I hope my story will help people because there's a lot of practical advice in there. But if nothing else, I hope that they'll be inspired to keep trying. We all kiss a lot of toads before we find our prince, so enter into the process with a sense of humor and a sense of joy. Know that those experiences are just adding to the tapestry of your life.

Related Link: [Five Top Tips On How To Find 'The One'](#)

And finally, what do you think is the biggest challenge of searching for love in the modern dating world?

To me, it seems like there's almost too much social media. We're bombarded by all of these different options of

communication. There's a whole new set of etiquette that isn't discussed anywhere yet. Like, how many times do you email someone before you speak on the phone or meet in-person? Do you Google your date before you go out with him to ensure that you have things in common? Or is it more fun to discover these details during the date? In many ways, it's easier to meet people with the Internet, but it does come at a huge cost.

To learn more about fix-ups, pick-ups and the craziness of modern dating, pick up a copy of Rebooting in Beverly Hills. Her smart, attractive humor will keep you laughing and learning. Be sure to check out her Facebook and blog on Huffington Post.

'Wedding Cake for Breakfast': A Love Letter to Marriage





By Whitney Baker

Wedding Cake for Breakfast: Essays on the Unforgettable First Year of Marriage, edited by New York literary agents Kim Perel and Wendy Sherman, offers an intimate peek into the first year of marriage, as experienced by twenty-three critically acclaimed female writers. This collection of essays explores the unexpected and often difficult moments – from a surprise pregnancy to ghosts of husbands past to blending families – that brides fail to plan for as they prepare for their “big day,” and the 365 days that follow.

We had the pleasure of chatting with Perel and Sherman about the inspiration for, and evolution of this book, as well as what they learned about their own relationships and what they hope that their readers take away from these stories:

1. The stories shared in this collection are so diverse. What is the unifying theme that links these essays?

Perel: They're all fraught with concerns, questions and exploration, but the tone is still one of "we're going to be okay." Ultimately, it has this uplifting message, but another aspect of the book is that there are bumps along the way, and that's okay. It's not going to be perfect as you figure out how to be together.

Sherman: To expand on what Kim just said, there were definitely the stories that focused on the way in which women suddenly saw themselves in the role of "new wife." You know, you wake up one day, and you're a wife. What did you think that was going to feel like? It often doesn't feel anything like you thought. So I think that the journey these women shared with us, some of it has to do with filling that role and playing the part.

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

2. Wendy, you've been married for 25 years. Do you have any words of wisdom that you learned in your first year of marriage or even in the years since?

Sherman: I think expectation is the theme that I keep coming back to when I think about my first year of marriage. I was actually cleaning out my attic recently, and I came across my wedding album. I was looking at the pictures and wondering what was going on in my mind at the time. You know, you put so much energy into going through the process: you find the guy, you get the ring, you think that you have your whole life planned, and that it's all done.

And then you're married, and now, you're living your life. I think I was young and naïve to think I was done, because you're never done; you're always in the process of evolving and growing and changing. You have to learn to redirect yourself, your life, your expectations.

But that's the beauty of it. When you look at that first year, how can you ever think that it's the end of something? It's

not- it's absolutely the beginning. What lies ahead is so completely unknown, and that's such a big part of the excitement.

3. Do you feel like you learned anything about your own relationships from reading these essays?

Perel: You so rarely get an intimate and well-articulated glimpse into other people's lives and relationships, so how can you not look at your own life after reading some of these stories? I think what struck me the most was how they worked together as a team. It was always about the teamwork and the give-and-take. That was a beautiful and interesting thing to read- how in every situation, no matter how terrible, they always pulled together.

Sherman: Another thing that we noticed throughout the collection, is how many women wrote about this underlying friendship that existed with their partners. Some relationships start off as a friendship and evolve into something more passionate and romantic, while others later develop into a friendship. At the core, that deep friendship is probably what holds marriages together over the long haul.

Joshilyn Jackson talks about friendship in, "The Marry Boy." She started off as best friends with the man who later became her husband. That story really touched me because I thought it was beautiful that a relationship could start off one way and turn out another.

Perel: I like when she writes, "It is an odd transition, to see one's best friend's head perched atop of [a] lovely, naked male body." That's the moment where they truly shift from best friends to something romantic. I think anyone who's ever moved from a best friendship to a romantic relationship would identify with that moment of strange and wonderful.

Related: [Famous Couples and Exotic Honeymoons](#)

4. What do you most hope that readers takeaway from the book?

Sherman: I think that there's an illumination of what a matrimony can be. Some of the writers talk about the adjustment period. Ann Hood, for instance, talks about getting used to the way in which her new husband arranges their furniture.

There are so many adjustments and realignments that take place in a marriage, especially in the beginning. Your marriage is going to happen; it's going to change and evolve. It just gets better and better if you can be flexible.

Perel: In Sarah Pekkanen's essay, they're blending their families. It's one thing to blend your furniture, but when you get married, there's a whole family element to consider. I think that the takeaway would be to roll with it. Also, you're not expected to have figured things out before getting married; people think that they can mitigate problems by living together or just knowing the person really well, but it's okay that marriage still changes things.

You can purchase Wedding Cake for Breakfast: Essays on the Unforgettable First Year of Marriage on Amazon. Visit the authors at WeddingCakeforBreakfast.com or follow them on Twitter @WeddingCakeBook.