

# Be the Toast of the Party Without Breaking the Bank with Elyse Luray's 'Great Wines Under \$20'



By Imani Brammer

If you're looking for the perfect date wine or a bottle to celebrate a special occasion, take note that the higher priced ones aren't always the best. For a long time, it's been a common misconception that the greatest wines are the most expensive. But, thanks to Elyse Luray, author of *Great Wines Under \$20*, we now know better. After starting to believe that it was normal to drop \$100 on a nice vintage, Luray, a licensed auctioneer for high end wine, decided to halt her way of thinking by doing a little experimenting to see if there were any great tasting wines under \$20. Thankfully for all of us, there are and now she's sharing them with the public.

You'll no longer be stumped about the taste that will come out of that \$16.00 bottle of Merlot. Luray teaches all of us how to choose an affordable and appealing wine as she introduces us to over 200 great ones in her book and they're all for less than \$20.

Here are some things you'll learn:

- A wine's vintage refers to the year it was produced
- Only expensive wines get better with age. Inexpensive wines are best when they are no more than three-years-old
- When it comes to choosing the right wine for a particular food, it's best to match the wine's region of origin with that of the meal.

For those of you who are new to the wine scene, the author advises not to act like you know more than you do. It could add unnecessary pressure and your date could call your bluff.

You should always be yourself.

"Nothing is worse than listening to someone brag about wine and what they know when it turns out they have no clue what they're talking about," says Luray. "If you know about the

vintages, regions and wines themselves, it's great to share this information. But if you don't, just try and find some great bottles under \$20 and enjoy learning."

Though a wine expert, Luray is nervous too when it comes to dating. "I hate cooking, so you can imagine the stress when I invite a date over for an intimate dinner," she says. "I always start with a great glass of wine and some simple appetizers. It gives us time to talk and chill."

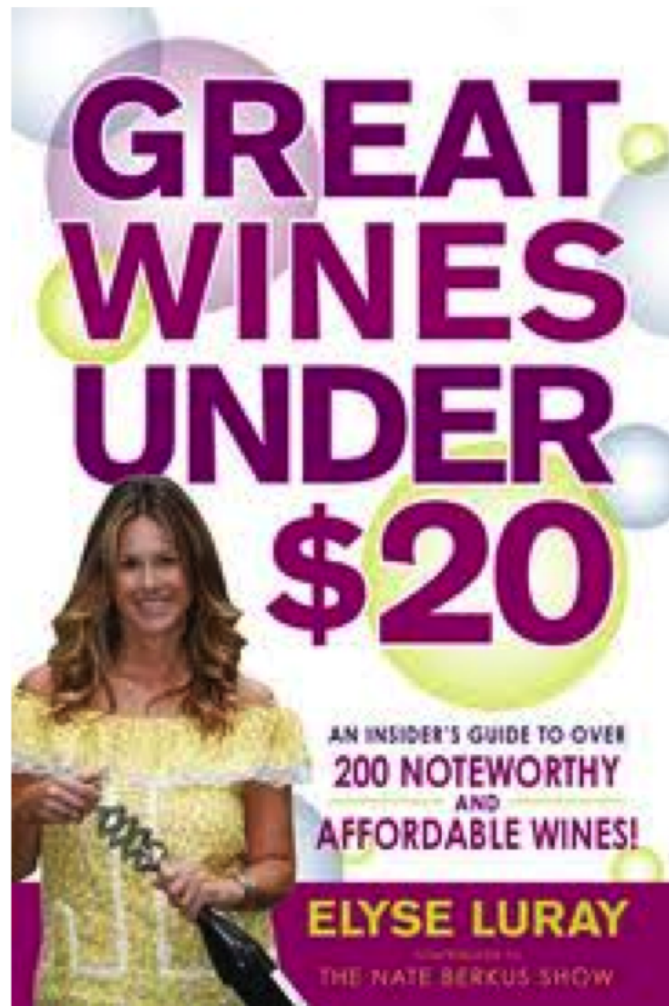
When asked about her opinion of wine as an aphrodisiac on the first date, Luray showed no signs of a closed mind. "Many people find wine relaxing," she explained. "I say, whatever works for you. If it makes you feel sexier and have more desires, then go for it. Nothing is better than good food, good wine, and good vibes with another person."

To purchase a copy of *Great Wines Under \$20*, visit Amazon, where you can even get a sneak peak of the first few pages. Cheers!

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## Find Out if Your Partner is Unfaithful with 'The Cheat Sheet'





By Melissa Caballero and Krissy Dolor

Have you ever had that aching suspicion that your partner was cheating on you? You find yourself pacing back and forth worrying where they are, who they're with and not knowing what to do? Maybe you start beating yourself up even though it's not your fault. *The Cheat Sheet* by Rea Frey and Stephany Alexander can help ease your nerves and give you the tools to find out for yourself if your partner really is bunking up with someone else. Stephany Alexander is an infidelity expert and founder of WomanSavers.com, a forum for women to speak to each other about men, abuse and infidelity. *The Cheat Sheet*

will help guide you and give you the advice you need to find out if your man is being unfaithful. We had the opportunity to speak with Stephany to find out more about this common issue. Here's what she had to say:

### **What was the inspiration behind WomanSavers.com?**

I started WomanSavers.com in 2002, after getting out of a bad relationship. I've had a history of abuse throughout my life. I was abused as a child and experienced date rape as a young adult. I even had to file a restraining order against one of my boyfriends who became physically violent with me. I tried online dating and when I signed up for all the matchmaking websites, I experienced a lot of bad dates. I thought I knew what I was doing and it was just a numbers game. However, I found that there were a lot of men who were misrepresenting themselves on the Internet. I became very bitter after all of this. Then one day I was walking along the street and an idea just hit me like lightning. The only way women are going to survive in the future is by sharing information with each other. Now, they have an open forum to speak to other women about men.

### **What were some of the obstacles you've had to overcome when launching WomanSavers.com?**

WomanSavers.com was very controversial and I had to alter the terms of agreement many times. I had to build a shelter against lawsuits, death threats and stalkers because men were not okay with this sort of information being leaked out. However, we do follow very strict rules that comply with U.S. laws that third-party providers are not held liable for what someone else writes as long as we do not edit the post. In fact, before a woman submits a post she has to agree that she is telling the truth or she can be sued in a court of law. It has been a very stressful process.

### **What can we expect to find in your new book, *The Cheat Sheet*?**

*The Cheat Sheet* is a book about how to catch a cheater. It also shows you the best way to catch them, what to do once you have, how to move forward and how to fool proof your relationship to avoid cheating. The book has a lot of real-life stories about infidelity ranging from all races and genders.

### **Do you think there is a surefire way you can prevent cheating?**

There is no surefire way, but there are steps you can take in order to improve your relationship. For example, keep yourself out of situations where cheating can occur. I would never go to a happy hour and have cocktails with a male that I work with, especially one I may be attracted to. That's one way to help prevent the possibility of cheating. You have to be especially careful when you or your partner has a profession that requires you to travel because it creates more opportunities to cheat. One way to help overcome the long distance is by calling your wife throughout the day or scheduling Skype videos with each other for more intimacy.

### **Why do you think people stay with partners who have cheated?**

Well, some people have a lot more to lose. People stay in bad relationships for 3 reasons: One reason is their children. Parents don't want to break their family unit. Another reason is finances. A lot of people would rather keep their comfortable living situation rather than downsize. The third reason is co-dependency and insecurity; people are scared to be alone.

### **What is the number one piece of love advice you have for singles out there who are dating?**

The most important thing that you can do is research and gather all of the information you can about the person you are about to go on a date with. Get his or her first and last

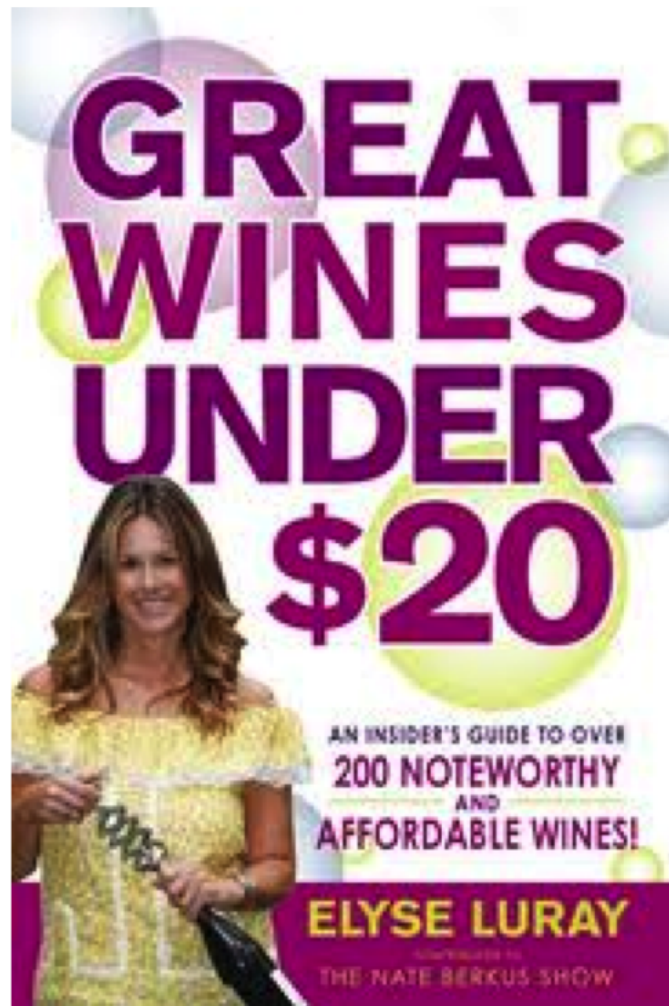
name as soon as you can. Run a background check, especially if you're serious about them. Google them. Go on WomanSavers.com. I know it sounds a little stalker-ish but if you allow the wrong person into your life it can ruin you emotionally, financially and physically. The more you screen, the more likely it will be in your favor to end up Mr. and Mrs. Right. Also, don't take anything for truth if it sounds fishy. Many times women fight their own gut instinct.

Cupid thanks Stephany Alexander for her time! You can find *The Cheat Sheet* on Amazon. For more on Alexander, visit her website at [www.StephanyAlexander.com](http://www.StephanyAlexander.com). Here's to confirming your sneaking suspicions!

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## Cupid Exclusive: The Double Life of Alfred Buber





By **Vincent D. Scebbi**

Every man has a virtual life that he lives in his imagination. Much of it surrounds fantasies about women. However, most keep their deep dark desires in check. [\*The Double Life of Alfred Buber\*](#) by David Schmahmann tells the story of a man who acts out his repressed urges. It is the story of a successful lawyer who feels deeply dissatisfied with his life. In an effort to find consolation, he secretly ventures to the brothels and bars of Southeast Asia while telling people he is in Paris or London. "Of course it doesn't end happily," said



Schmahmann. The double-life can't end happily. But, some people do get away with it." To write the story, Schmahmann admits he didn't need to go far into his mind to get into the head of his character. Like Buber and many men, Schmahmann lives in a world of "what if" scenarios.

This scandalous novel was ironically released around the same time as the "sexting" controversy involving U.S. Representative, Anthony Weiner. Other notable scandals that have appeared in recent history include athletic figures such as Brett Farve and Rex Ryan, along with politicians such as former California Governor, Arnold Schwarzenegger, and John Edwards. Schmahmann has been asked many times if there is a correlation between powerful figures and sex scandals and he believes there is. It's been something that has been with us forever. "Jimmy Carter lusted after women and then you see characters like Al Gore who admitted to hanging out with hookers," Schmahmann said. "I think men, by and large, are a boiling mess of unacquired desires when it comes to women." Politicians' desire for power and sense of feeling "bulletproof" carries over into their sex lives."

Though the Monica Lewinski scandal is cited as wrecking Clinton's political credibility, his marriage to current Secretary of State, Hillary Clinton, remains intact. Schmahmann's character isn't married, however, he believes there is no definite reason why a woman chooses to stay or leave her partner. "Clinton's wife stuck with him. Jefferson's wife stuck with him even though he was raising a second family with her half-sister. Weiner's wife stuck with him on the other hand, Schwarzenegger's wife has left," stated Schmahmann. The author suspects these urges that can cause a double life stem from youth and perhaps a solution can be found there. "These impulses are a residue of adolescence, I think, even if you look at popular culture references such as *American Pie*, boys spend their teenage years attempting to understand and get access to girls, and I think to some

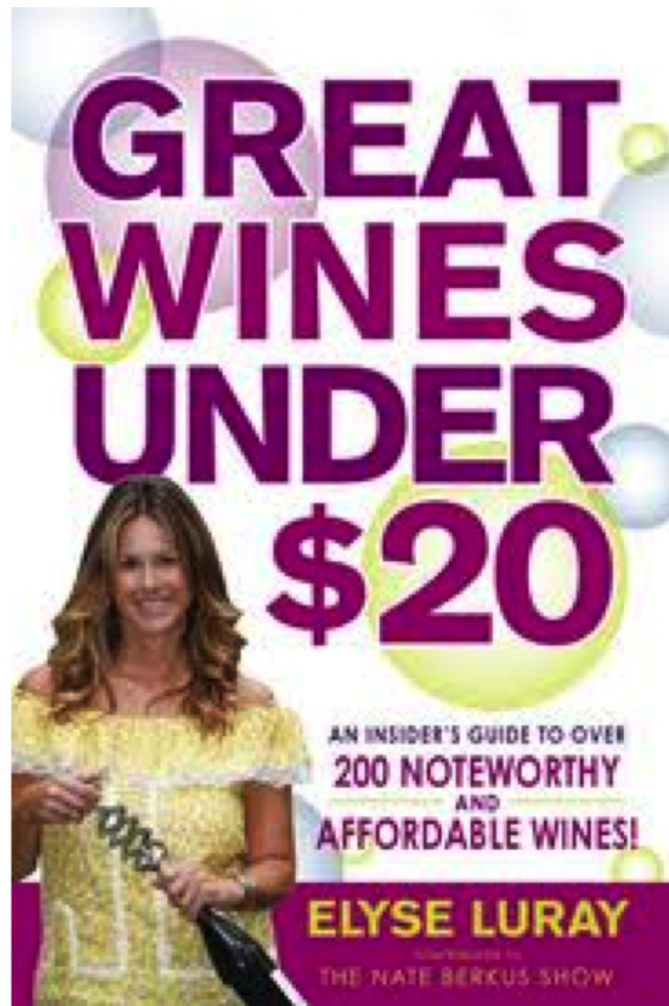
extent, healthier adolescences make healthier adults, but that's too much to ask," Schmahmann said. Schmahmann does offer some advice for anyone struggling in a double life, quoting the Dali Lama, "don't confuse pleasure with happiness. Happiness is a much more stable, long-term goal."

David Schmahmann was born in Durban, South Africa. He is a graduate of Dartmouth College and Cornell Law School, and has studied in India and Israel and worked in Burma. His first novel, *Empire Settings*, received the John Gardner Book Award, and his publications include a short story in *The Yale Review* and articles on legal issues. He practices law in Boston, and lives in Weston, Massachusetts with his wife and two daughters. You can order his book online at Amazon or BarnesandNoble.com.

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## The Authors of 'The Little Black Book of Big Red Flags' Help You Avoid a Dating Disaster





By Tanni Deb

Ever had a relationship with a boyfriend that spent more money on himself than he did on you, expected you to pay (in full) while on dates, or constantly spoke about a past romance? You probably assumed you were both meant to be together – until he dumped you a few months later and you finally recalled the red flags in your relationship you shouldn't have ignored. According to *Little Black Book of Big Red Flags: Relationship Warning Signs You Totally Spotted... But Chose to Ignore* by Natasha Burton, Meagan McCrary and Julie Fishman, you aren't the only one. These three have all encountered several flags

in their love lives and they're sharing their stories with you. Alongside their dating disaster tales, the book also offers advice on how to handle similar situations and figure out what kind of relationship will make you happy.

While you might have disregarded that prickling sensation that your relationship is on the rocks, ignore no more. Read on for our author interview:

### **Why did you guys write this book?**

Meagan: The three of us were sharing stories about ex-boyfriends when we came up with the general idea of "red flags" – those *I-should-have-known-then* moments we often dismiss. We figured that if we had so many over-the-top stories, women across the country would as well. The next step was to build a blog and find out.

Natasha: When we first launched the blog, we hoped to some day turn the material into a book of women's red flag stories, just because it really hadn't been done.

Julie: But after receiving thousands of submissions, we started to notice some trends in the types of big red flags being sent in. Simultaneously, readers began asking us for advice on what they should do in certain situations. We thought a book was the best way to share the stories and answer these questions. Plus, we knew we'd have a ball writing it.

**On the website it says, "If you spot a red flag, the offense doesn't necessarily mean you need to kick the person to the curb..." After how many red flags should you break up with your partner and why?**

Julie: There's no secret number: One really bad flag, like a man threatening to break up with you if you don't do things in bed that you've told him make you uncomfortable, may hold more

weight than a series of smaller flags, like if he's sloppy or a momma's boy.

**Do you think some acts – like cheating – should be forgiven?**

Meagan: Really, it's up to the woman. There are no black and white rules for relationships, and if you try to impose them it's going to be a long, brutal journey. There are many couples who have worked through major issues, such as cheating, so to say such acts should or shouldn't be forgiven is irrelevant. But working through a red flag is very different from ignoring or not dealing with one because you just don't want to break up. Our book really encourages awareness and sticking to what you know, in your gut, is right for you.

**The book contains Red-Flag Rules, signs that tells you it's time to get out of a relationship. What kind of research was done in order to create these rules?**

Natasha: After reading thousands of stories we've received from women as a collective group, we took some of the more prominent themes to create our rules – which can serve as a cheat sheet women can refer to as some of the most prevalent and egregious flags.

**What's the best advice you can give to those who have been in difficult, red flag relationships?**

Julie: Using our book and your own dating experience, note the qualities you must have in a partner and the ones you will not stand for. Reflect on past relationships to determine what worked and what didn't. Then proceed with caution and don't settle for just anyone. There are tons of terrific guys out there, but you'll never find one if you don't know what you're looking for. Lastly, keep your head up – you may not have found your Romeo yet, but you're closer than you were yesterday.

Natasha: I'd say it's also important to recognize what your pattern is. Like, if you tend to date guys with emotional problems (the kind who need you to "save" them), you have to look at yourself and understand why you're attracted to guys like that. Only then can you have the self-awareness to start searching for the right kind of guy for you.

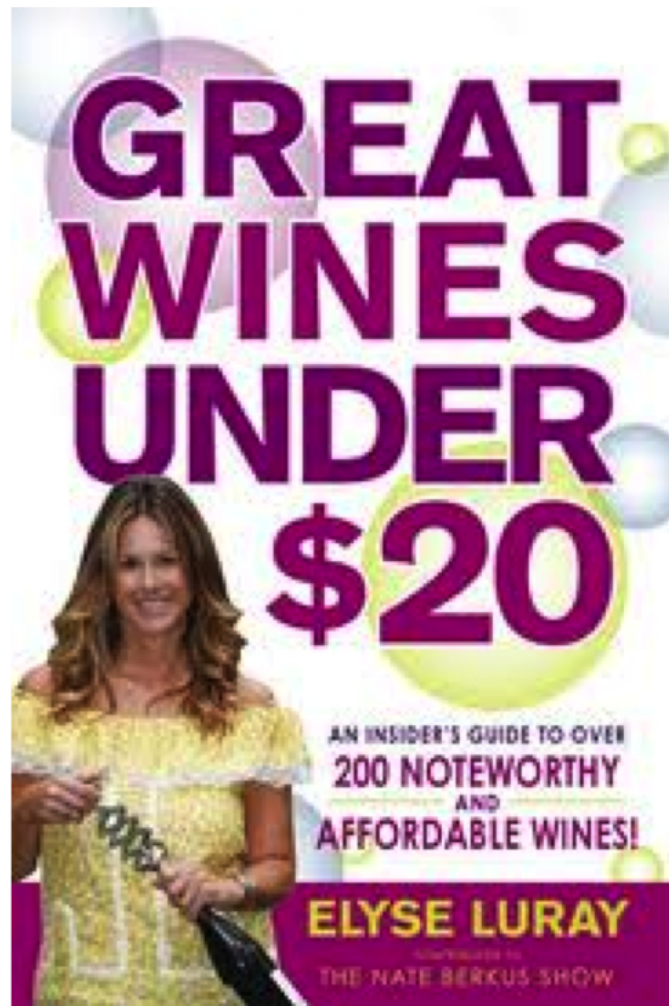
Meagan: I'd encourage people who have been in difficult relationships to work on their personal happiness and self-worth. While I don't think a person can't date while doing this, it's difficult to focus on yourself when there's a relationship to attend to. It sounds super cliché, but you have to love yourself first, and once you're in a place where you don't need someone else to help you feel good, the guy who's right for you will typically come along.

Cupid thanks Natasha Burton, Meagan McCrary and Julie Fishman for their time! You can visit Amazon to purchase *The Little Black Book of Big Red Flags*. For more about the authors, check out their book trailer and visit their website at [www.bigredflags.expandedapps.com](http://www.bigredflags.expandedapps.com).

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## Jennifer Grisanti Talks 'Story Line: Finding Your Gold in Your Life Story'





By [Lori Bizzoco](#)

Protégé to the great executive Aaron Spelling, Jennifer Grisanti learned the ins-and-outs of one of the most competitive businesses in America – entertainment. During her time with Spelling, she worked on shows like *90210* and *Melrose Place*, moving on years later to become Vice President of Current Programming at CBS Paramount Network Television. In 2007, she left Tinseltown's lustrous world behind and established her own consultancy for aspiring writers, mentoring them on how to dig deep, find their truth and put it

into words. In her new book, *Story Line: Finding Gold in Your Life Story*, Grisanti offers advice on how to make your story the best it can be, while drawing from her own experiences in life, love and the workplace. As she notes, her book “is a writing book for television and feature writers, but also a business, life and spiritual book for anyone who has a desire to learn how to add fiction to their truth and bring it to the page.”

We had the privilege of interviewing Jennifer last month. Here’s what she had to say:

### **What was it like to have Aaron Spelling as a boss?**

Mr. Spelling was old fashioned. We called him Mr. Spelling and his nickname was Mister. He was very into perfection and you respected it because he expected perfection from himself, so it made you want to deliver. Working in his office was in some ways so glamorous. You got to attend all of these Hollywood parties and hob knob with stars. There are elements of that to the business, but you worked your rear off. I mean, I would work until eight o’clock at night and then I would go home and read scripts for three hours.

I was really blessed in the sense that I came in at a very good time in his career. He was 67 when I was 24. When I came in, he was on the rise again with *90210*. Actually, the first day I started, *Melrose Place* was being cast so I really entered at an opportune time.

**You speak about your own personal challenge going through divorce. Many of our readers are single and trying to balance their career with maintaining the perfect romance. What advice can you give them?**

What I would have done differently and what I would recommend to younger executives is don’t make your career such a priority that you don’t have the space or energy to let



something else in. That's so important for women (and men), because as much as there is a gift in achieving an accomplishment in the work world, you need to make it work at home also. It's fascinating because my ex-husband was an actor. The whole limelight, fairy tale and painting the picture is definitely something that I did. However, the paints in my picture started to change color. I was thinking about what a relationship is supposed to be versus the reality of what it actually is. Had I done things differently, I wouldn't have been so threatened by the age of 30. I would have spent as much time on my relationship as I did my career.

**You discuss 'adding fiction to your truth,' a lot in your book. What does that mean?**

My feeling is that there is fiction in non-fiction and non-fiction in fiction. I am a believer that you are a part of every story you tell. When I say 'adding fiction to your truth,' I am talking about using the imagination and the fantasy of what we want something to be versus what it actually is. There is fiction to that. It's mainly the idea that life is not that interesting. The sequence of events isn't the same as the dramatic points that you need to hit in your story.

**What can you tell us about your consultancy?**

I have worked with 350 writers since I opened my business in 2008. Anyone can contact me – whether they're writing television features or a novel. What I've learned most about in my career is how to develop a story. I want to help others. That's what I did all day every day and I saw my notes made on five shows a week, every week. There was no better training ground to know how to make a story the best it can be.

strong>Given your history, we are anxious to know how you feel about reality TV?

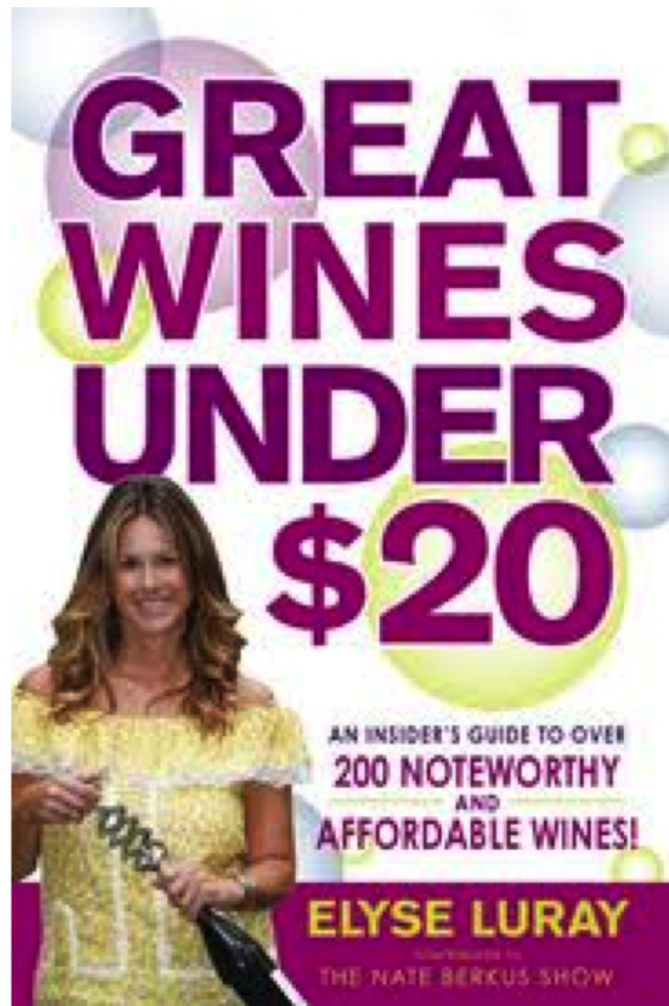
I have to be honest. I like reality TV. I think there's room for everyone to succeed. I think that scripted writers can learn from reality TV. For example, when you see certain characters that are more popular than other characters, you might ask yourself why people are responding more to that person. There are lessons that can be carried over. There really is so much to learn.

Cupid thanks Jennifer Grisanti for her time! To purchase your own copy of *Story Line*, visit Amazon. For more information on Grisanti's consultancy, visit [www.JenGrisantiConsultancy.com](http://www.JenGrisantiConsultancy.com). You can also find her on Facebook or follow her on Twitter.

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## Rachel Machacek Discusses 'The Science of Single'





By Krissy Dolor

Ever compared navigating the dating scene to science problem? After all, there *must* be a secret formula to get boy + girl = love. Well, after dating without solving her equation for years, Rachel Machacek took matters into her own hand and gave herself one year to try different methods of dating, hoping to find the right guy. Lucky for us, she put her findings into a book: *The Science of Single: One Woman's Grand Experiment in Modern Dating, Creating Chemistry and Finding Love*. In her debut novel, Machacek shares the triumphs and failures of her

various methodological steps, including online sites, matchmakers, singles events, self-help books and the good old-fashioned blind date. While the ultimate goal was to find chemistry with that special someone, this journalist found something much more important – herself.

We spoke with Machecek via email about her book. Here's what she had to say:

**You said that one of your goals in writing this book was to improve yourself as a dater. Do you think you have?**

Oh yeah. While working on the book, I went out with a lot of guys (60!), so by simply practicing the art of dating for an entire year, I became better at finding dates, the process of dating (I stopped hijacking conversations with inane babbling because I felt uncomfortable with brief silences in conversation) and learned to pick myself up and brush off the dust when something didn't work out, versus analyzing the situation and beating myself up over it. Essentially, dating evolved into this thing that I did. It became the rule instead of the exception.

**What has your feedback been from the guys that have read your book? Also, have you gotten feedback from any of the men you've dated and written about?**

I think I might have more male fans than female. It's surprising to me because I thought for sure only women would truly relate to my stories. I get a lot of emails from men who are connecting with my book. Many of them are just getting back out there after a divorce and they say it's great to hear a woman's perspective. Others tell me their experience with dating – all the insecurities and crackpots they run into – is exactly like mine. Of course, some have called into question my integrity and felt threatened by the way I described the dates and men I went out with. Alas, you can't win them all.

I have heard from a few of the men I wrote about in the book and they've been flattered and excited. Of course, these were the guys I was positive about. For the men who had a less-than-favorable story, well, it's been quiet on that front. Crickets, in fact. I'm OK with that.

**Where do you find yourself in your dating life now? And do you think you've figured out "the science of being single"?**

Not a ton has changed for me. I'm single. I date. I still deal with some of the same issues. What *has* changed – and this is the clincher – is my perspective. I'm a LOT easier on myself. I allow myself to have fun with dating (I stopped thinking about the endgame – too much pressure!) and it's not this gray pall over my existence like it used to be. Much of this comes from finally feeling OK with where I am in my life. I stopped should-ing on myself. (i.e. I should be married, have kids by now.) This has been critical to being happily single – it's the science of single. I do what I want to do and I do what's important to me, so I'm more confident in general. And as we all know, confidence is half the battle in dating – and in life.

**What's next for you?**

I have a new idea for a book on a different topic (it's still evolving so I won't say more – bad juju), so eventually I will want to talk about that, too. However, dating will remain a heavy focus for me because I still have so much to say, and I just started a couple regular columns including Dating Disaster Day where readers can send in their worst date ever, as well as guest posts from dating bloggers. It's fun!

**What's the one piece of dating advice you've learned through writing your book?**

I only get to talk about one?! Oh man. OK. This one is important: Don't be afraid to put yourself out there. I used to feel so utterly vulnerable about being single – it's fun in

your 20's, but by your 30's, people start wondering about *why you're still single*. It's like a disease. Syngalitis. The horror! I felt shy about it. And shy about dating. And that makes it pretty hard to date. Once I started saying yes to singles' events, blind dates, online dating – all of it – and stopped thinking that doing these things made me look desperate, dating became a lot more fun.

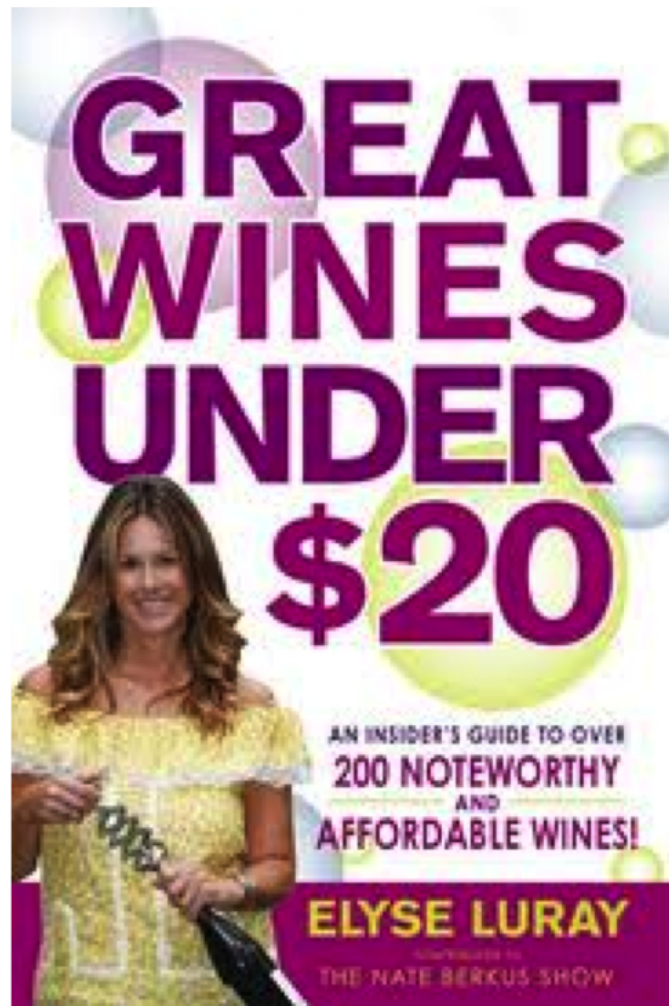
I have to add one more piece of advice: We tend to be very superficial when forming our checklist for the ideal mate. So make sure yours includes important criteria that can actually make a relationship work, like “he/she supports and respects me.” Don't limit yourself to great hair and nice shoes. Those things do not a relationship make.

Cupid thanks Rachel Machacek for her time! You can find *The Science of Single: One Woman's Grand Experiment in Modern Dating, Creating Chemistry and Finding Love* on Amazon. For more on Machacek, visit her website at [www.rachelmachacek.com](http://www.rachelmachacek.com). Cheers to solving your dating equation!

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## **Giveaway: Amanda Goldberg and Ruthanna Khalighi Hopper Talk Love, Hollywood and 'Beneath a Starlet Sky'**





*This post is sponsored by Amanda Goldberg and Ruthanna Khalighi Hopper.*

By Krissy Dolor

If you loved 2008's *Celebutantes*, you're in luck – authors Amanda Goldberg and Ruthanna Khalighi Hopper are back with *Beneath a Starlet Sky*, the follow up to their debut novel. In this fiction book, Lola Santisi, daughter of Hollywood royalty and CEO of a struggling fashion line, is trying to balance the New York fashion scene and her doctor beau in Los Angeles. A stroke of luck lands Lola in Cannes to work during the Film

Festival – but this balancing act is harder to manage than she realizes. And let's not forget about Kate Woods, Lola's BFF, who just went through a breakup with Lola's brother (can we say awkward?). How will a newly single Kate navigate her love life...which may conflict with her work life?

Though we can't tell you the ending, we *can* bring in Goldberg and Hopper to shed a little insight into their second novel. As these two women themselves are daughters of Hollywood bigwigs (Goldberg's father is film and TV producer Leonard Goldberg and Hopper is actor Dennis Hopper's daughter), they have taken their insider knowledge of the workings of Tinseltown and merged it with some fictional drama to create another chick lit book, worthy of your beach tote.

Goldberg and Hopper took time out of their busy LA touring schedule last month to chat with us via email. Take a look at what they had to say:

***Beneath a Starlet Sky* is a continuation of exploring celebrity lives and is set in the beautiful town of Cannes. What made you choose that location as the backdrop of your new book?**

It's basically the Oscars on a yacht for 10 days. It's chalk full of glamour and fashion. And who wouldn't want to go on a jaunt to The French Riviera?! Reading our book is a lot cheaper than actually trying to get to the South of France and hopefully we'll make you feel as though you were there.

**Why did you decide to start the novel with heartbreak?**

Well, who can't identify with having had their heart broken? And that theme of love is a big one for us in this book – romantic love, love between friends, love between family. The women characters go on a journey of exploring what's meaningful to them and what's not. And in the end, it's really all about love.



**Do you think it's harder to find love amidst the glitz and glitter of Hollywood lights?**

It's harder to find the authentic relationships that are built on deep trust and mutual respect. It can be a tough town. And the glare can be distracting. It's important to keep the people you love close.

**Both of your books have been fiction – do you think you'll ever write about your real-life experiences about dating and/or finding love in Hollywood?**

That's a great idea! We certainly have plenty of material!!

**Will we see a continuation of Lola and Kate's journey in an upcoming book?**

You never know... they could throw on their Uggs and take a spin at The Sundance Film Festival...

**What love advice can you share with our readers?**

Don't expect the other person to be anything other than who they are. And a good match means you: Play well. Fight fair. And laugh a lot!!

Cupid thanks Amanda Goldberg and Ruthanna Khalighi Hopper for their time! You can find *Beneath a Starlet Sky* on Amazon and on Facebook. For more on the authors, you can follow them on Twitter: @astarletsky.

~~**GIVEAWAY ALERT:** *Cupid's Pulse* has teamed up with St. Martin's Press to give a copy of *Beneath a Starlet Sky* to one lucky reader! To enter, tell us which celebrity destination you'd like to see Lola and Kate next in a comment below. Please be sure to use your real email address so we have a way of contacting you if you've won – don't worry, your address won't be shown. If your email is not included you will automatically be ineligible to win. This giveaway will run until **11:59 PM EST on Tuesday, June 21.** Good luck!~~

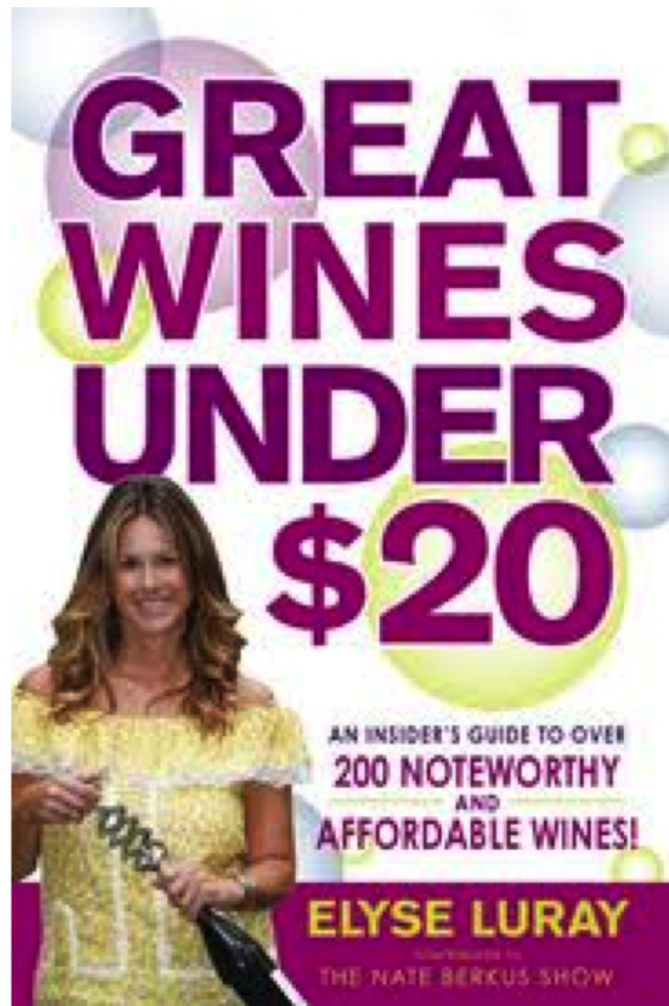
**This giveaway is now closed.**

*\*Contest restricted to residents of USA/CA*

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# **Author Conor Grennan Talks 'Little Princes'**





By Tanni Deb

Could you ever imagine falling in love with someone you've never met face to face? For Conor Grennan, the author of *Little Princes*, that's exactly what happened. Leaving his job to travel the world, Grennan decided to volunteer at an orphanage in Nepal, figuring it would be a great pickup line with women. During his experience, he discovered that the children of the orphanage weren't actually orphans; they were abandoned by child traffickers after they had fooled the children's parents into paying large sums of money for their

safety. During Grennan's adventure, not only does he end up finding the love of his life, but he also falls in love with the children and commits to reuniting them with their families.

This story has been covered internationally and Cupid recently had a chance to interview Grennan about his book. Take a look at what he had to say:

**You spent eight years working at the EastWest Institute (EWI) in Prague and the EU Office in Brussels. Why did you decide to leave your job, and specifically, volunteer in Nepal?**

I loved working at EWI, but after eight years I really needed some kind of change. So I figured, maybe it was time to move on and head home to the US. What better way than to first go on a long trip around the world? I would get all the traveling out of my system. I had saved up enough money for it, and I felt like this was a great way to spend it.

As for volunteering in Nepal, I wanted to appear impressive to girls, and saying, "I'm volunteering in an orphanage in Nepal" seemed like a pretty great pick up line! It's embarrassing to think about it now, of course, but that was pretty much my initial plan – it's about as self-centered as you can get, I admit!

**You kept a notebook with you the entire time you were in Nepal, where you recorded conversations and events. What made you do this? Did you know you wanted to write a book?**

I always loved to write, and when I started traveling I started keeping a blog. Writing things down had always come naturally. I had kept a journal for many years. I wanted to remember the details so I could tell the stories on my blog. I didn't just do it in Nepal, I did it everywhere – but in Nepal, the conversations with the kids were so funny that I kept a close track of them. But I never had any intention of

writing a book.

***Little Princes* is not only about your journey in Nepal, but also your love for the children there and your wife, Liz, who you met while volunteering. How exactly did you both meet? Did you ever think you'd meet your wife while volunteering?**

Liz and I met over email initially. She wrote to me because she was going out to India to volunteer over Christmas, and she'd read a small article in a local paper about what I was doing in Nepal. She thought I might be connected to some organization in India, and thought maybe I'd have some advice. I didn't, but I wrote back to her, and we just sort of started this email friendship for several months. But no, I never thought I'd meet my wife volunteering, so many thousands of miles from home!

**What are you and Liz currently working on to stop child trafficking in Nepal?**

Liz and I are both on the board of Next Generation Nepal. She has been to Nepal many times, and knows the children and their plight intimately. Together we help guide the strategy of the organization. Our team on the ground in Nepal works hard to find the families of hundreds and thousands of trafficked children. We also prevent trafficking at the source, by working on village development projects (such as education) to make sure families know that they are not alone and that they don't have to take such risks with their children.

**Do you think your relationship with Liz is different from past romantic relationships because of how you met?**

Oh, absolutely. We talk about that a lot. Liz and I met, not in a bar or on a first date, but by writing to each other. We learned so much about each other before we even met in person for the first time, three months later. It gave us a wonderful window into the other person's heart, without all the pressure of that first date. I also knew right away that

she was a deeply compassionate woman (besides intelligent, beautiful, and hilarious), and that was probably what first attracted me to her.

**What is the most important lesson you've learned through your experience in Nepal?**

There are so many, but I think the biggest is that having a cause can bring you the most joy of anything in life. It sounds corny, but it's true. I was only ever concerned with myself and my own life – when I found these kids who needed help, it gave my life a purpose I never expected. The fact that I could do this work together with my wife has been a dream come true.

**What do you think this experience has taught you about relationships in general?**

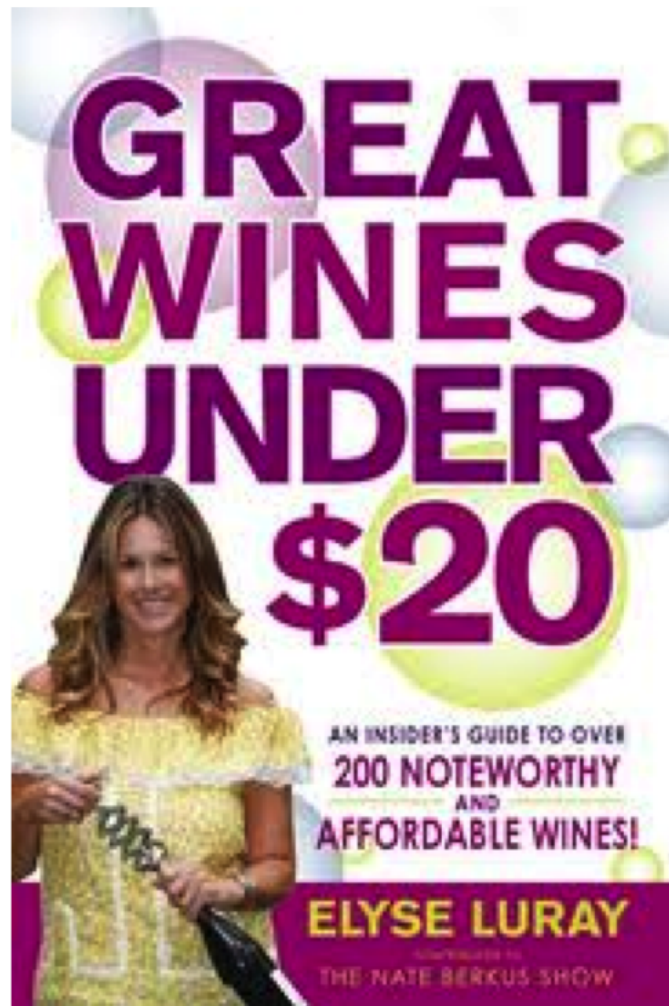
It definitely taught me to look beneath the surface. Liz and I weren't face to face when we met, so all we could go on was what the other person's values were and what they were really like on the inside. I always knew that I put a great deal of emphasis on the superficial aspects of a person – their looks, their job, their friends, their life, etc – and with Liz, I didn't have any of that. I just got to know the real her. If we can find a way to look beyond the superficial, we can find out if that's a person we are meant to be with. I think the best way of doing it is writing back and forth; it opens the window into a person's heart. We also found that we could be honest with each other so easily. It was a perfect foundation on which to build a relationship.

Cupid thanks Conor Grennan for his time! To find out more about his amazing adventure, visit Amazon to purchase *Little Princes*. For more information on Grennan, his book and the organization he founded, Next Generation Nepal, visit his website, Conor Grennan.

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# Joe Gumm Gives Husbands a Helping Hand with '150 Secrets to a Happy Wife'





By Loren DeLand

A sports enthusiast and former ESPN anchor, Joe has spent the majority of his career entertaining male audiences. When the work day ends, however, he heads home to a wife and four daughters. Needless to say, he has learned a thing or two about how to make women happy, and is now sharing this precious advice in *150 Secrets to a Happy Wife*. Both comedic and touching, this book is a must-read for all couples looking to share a laugh and better understand one another.

We had the privilege of interviewing Joe via about his new



book last month. Here's what he had to say:

**You've become something of an expert on women and relationships. What is it about this particular subject that appeals to you?**

I love talking about it because I think marriage is a funny topic, especially when you throw in kids, pets, in-laws, marriage counselors and weird siblings. There are topics about marriage that are more serious, like divorce, but that's the whole point of being married – making sure it never gets to that point. As couples, we start off as being the number one priority, but then over the years we become number two, three and four. This book is perfect for all men, especially young men just starting out. It gives a humorous, upbeat outlook into the minds of women and what makes them really happy in life.

**You and your wife have four lovely daughters. Do you think this has shaped the perspective you take when writing about how men interact with women? Would you have written the same book if you'd had four sons?**

Yes and no to your first question because the book is actually about women, written for men. Do I think Bubba, down on the construction site, is going to take off lunch early so he can go buy it to show all of his friends? No, and I don't think men like being told by another man how they should act around their wives. I live with five females and grew up with two sisters, so I think I know a little about what women want. Of course, living with five females, what they want changes on a daily basis. I would say yes to the second part of the question. I would have written the same book for my boys, knowing this is the perfect book for young men getting married.

**Many of your secrets don't advocate for grand, sweeping gestures, but call for men to take part in daily, mundane**

**tasks, such as doing the laundry, replacing the toilet paper roll and carrying in the grocery bags. Can you elaborate on why the small details matter the most?**

I could get a speeding ticket, burn the house down because I left a candle burning and curse my mother-in-law and my wife would really not care. But for some reason, if I don't wipe off the two scraps of food left on the plate from dinner the night before and put it in the dishwasher, my wife acts like it's Armageddon. I think most women love the little things and depend and expect them. As far as the larger, sweeping gestures, I think they appreciate them when they eventually happen.

**You're quite an accomplished TV/radio broadcaster in the sports world. Can your fans look forward to a sports-themed book in the near future?**

Actually, I have written a sports-themed book called *From Humor To Hormones*. It's a book about birth, and for those who don't think the process of birth is a sport, you need to read this book. For example, you have a baseball team (a pregnant wife expecting). That team has practice (three trimesters). That team has coaches (husbands). The game will have umpires (doctors, nurses, midwives). The game will have points (centimeters dilated). During the game, baseball players will grab their crotch in front of thousands of people on live TV (women deliver a baby from the crotch area in front of a lot of people in the delivery room). The team sweats during the game so they drink water to quench their thirst (the mom-to-be definitely sweats more, but instead of drinking water, her water actually breaks). The team has fans cheering them on (the wife has her husband and others cheering her to push). The team has uniforms (the wife has a hospital gown). The team holds up the championship trophy (the parents hold up their baby). Actually, there are a lot of sports analogies in the book, but NO, it's not a sports book and I don't see myself writing an official one anytime soon.

## **Is there any advice you can share with women about dating?**

There are 10 types of men women marry. I'm going to give you five now and then your female readers can buy the book I'm currently writing to find out the other five. You have the ATHLETE, the NERD, the BUSINESSMAN, the ACTOR and the the WANNABE. In my book, it explains who the perfect man is to marry. He may be in this group or he may not. The point of the book is to literally breakdown everything each type brings to the table, as far as marriage. As far as advice, I would tell women to make a list of what makes them truly happy and start with the number one thing.

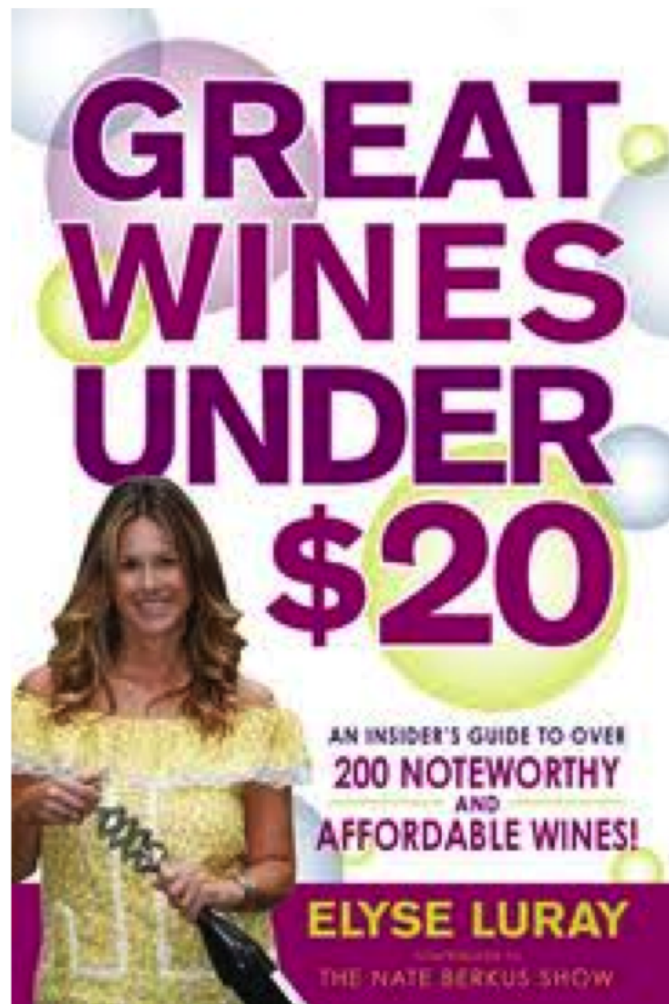
## **150 Secrets is now officially available nationwide. What is the next project you're excited about tackling?**

I wrote a book about how couples not only deal with children with ADD/ADHD, but how they deal with each other's ADD/ADHD. It's a fun, humorous look about a man who not only had dyslexia when he was younger, but had a speech impediment as well. He had a seventh grade reading level when he graduated high school, was accused of cheating through college, and was rejected for his first book by 70 literary agents. Despite his dyslexia and ADHD, he went on to graduate college after 9 years, became an award-winning author of three books, has worked for companies like ESPN and Fox Sports, and ended up doing a fun online interview with the greatest website on the planet called CupidsPulse.com.

Cupid thanks Gumm for his time! You can find *150 Secrets to a Happy Wife* on Amazon. For more on the author, visit his website at [JoeGumm.com](http://JoeGumm.com) or follow him on Twitter: @JoeGumm.

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# Donna Estes Antebi Talks 'The Real Secrets Women Only Whisper'



By Kari Arneson

When it comes to dating and relationships, do you ever feel confused and unsure how to maneuver around the often bumpy terrain? If so, Donna Estes Antebi is here to help. The entrepreneur, patent holder, business consultant, author, blogger and life coach has made it her mission to help women from all walks of life navigate modern-day relationships. Her latest book, *The Real Secrets Women Only Whisper* has a warning: "Keep this book away from men!" because of her real insight into the nature of men's minds. She gives women brutally honest advice about sex, love, dating, money, marriage, divorce, cheating, children and everything in between. According to Antebi, "Every single woman who reads it will absolutely utilize one piece of information in there that will change her life for the better."

We spoke with Antebi via phone last month. Take a look at what she had to say:

**What inspired you to write such an honest book about relationships?**

I originally wrote the book because I was asked to speak to my friends' daughters who were moving out on their own. My friends wanted me to talk to them about what it's like being a grown-up woman in the world, the kind of things mothers feel uncomfortable doing. I started putting my thoughts together, and then I thought, *Oh my goodness – if I knew at their age what I know now...and off to the races I went.*

This is the right book at the right time. It's for all the women trying to play a new game by old rules. Women no longer have the luxury of learning from their mistakes. I would continually loan it out to women who were dealing with some sort of crisis. Then we wanted to make it available to all women simply because the stakes are so high.

**Where did your knowledge and advice about love, marriage and men come from?**

*The Real Secrets* is a culmination of my life experience as an entrepreneur, a life coach, a wife, a stepmother, a mother. I found a way to humorously pass on insight into easy-to-remember segments. Between myself and my husband, we have eight children. Five of his, one of mine and two of ours. We've been together 20 years. This book is about my experience and things that I've observed from the women around me.

### **Why is it important that women keep this book away from men?**

I reveal to women the secrets that allow them to fully understand the nature of men. And there are so many secrets about understanding human nature that we really don't need to give men any ideas. For example, I share with women the 21st century high-tech ways men are deceiving 21st century women.

But the interesting thing about my book is men can't keep their hands off it. My book gives them anxiety. But then when they read it, they find it valuable. They feel like it's eavesdropping on a conversation they want to hear. I think it's good to have secrets. Men can't resist anything that comes with a warning: "Keep away from men." It gives women an understanding of the nature of men and insight on how to leverage that knowledge.

### **If women take away one piece of advice or life lesson from your book, what should it be?**

This book helps woman change the domino effect of her choices. The book shortcuts the learning curve for women so they don't have to learn every lesson the hard way. The single most important decision a woman will make is who to have a child with. It really will determine the rest of your life. You can have a starter marriage, but not a starter family. I have very counter-intuitive advice to help women save their marriage. There's an infidelity crisis in America. For women with marriages in crisis, I give advice on how to save it.

**Do you have any upcoming projects we should know about?**

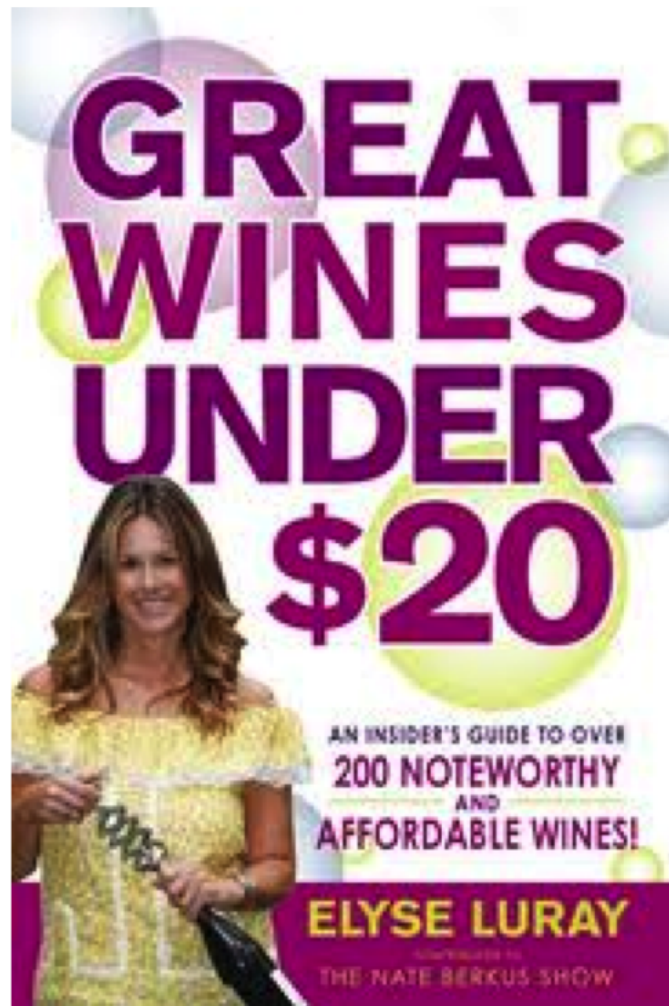
I'm still in the middle of doing a book tour, radio and television interviews and I have a couple of speaking engagements coming up. I'm an entrepreneurial mentor in the Founder Institute, an entrepreneurial incubator for small businesses. I do a lot of life coaching and work with women in business. I'm good with helping women get to where they want to go.

Cupid thanks Donna Estes Antebi for her time! For more information, visit her website at [www.TheRealSecretsWomenOnlyWhisper.com](http://www.TheRealSecretsWomenOnlyWhisper.com), Facebook page, or follow her on Twitter: @donnaantebi. To purchase a copy of *The Real Secrets Women Only Whisper* go to Amazon.

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**Giveaway: Diana Kirschner, Ph.D. Discusses Building A Successful, Committed Relationship with 'Sealing the Deal'**





*This post is sponsored by Dr. Diana Kirschner.*

By Tanni Deb

Are you or someone you know in a situation where you're having difficulty finding love? Or if you've found The One, do you feel insecure about the future because you don't know where the relationship is heading? If so, psychologist Diana Kirschner, Ph.D., author of *Sealing the Deal: The Love Mentor's Guide to Lasting Love* can help guide you through your love life. As a relationship expert and best-selling author of *Love in 90 Days*, Dr. Kirschner has helped thousands of



women find true love. In her latest work, which is based on clinical research and experience, she reveals her strategies of building the perfect relationship, creating a deeper bond, getting him to commit and how to deal with infidelity. She also discusses how to avoid mistakes that can ruin a relationship, the importance of getting a love mentor, things to know if you're considering marriage and even 13 secrets that will make love last – no matter how long the relationship has been.

Cupid interviewed Dr. Kirschner last month via email about her book. Take a look at what she had to say:

**Why did you choose to write a book geared towards women who are uncertain about the future of their relationship? What was challenging about writing the book?**

I receive a lot of feedback from women who used my first book, *Love in 90 Days: the Essential Guide to Finding Your Own True Love*, to find a terrific man whom they considered to be the One. But sometimes, as they continued dating him, they had anxiety and uncertainty about where things stood. They asked for further advice on how to help things move along from casual to committed.

I have also gotten many emails from women who wanted to turn around a relationship – or even marriage – that was floundering. *Sealing the Deal* is designed to help women solve these love problems. And it works. You can watch the 31-Day Love Life Makeover Challenge, a video series in which I help 45-year old Nadette use *Sealing the Deal* to reignite her relationship with her ex so that they are madly in love.

**In a brief summary of your book, you said that it is possible to “...deepen any relationship – even if you have been dating two months, on and off for 10 years, or in a relationship where you feel uncertain, tense, or afraid that it is ending. Even if your partner has cheated.” Do you think that a**

**relationship can truly survive and be healthy and loving if one of the partners has cheated in the past?**

Yes, because people can realize that they have made mistakes, and grow as individuals. Also when the affair comes out they realize that they may be losing their partner. Which sets the stage to appreciate their partner in a whole new way! So it becomes worth it to them to step up, make apologies and reparations and create a whole new level of connection and commitment.

**What do you think is the most important step in having a healthy, loving relationship?**

Developing loving-kindness towards oneself and towards one's partner.

**Did you write *Sealing the Deal* based on the experiences you've had in your relationship and the advices you received?**

Yes. I had a brilliant Love Mentor who gave me the support and advice that I used to create my own passionate, lasting marriage of over 25 years. These are the same principles I write about in *Sealing the Deal*.

**What is the best advice you can give to women who have a difficult time creating a loving, lasting relationship?**

Find a Love Mentor or coach who can give you the support, smart advice and a bit of a kick in the butt as needed in order to help you move forward in a love relationship.

Cupid thanks Dr. Kirschner for her time! If you're searching for The One or are attempting to keep the passion alive in your relationship, visit Amazon to purchase *Sealing the Deal: The Love Mentor's Guide to Lasting Love*. For more information on Dr. Kirschner and her book, visit her website at [www.LoveIn90Days.com](http://www.LoveIn90Days.com).

**~~GIVEAWAY ALERT: Cupid's Pulse has teamed up with Dr. Kirschner~~**

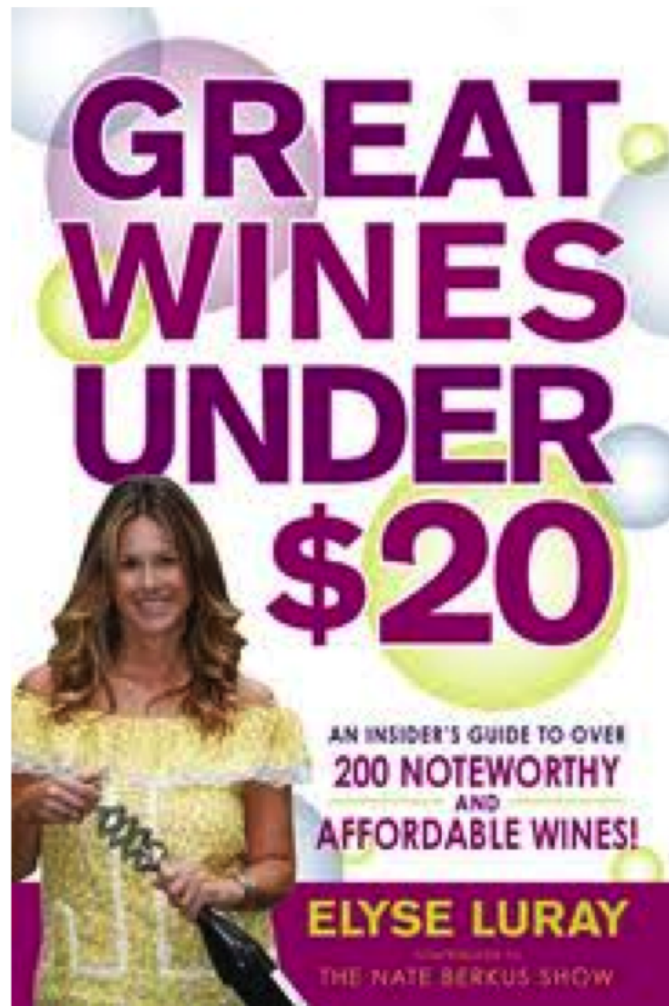
~~to give a copy of Sealing the Deal to one lucky reader! To enter, tell us what love problem you'd like to solve in a comment below. Please be sure to use your real email address so we have a way of contacting you if you've won — don't worry, your address won't be shown. If your email is not included you will automatically be ineligible to win. This giveaway will run until **11:59 PM EST on Tuesday, May 3.** Good luck!~~

**This giveaway is now closed.**

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## **JJ Flizanes Helps You Attract Your Mate Through Fitness and Health with 'Fit 2 Love'**





By [Jessica DeRubbo](#)

What if incorporating fitness into your life actually helped you meet the love of your life? Turns out there's a correlation between fitness and love, which JJ Flizanes, celebrity fitness trainer and exercise architect explains in her book, *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life*. If you're single or looking for a better relationship with your partner and you struggle with weight loss or body issues, Flizanes' book may be just the thing you need to gain love and security through fitness and health. She says it's possible to attract

your life mate by creating the body you desire from a place of self-acceptance, rather than self-loathing. Named by *Elite Traveler Magazine* as their 2007 Global Black Book pick of Best Personal Trainer in Los Angeles and one of *Shape Magazine's* top six fitness trainers in 2003, JJ Flizanes knows what it takes to get long lasting results in both fitness and relationships.

We had the privilege of speaking with Flizanes via phone last month. Take a look at what she had to say:

### **How do love and fitness go together?**

Love and fitness go together in a couple different ways. The first way is in how someone approaches fitness. Most of the fitness industry supports the idea that if you lose weight and have a nice looking body, then you'll love yourself. And unfortunately, that approach doesn't come from love; it comes from fear. It comes from the fear and the frustration and the disgust most people have with their bodies. And they get so upset and beside themselves that they want something different, and so they go and work out. But most of the time, that way of working out comes from a place of not liking your body ... You're coming from this attitude of negativity. There is another way, and that's honoring the body and doing things for it to support the future, and that feels differently. And that's how fitness and love go together.

I'm in an industry that loves to catch people in that very dark moment and then capitalize on it, which is why we're all fat and continue to not find solutions. And it's coming from a different place where you can empower yourself and have it become part of your life. Your self-care is a blueprint. How you take care of yourself are the exact signals and messages that you're sending out into the world of how it's acceptable to treat you. If you don't take care of your body and respect your health, why would you expect someone else to?

**What were your goals in writing *Fit 2 Love*, and what inspired you to write it?**

I always saw myself as different in this industry, and I was never able to quite pinpoint why until I read Geneen Roth's latest book, *Women, Food and God*. I read that book and I was inspired by her stories, and as far as I know, she doesn't have any credentials, yet her credentials are her life. She's gained and lost over 1,000 pounds throughout her life. I was sitting there thinking, "Well, what's my story?" because I'm not the trainer that's gained and lost 300 pounds in my lifetime. It didn't come from that place. It came from being in the gym and looking at the trainers and saying, "Wow. That looks good. I'd like to do that."

And then the love came from what my real story is: being able to attract my husband; being able to attract men and relationships into my life from how I was treating myself. I was watching different stages of my life and comparing them with how I was treating myself at those points. The time when I was taking care of myself on every level was the time when I met my husband. I know a ton of very smart and very attractive women who don't understand why they're single, and they don't take care of their bodies. And there's a correlation there.

**Many trainers use the fear factor to get their clients in shape. Why haven't you adopted that approach?**

I didn't feel right about instilling fear in people. It's different coming from a place of love than from a place of fear. I looked at my body and said, "I don't have any pain. I'd like to stay pain free." I see all these older people who have all these issues and I don't want to end up like that. I want people to feel better now; I don't want them to have to wait. You'll always have that "push, push, push," for

where you are with both your body and your relationships. And if you can't accept where you are right now, you delay the kind of results you can get. The people who get lasting results are those who accept working out as a way of life, a new habit and a transition.

**One review says you are a "rare commodity" because you actually live the truth that you preach. Is that true?**

Well, the "rare commodity" comment comes from my passion and my drive for wanting people to be better and to be happier ... and to not force a way of being with pressure. When there is pressure, you're never focused on the person ... you're just focused on the results. It just dehumanizes us down to these numbers. I just try to help people find what works for them.

There is no perfect body, or standard that we all have to meet. I think half the population that doesn't work out don't do it because they're fighting against the idea that in order for someone to accept them, they have to look a certain way.

It just goes back to loving yourself first and taking care of yourself. You will not have long-lasting results until you're from that place.

**What would you say is the answer for women out there who are single or unhappily in a relationship?**

Ask yourself how you want someone to treat you and if you're treating yourself that way.

**What's the most important piece of advice you've learned through this approach to love and fitness?**

Your results will come faster and last longer when you come from a place of love.

**Is there anything else you'd like to add?**

The book outlines a 5-step process. I think these steps are very easy and very do-able for people. You can follow them in

my book or in my workshop, and actually try to apply them to your own lives. It's something everyone can do no matter where you are with your body or where you are with your relationships. It can help you attract your ideal mate and it can also help improve any current relationship you're in.

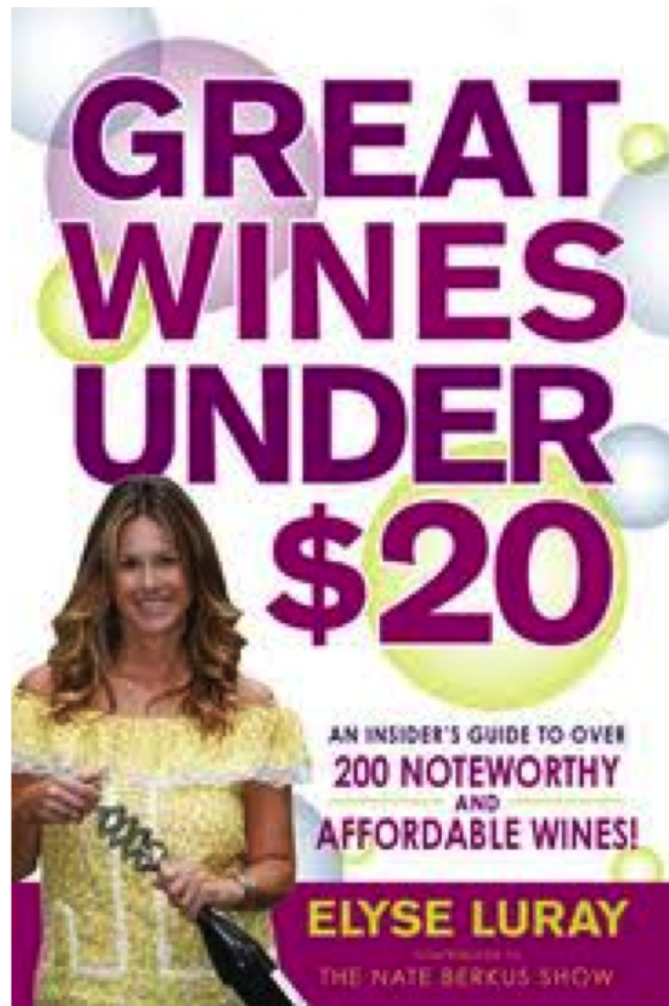
Cupid thanks JJ Flizanes for her time! *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life* is available on Amazon. For more information about her book and workshops, visit her website at [www.invisiblefitness.com](http://www.invisiblefitness.com).

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## Cavanaugh Lee Talks 'Save as Draft'







By Erika Mioni

In today's fast-paced world, more and more people rely on technology. Fortunately (or unfortunately), relationships are also caught up in cyberspace. Cavanaugh Lee's *Save as Draft* tackles love's latest hurdle – the Internet. Protagonist Izabell Chin is an actress-turned-lawyer struggling to find true love. She soon finds two love interests: Peter, from her law firm, and Marty, from eHarmony. As her relationships with each guy take their course, the reader is privy to an in-depth look at the e-mails and text messages that were never sent.

Too honest to reveal, those messages were saved as a draft. As Izabell's relationships slowly fall apart, the reader is able to understand that though e-mail, texting and online ventures are nearly inescapable during these modern times, it is important to remain honest and always say what needs to be said.

We had a chance to talk to Lee about her past technology-related experiences and her motivation for writing the novel. Here's what the author had to say:

### **What inspired you to write *Save as Draft*?**

I wrote SAVE AS DRAFT ("SAD") in the aftermath of a breakup. Actually, it was a little bit more than just a "breakup" – it was an engagement to be married. Rough, I know. Anyway, while I was mourning the loss of my relationship, I went back and read through all of my old emails to and from my ex. I noticed that there were tons of emails in my Inbox, dating back two years, proving that we had conducted our entire relationship online (even though we actually lived together for a good portion of that time!). I also noticed there were a ton of unsent emails in my Draft folder. At that point, I polled my friends about their own Draft folders. Turns out, we all seem to have a hard time sending the "honest" emails, and save them as draft instead (or delete them altogether). That was when I started writing the book...

### **Throughout the novel, you included a lot of input from Izabell's friends. How important are friends when deciding on a love interest?**

Very (even if we won't admit it). By nature, we long for approval from our friends. If they don't like someone we're dating, we subconsciously start to wonder why... I mean, our close friends know us better than anyone (save for our

parents) so if they disapprove, then they must have a valid reason for it. A best friend's disapproval can be the end-game for a budding new relationship. Of course, friends often don't tell us they don't like our beau until it is O.V.E.R.

**Do you feel that new technology (e-mail, Facebook, eHarmony, etc.) has harmed or helped people in their efforts to find love?**

A little of both. All of the new technology has made it easier to communicate, but it has also made it easier for us to say absolutely nothing if we chose to. Explanation: we can spend all day "communicating on-line," but our emails may lack substance and honesty upon closer examination. Email has given us the ability to edit and fabricate ourselves upon the stroke of a key. That is not going to benefit any attempts to find love. However, if we use email to express ourselves fully, then we're on the right electronic track and it'll be a lot easier to discover a genuine connection (as opposed to just a wireless one).

**Why do you feel that saving messages as drafts is so common?**

Because we are scared to send an honest email, especially when said email may deal with "feelings." Think about it. How difficult is it to email: "I love you." Or, "I'm scared." Or, "I don't want to date you anymore." Or, "I think we should go slow." Or... the hardest one of all, "Do you like me?" We're scared of the response we may get. We immediately hit "pause, rewind, reevaluate," and then "save as draft." We think to ourselves, "It's much easier to simply be witty and disingenuous" – we send that email instead.

**What's the most valuable advice you have learned from your past relationships?**

When it comes to in-person and online, say what you mean, and mean what you say. Don't edit. Just hit send instead.

**How much of your own past experience went into the creation of the novel?**

SAD is loosely based on real life events. I was engaged. Then I was unengaged. I started dating someone else almost immediately. That didn't work out either. That is the basic plot line of the book. Interspersed in between everything, I had to imagine how the men felt, what they went through. That is obviously fiction as I don't live inside their minds. What I experienced from my end, however, is the "loosely based on real life events" part.

**What do you hope people take away from your novel?**

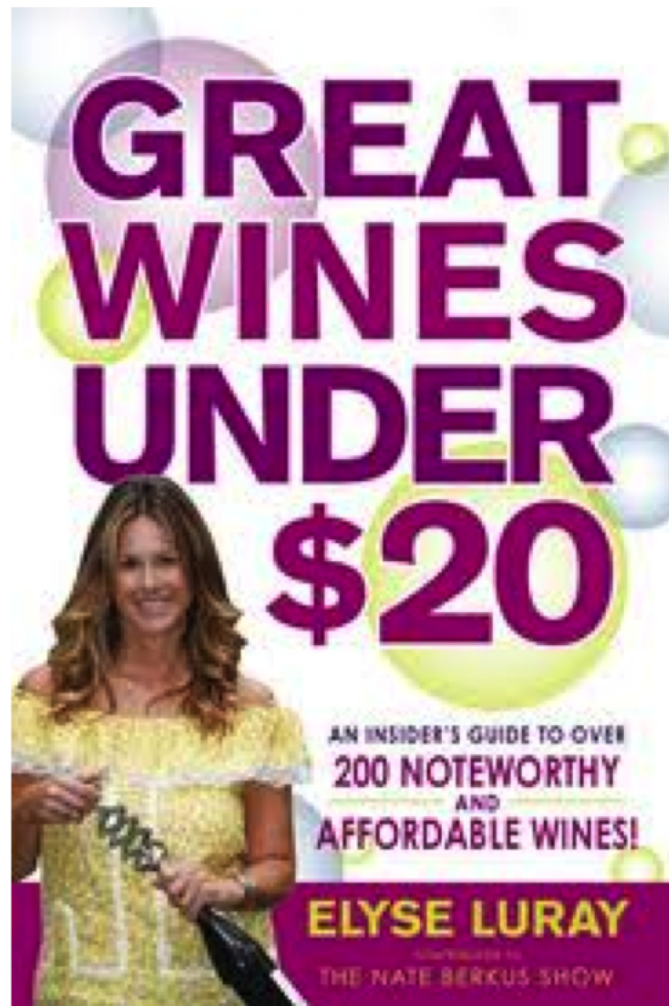
I hope people can learn from my mistakes. I hope I've provided some tidbits on this thing called "love." Most of all, though, I hope the readers enjoy the book and that I've provided a fun heartfelt read for a few moments out of their otherwise crazy, high-tech lives!

Cupid thanks Lee for her time! You can find *Save as Draft* on Amazon. For more on the author, you can visit her website at [www.CavanaughLee.com](http://www.CavanaughLee.com).

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## **Babe Scott Talks Men and Food in 'Delicious Dating'**





By Kari Arneson

Ever heard the expression, “The way to man’s heart is through his stomach”? In Babe Scott’s hilarious and insightful book, *Delicious Dating: The Single Girl’s Guide to Decoding Men by Their Wining and Dining Styles*, the self-confessed “manthropologist” proves that a man’s eating habits are a good indicator of what kind of boyfriend he’ll be. Babe decided to test her theory by going on countless dates and interviewing more than 200 people about men, food and dating. Her research led her to conclude that there are 10 male dining types,

including the Transfat Type, who has the “culinary and romantic skills of Homer Simpson,” and the Culinary Con Man, a guy that will tell you he knows a lot about wine and food but really, doesn’t even know how to operate a hot plate. Babe took some time out and talked to us about her unique, funny and insightful look at the relationship between cuisine and courtship. Take a look at what the Aussie dating expert had to say:

**What inspired you to write a book about men, dating and food?**

I had an epiphany that men are what they eat during a dyspeptic anniversary dinner with my ex-fiancé. He excavated a meal out of the back of his freezer that looked it like it had been frozen before the Bosnian war. It was covered in a rubbery goo masquerading as cheese and tasted like the tread on a tire.

As I tried to suppress my gag reflex, I realized our dietary differences spelled doom for our relationship. It wasn’t even just that the meal was unsavory, but that we were two strangers across a table. My Ex had everything going for him – he was funny, successful and cute – but our palates lived on different planets. I realized that I had been unerringly dating the wrong Male Dining Type – guys with the dietary and romantic habits of Homer Simpson – and that I didn’t want to spend my life being Marge. I threw in the tea towel on my relationship and decided to research my food theory as a litmus test for lovers. I thought I would be able to change my own romantic destiny and potentially save other women from needless heartburn.

**What kind of research did you do for the book and what is the most important thing you learned from your research?**

I embarked on an empirical study of the male species. A manthropologist on a mission, I dined with more than 100 men and had every type of culinary experience I could – from

dumpster diving to foraging to five star restaurants. I also interviewed 200 men and women about the connection between a man's wining and dining style and his mating style. I learned that you could distill a man's true essence from his culinary style.

The research gave me an insight into the male species and what type of guy worked for me. It helped me transform my love life and I now have a relationship I relish. Most importantly, I learned to heed my own appetites. In the past, I'd focused on feeding male appetites rather than satisfying my own. Hence, my relationships had become increasingly unfulfilling. Instead, I put the emphasis on seeing if a guy could get me salivating. I honestly think seeking the Delicious is the secret to love as well as living with zest. I learned so much about myself on my dating and dining odyssey and discovered what my tastes were in food, wine and men, the three things that keep the rosy hue in our cheeks. We put so much emphasis on our degrees and our careers, but sometimes we can learn from our everyday lives.

**In the book, you identify ten types of male diners, from Trans Fat Types to Culinary Con Men. Which type of man was the most appealing to you and which type should women definitely avoid?**

I would avoid men that don't give a kebab about courtship. Even if a guy lacks finesse but makes an effort to whet your appetite, then he might be a keeper. It's not the money he spends, but the effort he puts in that counts. A guy is investing in you by taking you out for dinner. He is serving up a sliver of himself and trying to stir other appetites. The Pretzel Player doesn't have any nutritive value, hence his culinary totem. He is the sort of guy who texts you late and asks you out to a bar. This guy is only interested in sexual conquest, not connection. His seduction strategy involves plying you with enough vodka shots to pry you out of your pants. He will be all over you like a bad case of dermatitis but the next morning he will do a disappearing act. Even if

you are only after a lover, you are better off with someone who considers your needs and puts a value on getting to know you.

As far as the other types, I don't think there is any prescription when it comes to love. One woman's perfect male dish is another's plain unpalatable. I think it is a good idea to test-drive the testosterone smorgasbord and get an idea of what sort of man suits your palate and preferences.

**What is the most important piece of advice couples and singles can take away from your book?**

I think it is really important to bond over shared meals. I don't mean just a conveyor belt dinner where you talk over the kids' heads or ramble absentmindedly while you rattle off mental grocery lists. I mean a proper dinner date with wine, candles and a thought-out menu that gets both your juices flowing. We don't live by beer alone, nor do our hearts thrive on to-do lists. It is really important to keep romance alive by enjoying special dinners, whether they are at home or at a restaurant. During these dinner dates, try to talk about what you like about each other, rather than children or chores. It will help you keep the fires of intimacy burning and will remind you of what attracted you to each other in the first instance. Every person I interviewed said they had a presentiment that a relationship was going cold when they didn't make time anymore to have special dinners together.

**Do you have any upcoming projects we should know about?**

I am blogging regularly for The Huffington Post in the Living Section and I am also revving up the Eat, Pour, Love blog on my website at BabeScott.com. My blog will be dedicated to all things decadent. My ultimate goal is to turn it into something like an online cocktail party. I will be interviewing "Inspiring Women Who Drink," hunky chefs and also writing about all things to do with mating, masticating and



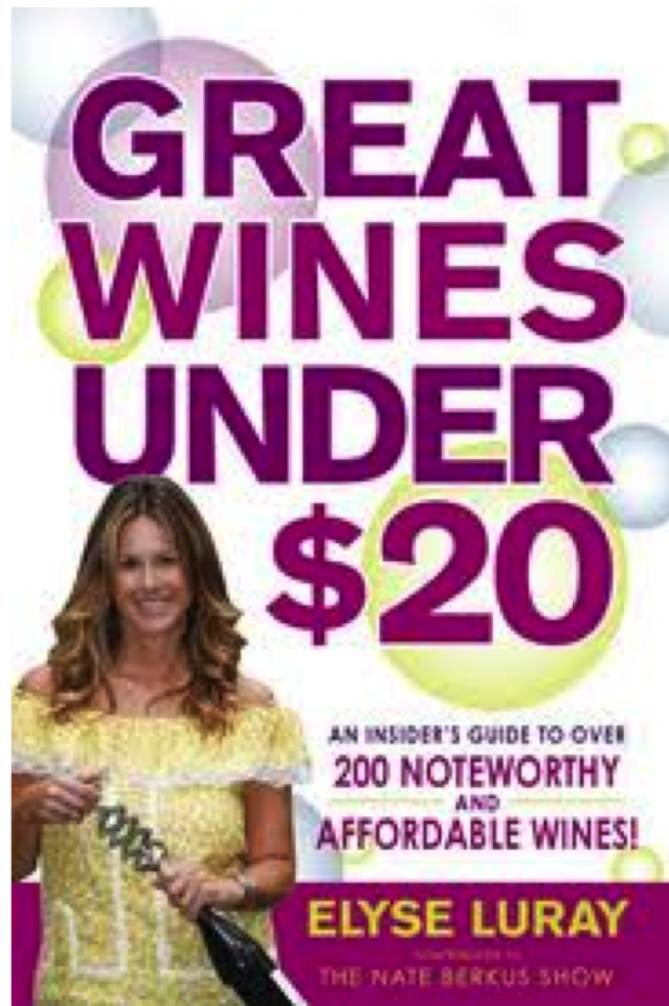
martinis. I do have a top-secret special project that I am also working on, but I'm not ready to spill the Fava beans on that just yet. But as soon as it's cooked, I will be serving up the hot gossip on Cupid's Pulse.

Cupid thanks Babe Scott for her time! You can purchase *Delicious Dating: The Single Girl's Guide to Decoding Men by Their Wining and Dining Styles* on Amazon. Visit [BabeScott.com](http://BabeScott.com) to purchase merchandise and to learn more about Babe Scott, and check out her blog on The Huffington Post.

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## **Iyanla Vanzant Helps You Get Through What You're Going Through with 'Peace from Broken Pieces'**





By Krissy Dolor

Wouldn't it be great if someone could shed a little light on why relationships end? Well you're in luck – *New York Times* bestselling author Iyanla Vanzant offers some insight in her latest work, *Peace from Broken Pieces: How to Get Through What You're Going Through*. In addition to speaking about the ending of her marriage and what she's learned from past relationships, Vanzant recounts her past TV experience (including being featured on *Oprah* and having a self-titled show, which was produced by Barbara Walters) and her daughter's illness and death. Despite the hardships she has

endured, Vanzant has managed to pull through and find success, all while offering advice to those who need a little boost of their own. In addition, *Peace from Broken Pieces* reveals just how much our past relationships influence our decisions, and why it's important to recognize patterns in ourselves.

We spoke with Vanzant via phone earlier this year. See what the author had to say:

**You've been through many hardships from early on in your life, especially with your daughter's death and illness in 2003. What keeps you motivated?**

What I do is inspire people. My goal is to remind people of who they are, what they're capable of, and to encourage people to do what they're capable of doing. Inspiration is so limited. And I don't want to just inspire people, but get them to do something about it. We each have a gift, and we each have a purpose. And your gift is not for you – your gift is for the world. I have a gift of reminding people – educating people – about the truth of what they are. That's why I write, that's why I teach. In my low moments, that purpose pulls me forward. I mean, I have challenges and issues like every other human, but I try not to let them hinder me as I go on.

**Your latest book, *Peace from Broken Pieces: How to Get Through What You're Going Through*, talks about the dissolution of your marriage. What has that experience taught you about who you are as a person?**

Well, the core of that book is family pathologies, things we inherit from our family. They are unconscious. I come from a family comprised of dysfunctional relationships. After being in a relationship for 40 years, eight of which I was married, I discovered that the relationship was dysfunctional because it was based on a poor foundation. The foundation was built on me trying to get acceptance, acknowledgment and approval

from my father. In turn, this is what I had been requiring, expecting and demanding for 40 years. When I realized that he [my husband] could not give this me, the relationship no longer had a purpose. Often our relationships are in response to our unfulfilled childhood needs, which is what I did. And letting this go led to the demise of this relationship.

**In addition, what has that experience taught you about pursuing future relationships with men, and people in general?**

I think what I've learned is that – actually, what I *should* say is what I've learned again, (laughs) because I did know this already – but your relationship with yourself is reflected in everything. If you don't think you're enough, your relationships won't be enough. If you think you're not worth it, your relationships won't be worth it.

The other thing I believe I learned is the absolute necessity to be authentic: know who you are, what you want, what you need to do to get that, and what you *do* to get that. If you're not authentically there, eventually, your relationships are going to crumble.

**What's the number one piece of relationship advice you wish to share with our readers?**

Tell the truth. Tell the truth about who you are, about what you need, what works and what doesn't work for you. And also, that relationships don't "happen." Relationships unfold. So you have to be clear and conscious about *why* you're in this relationship. Sometimes we meet someone and fall in love ... but the truth of who you are will unfold. And you have to be willing to stand in that truth. You meet someone, in social situations, relationships, etc., but as soon as there's a problem you're ready to run. But instead of running, you have to say, *Why is this in my life?* Relationships are classrooms, you know? (Laughs.) So if you want to learn and grow in a relationship, you have to tell the truth.

**What's the most important lesson that you've learned through your experience that you think everyone should know?**

I think that regardless of what is going on around you, that you must make peace a priority. A peace of mind, peace of heart – in your experiences, peace must be priority. Without peace, you have internal conflict and external drama. When it gets hard, go for the peace.

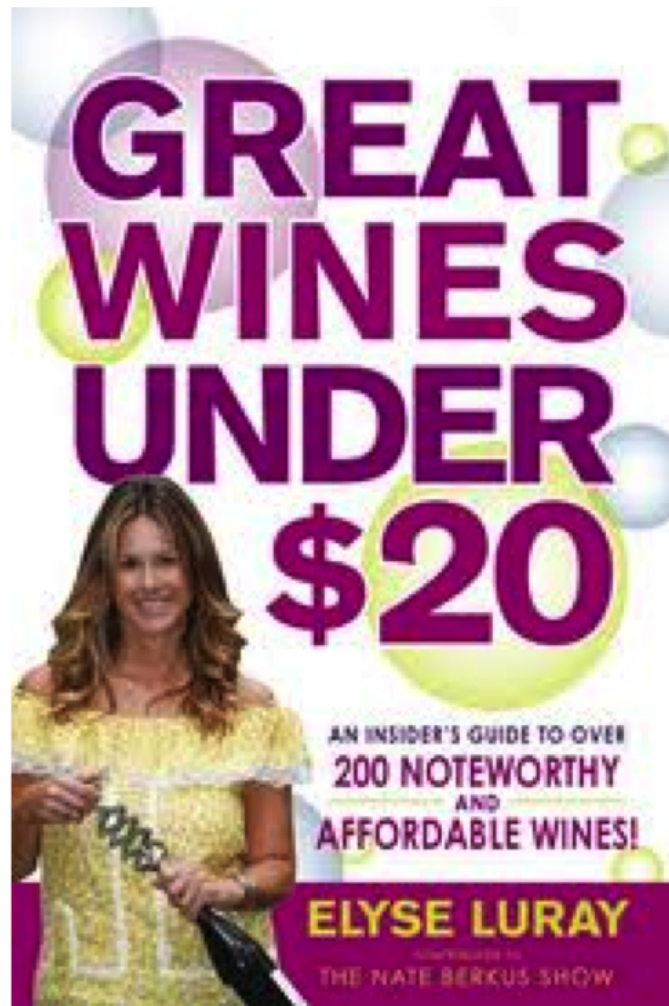
We create the peace based on how we react and respond. So go for the peace. When things get dramatic, go for the peace. When things get chaotic, go for peace. Because when you have the peace on the inside, you'll experience the peace on the outside.

Cupid thanks Vanzant for her time! *Peace from Broken Pieces: How to Get Through What You're Going Through* is available on Amazon. For more information about her efforts, visit her website, Inner Visions Worldwide.

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**Let Alan and Denise Fields  
Help You Plan Your Dream  
Wedding, Even On a Tight  
Budget!**





By Krissy Dolor

Now that Valentine's Day is over and done with, a new season is quickly approaching: Wedding season! And let's face it – you need all the help you can get. However, according to the WE tv Networks Wedding Report, the average wedding in 2010 cost \$24,000, which is a 23 percent increase from 2009. For many people, especially in today's economy, that budget may not always be realistic. And even if it is, why spend money when you don't have to? That's where the Fields come in. Alan and Denise Fields have been called the "wedding

watchdogs” for their consumer books that offer advice to couples about to tie the knot. Needless to say, top dogs in the wedding industry didn’t take kindly to the Fields’ money-saving tips, and the couple was publicly ostracized for their efforts. Luckily, Oprah Winfrey (yes, *the O* herself) suggested the *Bridal Bargains* to her viewers, and the Fields went on to sell 400,000 copies. The authors recently released the 10th edition of their best-seller, which includes tips on how to save up to 40 percent on brand new, big name wedding dresses, ways to save 70 percent on wedding invites, and even advice on how to plan a green wedding. The Fields can show you that cheap doesn’t necessarily mean tacky, and there are always ways to save on your dream day. Now you have more to spend on your honeymoon!

We spoke with Ms. Fields via email last month. Take a look at what she had to say:

**You relaunched the 10th edition of *Bridal Bargains* last November – what inspired the relaunch?**

We typically release a new version of the book every two years. This year was particularly great for us as it is our 10th edition. So we’ve been writing about weddings for 10 years now. Trends change, prices change and we want to keep the information fresh for our readers. Every year there is a new crop of brides and we don’t want to give them out of date information.

**The notion of what’s cheap and what’s expensive vary, depending on a couple’s budget. What’s your limit, when you have to say, “That’s too expensive”? And does it change depending on what you’re buying (flowers vs. wedding dress, venue vs. invitations, etc.)?**

Good question. We always advise couples to sit down (with each other and anyone else who is contributing money to the event) and figure out what your priorities are. So if you

decide that photography and reception food are important, then you can allocate a larger percentage of the budget to those items. If flowers aren't that big of a deal, you'll be prepared choose smaller bouquets, less expensive arrangements, and so on. But we also try to help couples have the best looks for less. That way you have to make fewer trade offs.

**We see that you've added a section about green weddings, which is awesome! What do you say to couples who are planning a wedding and assume that green weddings are expensive to plan?**

Obviously, more couples today want to have the great wedding without the huge carbon footprint. The good news is there are many strategies to green your wedding that are actually less expensive. For example, the best way to green your invites is to make them all e-invites. Yes, traditionalists frown on this, but if you're committed, use the Internet. There are some great free- and low-cost services that offer graphically attractive e-invites. Evite.com is one example that is completely free. PaperlessPost.com is another service with even nicer invites, but they do have a small charge – still less than paper invites. Also, consider flowers and food grown locally. You don't have the huge carbon footprint of shipping orchids from Hawaii, you meet some of your goals for shopping locally, and it's often less expensive.

**Why do you think many brides (and/or grooms) feel the need to plan an expensive wedding?**

Grooms probably don't often want to have the huge production. □ But brides often dream from a young age about their wedding. And there are so many wedding reality shows and celebrity examples that seem to push the extravagant wedding. Finally, parents sometimes want their kids to have the wedding they didn't have – occasionally you have to remind them who's wedding it really is! With the economy still sputtering, it's just not realistic. So often typical couples recognize this and tone it down. We try to explain that your goal is not the



“perfect wedding” but rather a “fun wedding.” And fun doesn’t mean expensive, over-the-top, budget-busting gowns or flowers or food.

**What’s the number one tip you wish to share with your readers, one that everyone – no matter what they’re budget is – should know about and use?**

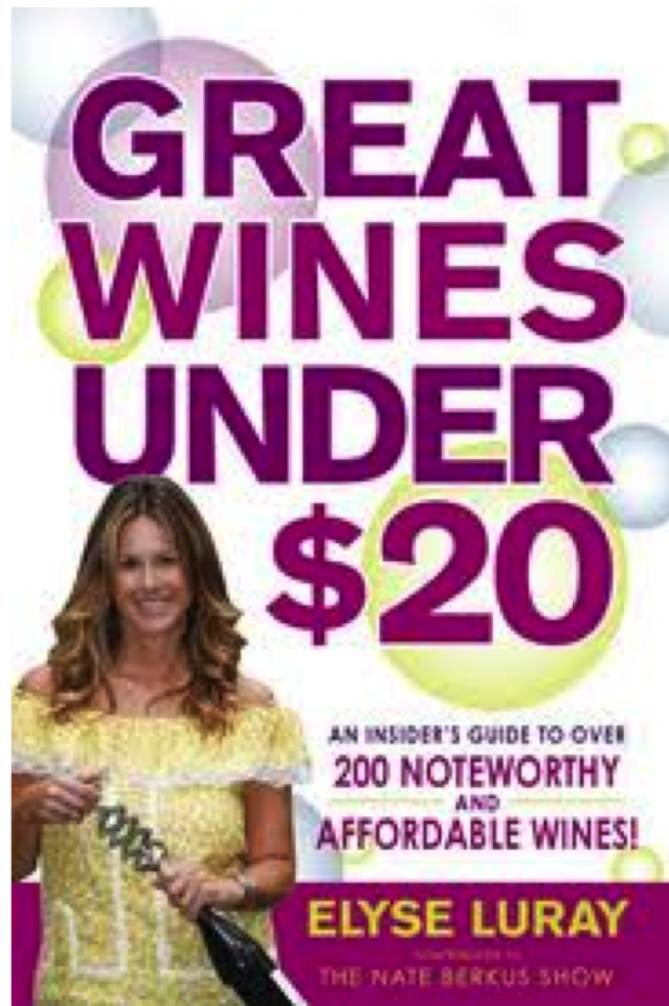
Negotiate. Everything is negotiable: every price, every item. This is probably the first time in their lives when a couple has the opportunity to brush up on their bargaining skills. For example, give a vendor your budget and ask them what miracles they can perform within that budget. Too often brides and grooms are given a price list and think they have to choose from that. We’re amazed at how much you can get when you ask.

Cupid thanks Ms. Fields for her time! *Bridal Bargains* can be purchased on Amazon. Also, check out their companion guide, *Bridal Bargains Wedding Planner*. And to read more on the authors and their other work, visit their website at [www.WindsorPeak.com](http://www.WindsorPeak.com). Happy planning!

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## **Melissa Malamut Discusses Her Guide to Loving Sports**





By Jenna Barbieri

With the Superbowl right around the corner, people all over the country are wearing their lucky jerseys and making their usual party arrangements, while others are looking up rare diseases to use as their newest excuse not to attend. To those in the second category, the thought of a room full of crazy fans screaming about things they don't understand is a living nightmare. They see the words "touchdown," "goal," and "strike" as nothing more than signs to immediately excuse themselves from a conversation. If you're one of these people

who consider “sports talk” another language all together and are desperate for a translator, we found the expert. Melissa Malamut’s book, *She’s Got Game: The Woman’s Guide to Loving Sports (or Just How to Fake It!)*, guides you through the rules, slang, history and even appropriate apparel for sports events in a way that’s fun and easy to understand. Malamut was kind enough take some time out of her vacation to talk to us about her book via email. See what the accomplished author had to say:

**What inspired you to reach out to girls and teach them about the world of sports?**

This idea has been in my head since 2004. I grew up very “sports spoiled” with season tickets to many pro and college teams. I thought every kid grew up like me. So while I know more sports than half your guys friends, I’ve also always been very girly and into makeup, fashion and skin care. My mom is very feminine and fortunately, it rubbed off on me. It was a great balance. I brought most of my female friends to their first pro sports games and taught many of them everything they know about the games. A few girls have gone on to be huge fans. I loved teaching people about sports and I loved seeing them develop a passion for the games. On two separate occasions at two different sports games I was explaining things to a friend in our seats and the person in the row in front of us turned around and asked me if I worked for the team. I wanted to put everything I’ve learned into a book to answer the questions I hear all the time.

**What are some topics you touch upon in the book?**

The book covers all the history and rules of the major sports in the USA. Then, infused throughout the chapters to break up the text I added things that women would want to know, like what to wear, when the best time to leave your seats will be, when the bathroom lines are shortest, best movies, tailgates,

who to know in history, personal stories, and all kinds of quick tips. I interviewed fashion editors from across the country, front-office personnel, sports writers and more.

**Was it challenging to talk about sports in such a way that would sound appealing to girls?**

No, not at all. I just talk like me. When a good friend of mine started reading the book, she called me laughing and said, "it totally sounds like you." So even in reading the text, it sounds like I'm just having a conversation with a friend.

**How do you think this knowledge about sports will benefit girls when it comes to dating?**

I cover this in the introduction of the book. Because of the title, people always get confused and think its a "man getting" book. But the "just how to fake it part" is just a play on words since we females know how to fake a thing or two ☐ hehe... They think I'm trying to say, "nab a man by learning sports" which is SO NOT the case. Once you pick it up and read the 300 plus pages of sports info, you realize it has nothing to do with men at all. It's about learning and developing a passion for sports for yourself.

A lot of guys say they want a girl that likes sports. It is definitely a great way to MEET men. I meet guys in sports bars and at games all the time. But in the end, it has been my experience that being one of the guys doesn't always translate into then being one of the guy's girlfriends.

**Would you recommend a sports event as a good first date? Why?**

It depends on the sport, the game and the guy. I love games as dates (even first dates!). There is plenty of time for conversation. You are pretty much expected to drink because there's alcohol everywhere (great for calming the nerves). But if the conversation gets dull, at least there is a game

going on so you can just watch the game. Lulls in conversation are okay because there is something else to do! But if a guy is an uber-fan and it's a big game, then I wouldn't recommend it as a first date or a date at all, unless you are also a big fan and will enjoy it, too. Otherwise, a big game is not the time to be peppering your date with questions about what's going on. He'd prob[ably] have more fun with a friend that wants to be there for the game and not for him.

**What would you say is the most important thing sports has taught you about other aspects of your life?**

A lot. I mean, there are probably at least 10 baseball phrases used in every day life by people that aren't sports fans and don't even know where the phrase came from. For life lessons, it's about working as a team and good sportsmanship. For me, it's about learning that it really is just a game. But I have a really (sometimes nasty) competitive drive that probably stems from growing up playing and watching a lot of sports.

**What is the best advice you can give to women out there who are intimidated by sports and sport events?**

To just go and have fun! In the end, it is just a game.

Cupid thanks Malamut for her time! If you're tired of being confused and intimidated by sports, visit Amazon to purchase your own copy of *She's Got Game: The Woman's Guide to Loving Sports (or Just How to Fake It!)*. And for more on Malamut, you can follow her on Twitter: @melissamalamut. Happy sports watching!

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# Celebrate Being Single with Celeste Friedman's "Single 101: 101 Reasons to Celebrate Being Single"



By Krissy Dolor

If you're single, February might be the month you dread your family's seemingly harmless (but nevertheless annoying) questioning of your lifestyle, asking if you have a special someone to spend "that holiday" with. Or, it may be the month you take out your reserved pints of Ben and Jerry's ice cream and watch sappy movies, wishing you had someone to cuddle with. Either way, the "love" month shouldn't be for couples only – singles need some love, too! And who better than yourself to give you the love you need? That's the idea Celeste Friedman hoped to inspire with her book, *Single 101: 101 Reasons to Celebrate Being Single*, which explains why you should embrace your singleness, instead of looking at it like a burden. The Grammy-nominated singer/songwriter claims that she has achieved more success flying solo than when she was married or dating. A fun, easy read, along with personal anecdotes anyone can relate to, *Single 101* shows you that you can do it alone (and enjoy it – really!) if you want to. In addition, Friedman has created a *Single 101* music CD, including original songs that were inspired by her book. She even has a one-woman show that celebrates the single life live on stage.

I had a chance to speak with Friedman via email about her book, as well as her partnership with the American Heart Association's Go Red for Women campaign, which launches on Valentine's Day. Take a look at what she had to say:

**The one thing I really loved about *Single 101* is that the list is backwards. Why did you decide to present your list that way?**

I wanted to create a countdown format. However, it doesn't necessarily mean that reason 101 is less important than number one. They all have their own significance. Even though Reason Number One holds great importance to me personally,

Reason #24 is the one that I really hope everyone keeps in their heart – You Never Have to Be Afraid to Go It Alone!

**Throughout the book, you sprinkle in not only advice, but personal anecdotes of people in relationships. Where did you find these people, and why did you include their stories?**

Over the past seven years of writing the book, the stories have sprung from conversations I've had with friends or people I've met. Whenever I would just mention choosing to live single, men and women both would want to share their own stories, struggles and achievements. I never really had to search for them, their stories were finding me at times and in places where I would have never expected.

**Being single isn't just about not being in a relationship – you also mention siblings and roommates. What was important about embracing the idea of being single in other aspects of life?**

The greatest desire in being happy as a single person is all about independence and so many people seek opportunities to break out completely on their own, especially those who have been forced to share their habitat and belongings with siblings or roommates.

**Many books like this are targeted towards women, but you did a great job of including the other sex as well. How important was this?**

Very important. I didn't want the book to be considered another chick lit work. Both men and women have distinct views of the world as they know it and it brings so much more to light about what we believe will make us happy.

I received this review from a man who bought the book just before Christmas:

“Never having been married and never having lived with a



woman, left me looking at single life from a slightly different perspective as those who have. *Single 101* gave me great insight and some hardy laughs at the lighter and funny aspects of living life “together”. Things I had never thought about or imagined. If I never meet the woman of my dreams, I certainly have enjoyed the perks of the single life very much, and *Single 101* helps me count the ways.”

**What’s the most important piece of advice you’ve learned from your past relationships?**

To understand that you cannot change someone else or believe it will all get better when they change. No matter how hard you try or work on your side of the relationship, it is still a matter of compromise and unconditional love.

**Can you talk a little bit about your partnership with the American Heart Association?**

It’s very exciting to be a part of the team and supporting the Go Red for Women campaign. As you’ll read in my latest blog on [Single-101.blogspot.com](http://Single-101.blogspot.com), I sincerely believe we find true freedom and happiness when we protect our hearts in love and with a healthy lifestyle.

On Valentine’s Day, I launch my own campaign, donating a percentage of the sales of my book, *Single 101: 101 Reasons to Celebrate Being Single* to my own local chapter. As I travel, I’ll do the same for local chapters in cities where I’ll be appearing for book signings. The first will be in Hilton Head Island [in South Carolina], followed by Savannah, Georgia, where I’ll be exhibiting at the Savannah Book Festival on February 19th.

You can get more in-depth information at [www.GoRedforWomen.org](http://www.GoRedforWomen.org). Don’t forget to wear red on February 4th!

**What other projects do you have coming out that we should be**

## **on the look out for?**

In between book signings, I'm back in the studio and working on another music CD to be released later in the fall. Over the past two years, I've been writing a book for adolescent girls and hope to find the right publisher this year. It's an inside look at diary entries of tweens and teens, their struggles, hopes and dreams, called *Locked Inside*.

## **Is there anything else you'd like to add?**

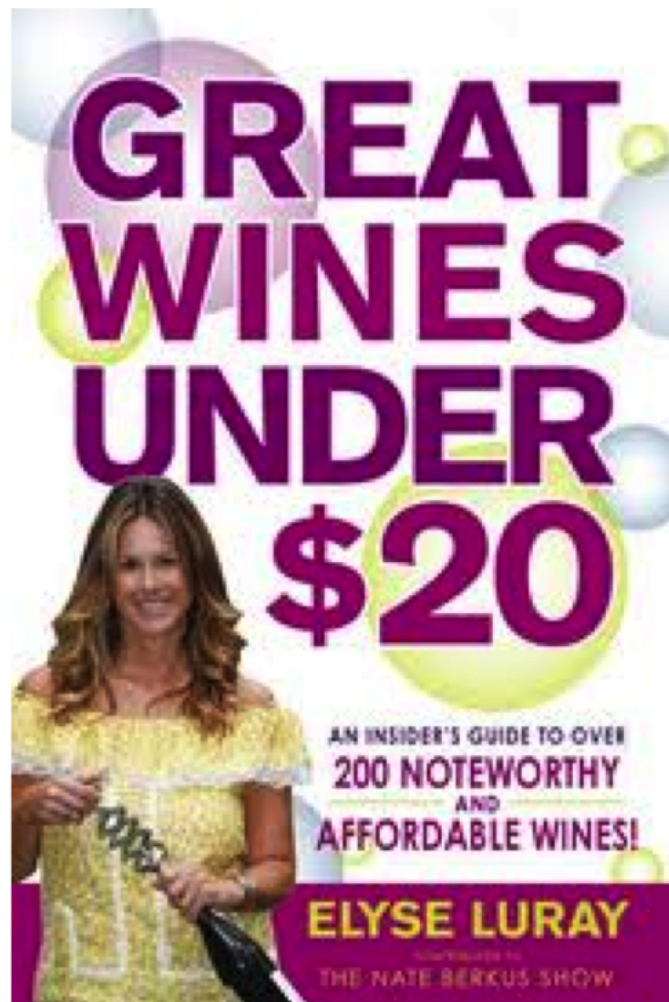
Just a final thought – Valentine's Day never has to be sad when you're single, whether you choose the single lifestyle or you're in between relationships. It can be a great day when we reach out to others who need our time, love and attention.

Cupid thanks Celeste Friedman for her time! You can purchase *Single 101: 101 Reasons to Celebrate Being Single* on [Amazon](#). Visit *Single 101's* official website, where you'll find reviews, Friedman's touring schedule and a calendar of her upcoming radio and TV appearances. You can learn more about her music and work as a singer-songwriter/composer at Songs For Charlie Music (her music is dedicated to Charlie, who was her dog and road companion for 19 years). Check back next month for a special Valentine's Day post from Friedman herself! Now go out there and celebrate your singleness!

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# **Dawn Maslar Talks About Her New Book, 'From Heartbreak to**

# Heart's Desire: Developing a Healthy GPS (Guy Picking System)'



By Kari Arneson

Have you ever felt hopeless when it comes to dating? Do you feel like you are doomed to date men who are wrong for you? Do you look back on past relationships and cringe? According to professor, author, speaker and life coach Dawn Maslar, the solution to all your dating problems is simple: You have a broken GPS, or Guy Picking System. Failed relationship after failed relationship, Dawn knew she had to make a change. She decided that in order to fix her broken “picker,” she needed to go on her own journey of self-discovery – without a man. In her book, *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)*, Dawn outlines a plan to help women discover why they pick the wrong men and how to stop in order to go “from heartbreak to happiness.” See what the author had to say about her experience:

**What was your goal in writing *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)*?**

The goal of writing of writing the book is to help other women like myself find their heart’s desires. For years, I went from one painful relationship to the next, while it seemed as everyone else had been given the secret to happiness. Finally, after one more failed relationship, I searched for answers, but became frustrated with the lack of available information. I finally found help – I found some in therapy, some in one book, and something else in another book, but I never found all the information in one place. *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)* takes all the available information and puts it in one easy-to-follow guide. It explains what causes you to be attracted to the wrong men and allows you to customize your own journey from heartbreak to happiness.

**Why do you think so many women pick the wrong men?**

There are several reasons women pick the wrong men. Anyone with a broken guy picking system has at least one of these and

some people may have two or more. The main causes of a broken GPS are:

- Unresolved pain
- A believe in a lack of love
- Negative programming
- Not defining what you want

The most common cause is unresolved pain. Unresolved pain is when you get stuck somewhere in the grieving process. The grieving process has five stages:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

You need to go through each step to reach acceptance. If you try to skip a step, or get stuck somewhere in the middle, you have unresolved pain. For example, Katherine was divorced two years ago. She insists that she is ready to date, but at the same time she seethes with contempt when asked about her ex-husband. Obviously she is still stuck in the anger. In order to heal, she needs to continue through the grieving process until she reaches acceptance. It's only after she reaches acceptance and finds the blessing in the experience will she truly be ready for love again. Katherine's example is fairly obvious, but not all unresolved pain is so evident. *From Heartbreak to Heart's Desire* helps you to discover what your unique block to love is, then provides you with a step by step guide to heal and find the love you desire.

**In the book, you outline an easy-to-follow plan for fixing your broken picker, including swearing off men, meditation, exercise and journaling. What do you think is the most important step in the plan?**

I believe all the steps are important. However it is critical that you take time off to work on yourself. If you don't take

the time to work on yourself you will continue to keep picking the wrong person. But just taking time doesn't work by itself. You need to take the time and do some work. The internal work helps you heal so you are no longer attracted to the same type of relationship. When your relationships end with heartbreak, that means your heart is broken. Your heart needs to be healed. Taking time off is giving your heart the time it needs to heal. So in other words, if you leave a relationship that breaks your heart, you don't want to jump into another one – you need time to heal.

**What about your own experiences with dating prompted you to write this book? Did following the plan work for you?**

I spent many years stumbling from one painful relationship to the next. When the pain and frustration became great enough, I decided to stop the madness. Everything I wrote about in the book is exactly what I did. And yes, the plan works. It worked for me and for many others. I meet a wonderful man about four years ago and have been living a life of my dreams.

**How did you manage to stay optimistic after so many dating disappointments? What is your advice to other women who feel hopeless?**

The good news is when you are at the bottom, there is no place to go but up. What I tell all the women I work with is, you can have the life you desire if you are willing to believe and do a little work. Not only will you find love, you can have a life beyond your wildness dreams.

Cupid thanks Dawn Maslar for her time! To buy the book, check out Central Recovery Press.

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# Dr. Lillian Glass Talks 'Toxic Men'



By Krissy Dolor

You've seen them on TV, at work, or maybe in your own home.

You've dated them, worked for or with them, and have screamed at them from the comfort of your couch. Yet, women everywhere *still* put up with their crap. That's right – I'm talking toxic men, the men who have you feeling sad, angry and confused about who you are. Even worse, you may not even know that you're dealing with a toxic man! Lucky for you, Lillian Glass, PhD is here to help. In her latest book, *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men You Make Your Life Miserable*, Dr. Glass helps you figure out what types of men are toxic to you, and ways to handle them when you have to, and dump them when you don't. What's more is that her training in body language can help you see the warning signs that are often masked with words. After reading the book ourselves, we have to say that Dr. Glass is spot on – we've even figured out the types of toxic men we should avoid at all costs (aside from the scary-sounding The Socio-Psychopath)! Dr. Glass took some time out of her busy schedule to chat with us over the phone about her book. See what this best-selling author had to say:

**In the introduction to *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men Who Make Your Life Miserable*, you mention that its predecessor, *Toxic People*, inspired you to write a book geared specifically to women. Do you think you will write a 'Toxic Women' book for men?**

I tell you, in all honest, the book should have been called *Toxic Men and Women*. It's really for both sexes. Even the men who read it are surprised at how it relates to both men and women. I think I may write a 'Toxic Women' book. Right now, *Toxic Families* is coming out, and then maybe 'Toxic Women.'

**When will *Toxic Families* come out?**

*Toxic Families* will be published in November by Adams Media, the same publishing company as the other books.



**You define 11 Toxic Types of Men. Aside from “The Socio-Psychopath,” which just *sounds* awful, which of them do you think is the worst type and why?**

It's different for different people. Some people, they don't mind certain types that others mind. I myself don't like 'The Sneaky Passive-Aggressive Silent-but-Deadly Erupting Volcano,' I think they're sneaky and dangerous.

One of the things I do for people is make them write down, as an exercise, five men who absolutely, without a doubt, make your life miserable, since you were a child until now. Then, write down three adjectives next to them, and you'll see that there will be similar traits for each person. Like, oops – you know that's who to stay away from.

**The checklists of each trait from the 11 types of Toxic Men are helpful! But how can you tell the difference between 'normal' and 'toxic' behaviors, as many people – men *and* women – exhibit some levels of toxic behavior?**

It's consistency – how you feel around that person. If you consistently feel bad, or if your body starts reacting, that's how you know this is a toxic person.

**What do you say to women who are in denial about their involvement with a toxic man?**

You can be in denial, but the truth always, *always* prevails – it always prevails. Even if you think it's fine, it will come out in your behavior, health and other ways.

**What's the number one piece of advice you have for women dealing with toxic men?**

The number one thing is respect yourself. Don't let anyone abuse you, and don't think less of yourself!

**In addition to your books, you were also recently featured on an episode of Millionaire Matchmaker. What other projects do**

**you have coming up this year?**

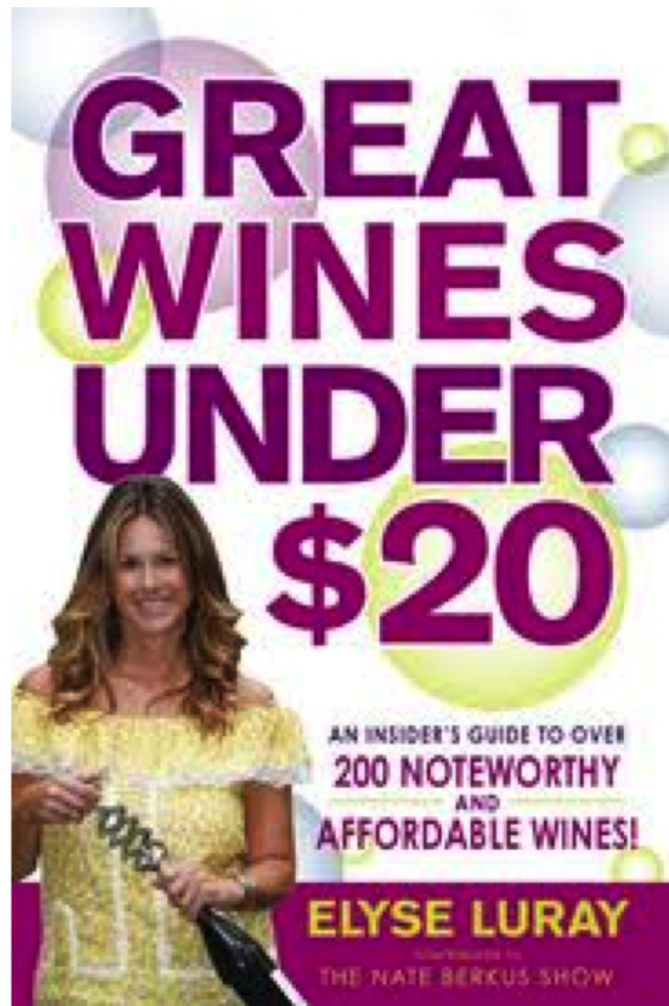
Well, definitely a lot more Millionaire Matchmaker with Patti this season, according to Patti, which is great! And I will also be doing a lot of media and doing a lot of projects, which will be very helpful to people.

Cupid's Pulse thanks Dr. Lillian Glass for her time! If you want to figure out which types of men you're toxic to, visit Amazon to purchase your copy of *Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men Who Make Your Life Miserable*. To read more about Dr. Glass, check out her website: <http://www.drlillianglass.com/>. Stay toxic free!

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## **Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks**





By Kari Arneson

Kristen McGuiness is your average 30-something woman – she has a great career working at a non-profit in Los Angeles and a great boyfriend who might just be The One. But what’s different about McGuiness is how she got to where she is today. As a recovering alcoholic and addict, she knew she had to think outside the box to sort out her priorities. Single, newly sober and exploring a new city, McGuiness decided to try something crazy – but possibly brilliant – to find the new love of her life. A sympathetic boss, a spiritual healer and

a handful of blind dates helped her reach her goal of 51 dates in 50 weeks, and which ultimately the unique experience depicted in her book, *51/50: The Magical Adventures of a Single Life*. Equal parts hilarious and heart-wrenching, this book takes readers on McGuinness' personal journey of self-discovery as she imparts valuable wisdom on life, love and the pursuit of happiness. Cupid was lucky enough to talk to McGuinness about what those 51 dates were like, what it's like to date sober, and how while looking for a man, she ended up finding herself:

**What made you decide to embark on such an ambitious project of going on 51 dates in 50 weeks?**

Like all good ideas, it was basically born out of desperation. I had been single for three years, had only gone on a couple of dates in that time, I hadn't heard the words "I love you" from a man's mouth since the year 2000 and I knew something had to change. I decided I would go on a date a week for a year, and then when Britney Spears kept getting sent to the hospital under a 51/50 (California state code for forced psychological evaluation), I figured I would take a note from her and go on 51 dates in 50 weeks.

**How do you manage to keep a sense of humor after so many dating disappointments?**

Oh, the dates were filled with humor. I have to say, I was laughing with most of my dates, not at them. I discovered that most of the dates were looking for the same thing I was – a fun, loving, committed relationship that might one day produce children. And we could all laugh at the positions we were in – most of us 30+, still wondering when our partner was going to come.

**How did being a recovering addict make your dating experience different from other women's experiences?**

Well, for one thing, I couldn't drink, so I had to be willing to go in there, be honest, be funny, have a good time and not have a drink. But it also made it much more interesting, because a lot of my dates didn't drink either, so the conversation and the expectations were different. Back when I was drinking, most dates would end with a one-night stand. And not that there's anything wrong with that, but I didn't really get to know anyone. Coming into these dates sober, I got to have a whole new experience with dating and with men.

**What would you say is the most important thing you learned about dating, love and relationships during those 50 weeks?**

Since the book wasn't just about traditional dates – the dates also include my mom, my father, and a spiritual healer I met throughout the course of the book – the journey was as much about finding myself as it was about finding a man. At a certain point, my boss asked me what constituted a date, and I realized that it was anything that brought me closer to true love. And I learned that healing my relationship with my father, learning to grow out of my insecurities and fears, were just as important as meeting the right guy. Because I had met the right guy before, and I was nowhere near ready. I knew that in order to meet the right person, I still had some work to do on me, and as much as the book was about finding love, it was also about my own inner-journey and healing.

**In your book, you say that you would always get the same reaction from people when they found out you were single: "It'll happen when you least expect it." What is your best piece of advice for single women who feel hopeless like you did?**

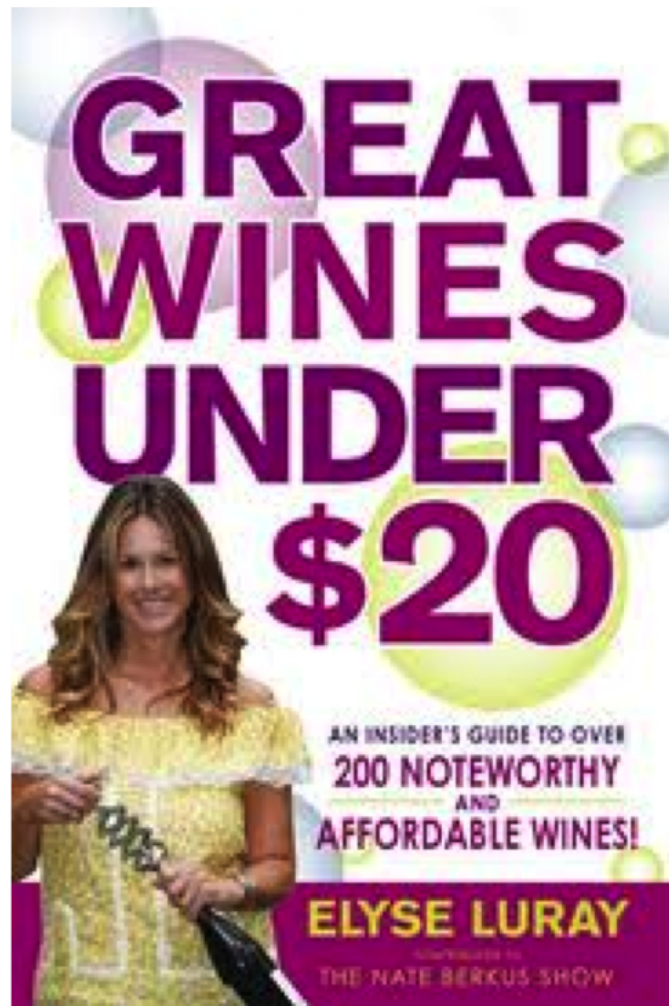
Don't give up. I ultimately did find the love I was looking for. It didn't so much happen "when" I least expected it, but "how" I least expected it. What I came to find through the book is that singlehood can be a great, magical adventure if you go out and live life. At the beginning I had begun to

consign myself to nights where I went to the gym, came home, ate a salad and settled in to watch TV by myself with some Tofuti Cuties. By the end, I was riding horses through the woods, going to sweat lodges in the mountains, discovering my city and myself, and I was going out on lots of dates. And I also think that's key: date, date, date. Because I found what I wanted through those dates, I learned what was important to me. And ultimately, when the right guy showed up, I was ready.

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## **ABC's Bachelor Pad Winner David Good Gives Dating Advice to Women in his New Book 'The Man Code'**





**“Women have the power to control how men treat them,  
how we act and how we are in society.”**

By [Lori Bizzoco](#)

David Good got a bad rap when he appeared on *The Bachelorette: Season 5* (Jillian Harris' Season) in 2009. Most infamous for his altercation with former contestant Juan Barbieri and the negative way he used the phrase 'Man Code', Good had the opportunity to redeem himself earlier this year on the all-star, spin-off competition Bachelor Pad. Not only did

Good surface from the show as the house favorite (and leader), he won the grand prize of \$250,000 with partner Natalie Getz. Now, the 29-year-old first-time author is using a portion of his winnings to set the record straight about the true meaning of “Man Code” in his new book, *The Man Code: A Woman’s Guide to Cracking the Tough Guy*.

Good gave Cupid a view of his softer side, while opening up about his country boy roots in West Alexandria, Ohio, and the importance of bringing back more of what he calls the “John Wayne” types. Of course the interview wouldn’t be complete if we didn’t ask about his relationship status, too. So, here’s what he had to say:

**What was your objective for writing “The Man Code”?**

The whole point of the book is for women to realize how much power they have over how men in our country act. We conform to act the way you want us to in order to get your attention. Think about this: 80% of women get the children after a divorce, so there is a high percentage of single women raising sons. Women have control right from the beginning.

**What is one way a woman can tell if she’s with a “Man Code” man?**

Honesty and truth. A Man Code man will start out a relationship with nothing, but honesty. He won’t lie about anything. Nothing. There’s no reason to. If a guy’s lying to you from the beginning, ditch him. It’s fine not to disclose your deepest thoughts and secrets right away. But when those things do come up, it’s important to be honest.

**How can a woman break down the wall of a tough guy?**

Don’t break his trust. If a guy opens up to you and he confides in you and you run and tell your friend that he shed a tear or got emotional about something and it gets back to his buddies and they laugh at him, he’s going to emotionally shut down from you for a long time. Once he confides in you,



you don't want to embarrass him or break his trust. If your guy is finally opening up to you and showing his sensitive side and you run and tell your friends that he was crying in your bedroom and he hears that, he will not open up to you for years to come.

**When you used the term "Man Code" on the show, what did the other men think?**

A lot of them thought I meant the whole "Bros before Ho's" thing. That's the other side of it. I did use it in that way when Juan was changing his clothes and being fake and not doing a shot. But, when they made a mockery of it, that's when I was like, that's not what Man Code is really about.

Where I'm from in the heartland of America, it's a very serious subject. Men take their work and the way they treat women seriously. They take pride in what they do. That's what provoked me to write the book, because it was taken all out of proportion.

**How did the "Man Code" originate?**

It started when I was 23 and working with my father. I was in a grocery store in a small town where I'm from. I saw a guy who was manhandling his wife out loud and in front of other men in the store. Nobody was doing anything. So, I walked over to this guy and just deconstructed the guy right off his feet. The lady that he had pushed down on the ground got up and started screaming at ME. I was so surprised, I didn't know what was going on. So, I left my groceries because I didn't want to get in trouble, and I walked out. I told my dad what had happened, and somehow we started talking about Man Code. And that's kind of how it all originated. We would always kid around about writing a book about it.

**We understand that some of the proceeds from the book are going to cancer research. Is there a reason you chose that cause?**

Yes. Last year, I was at my best (girl) friend's house on vacation, and I was asleep when she woke me up because her

doctor just called saying that she had cancer. She was only 29 (she's 30 now), and to go through that experience with her really hit home. Then a few weeks ago, my grandfather was diagnosed with stage III cancer. A percentage of every book sold will go to cancer research.

**The question we all want to know David is are you with Natalie? Were you ever with Natalie?**

Natalie and I had a great run on the show, and we were good friends before the show, but no, we aren't together. I would never say that we were necessarily boyfriend/girlfriend, but we were put in a very unique situation. It's reality TV, but there's not a lot of reality about flying in private jets, staying in villas and driving Lamborgini's around. It's hard not to fall into all of that. I really like and respect her.

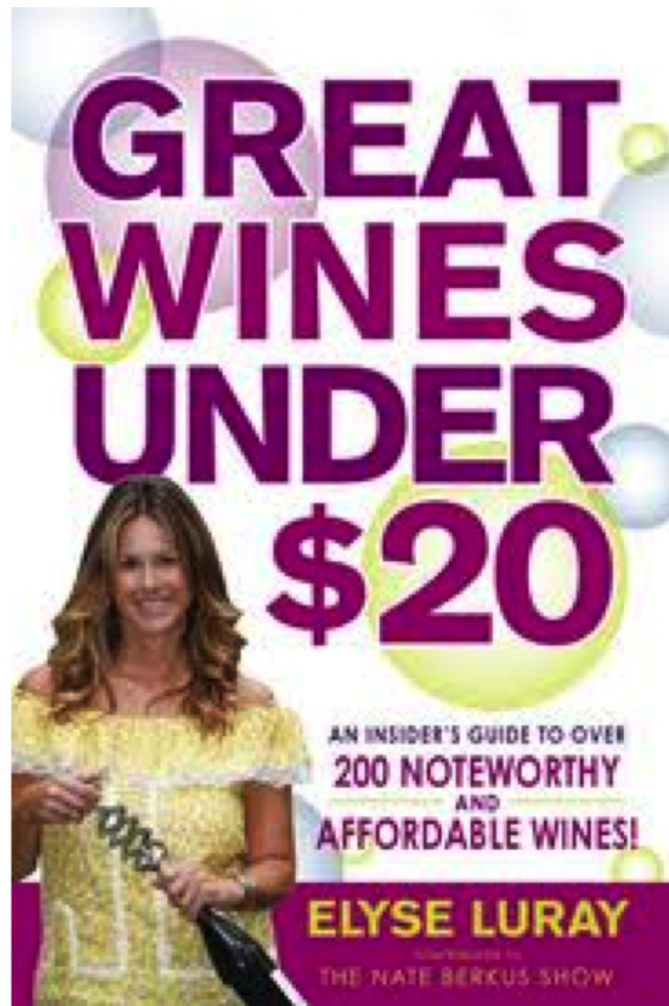
Obviously, she's beautiful, but I live 2,000 miles away from her. We're great friends still, and we still talk, but "no" we're not in a relationship.

Good is about to embark on a 120+ city tour. Dates and locations are still being determined.

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## **Hard Sell Author Jamie Reidy Cooks Up Recipes in New Book, Bachelor 101**





By [Lori Bizzoco](#)

From representing pharma to cooking chicken parma, there's no telling what best-selling author Jamie Reidy will do next. One thing that remains consistent is that his books are results-oriented and focus on sealing the deal, whether it's in pharmaceutical sales or winning over a new love interest. Reidy's new book, *Bachelor 101: Cooking + Cleaning = Closing*, is a cookbook and lifestyle guide for "idiot single guys like me," he told Cupid in a recent interview.

A former pharmaceutical salesman, Reidy is best known for

writing *Hard Sell: The Evolution of a Viagra Salesman*, the basis for today's movie release, *Love and Other Drugs* starring Jake Gyllenhaal and Anne Hathaway. Cupid had the wonderful opportunity of speaking with Reidy last month, and he filled us in on his new book, which boasts 30 idiot-proof recipes for men who want to wow" that special someone:

### **What's the premise of Bachelor 101?**

The premise is that single guys aren't just going to get off their butts and stop ordering in Domino's, or learn how to clean their apartment without some sort of an incentive. The incentive is that your odds on a successful date go way up if you take the time and put in some effort that cooking requires. Women know how much work goes into cooking, so if a guy actually cooks for them instead of making a reservation, that should make a nice impression.

### **Why do you think most men don't like to cook?**

I think first of all, because it seems like a huge deal. "Oh man, I'm cooking." It seems like an entire process, and it's just scary, and that's because we are totally unfamiliar. It's just like anything else – if you don't know how to work the remote of your TV, you sit down for a while and you look through the directions and you figure it out. Then, you look back and say I can't believe that I didn't know how to do that.

Being in the kitchen is the same thing, knowing how to chop and dice and that sort of thing. I was terrified of the broiler. You couldn't get me near the broiler, but I had to do it for a few meals and it's pretty easy. Sauté seems like a scary, fancy word, but it means to heat up in butter or oil, so why is that such a fancy word? It's primarily the fear of the unknown.

### **After how many dates would you say that a man should cook for**

**a woman?**

Well, that all depends. It depends on how old the people involved are. I would say that for people in their late 30s, they're a lot faster to do things like that, whereas if you are in your 20s, a woman may be gun-shy about going over to a guy's house. Who knows – if you met someone at a bar or grocery shopping or something and got a good vibe, and the guy said, "Why don't I make you dinner sometime?" the spontaneity could really wow you.

**Where did you get the recipes for your book?**

A majority of the recipes I tested out came from women, but a couple of them came from some buddies of mine. I learned a couple of great lessons there. Every recipe is basically a paragraph that women give to each another. So I would read these paragraphs, and even though my friend who gave it to me would say, "it's the easiest recipe ever," I would be cooking and invariably I would miss something. My eyes would glaze over the items in the middle of the paragraph. I figured out that it must be something in our DNA. Guys need a list, a step-by-step list. My book literally has 1. Open oven door; 2. Slide out bottom rack. This way I can say, "Check, I did that. Yes, I did that." I can check things off as I go.

**Were there any lessons that you learned while writing *Hard Sell* that helped when writing *Bachelor 101*?**

Yes, I guess there are two things; one is a personal encouragement thing and the other is as a writer. What I learned from *Hard Sell* is that I have a voice that people respond to – it's tongue-in-cheek, self-deprecating, with pop culture references. So when I started writing *Bachelor 101*, my voice was very clear and I didn't have any doubt that if people would only get their hands on it they would laugh and find it informative and entertaining. *Hard Sell* gave me the encouragement and validation to do that.

As a writer, what writing *Hard Sell* taught me is that you can't be half-assed about it. It took me a little over a year-and-a-half to write it, but I would walk away from it for a month or two. It wasn't like I was writing every day, or every week. My mom had a great point years ago. She said, "Ya know what? I think writers, I think they write...like everyday." It cut right through me. I realized that if you aren't writing everyday then you probably aren't serious. So I knew with *Bachelor 101*, I knew that I had to be doing something everyday, whether it was writing, cooking, or taking notes throughout the process. I had to be much more disciplined, which I learned through writing *Hard Sell*.

**What is your favorite recipe in the book?**

My favorite recipe is not the one that's gotten the most rave reviews. The crab cakes have been cooked the most often and have gotten just absolute rave reviews. My favorite recipe is chicken breast dipped in ranch dressing, dropped into a huge zip-lock bag full of cornflakes. There is another variation of that, with crumbled up Ritz crackers. It's a tremendous comfort food, but it's not the healthiest thing in the world.

**What's on the horizon?**

I'm currently writing screen plays. Right now, I am doing a couple of different things, including a romantic comedy. I am also writing a collection of humorous essays about me and my dad.

Cupid thanks Jamie Reidy for his time! Check out *Bachelor 101: Cooking + Cleaning = Closing* on Amazon.com and see *Love and Other Drugs* today!

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# Best Selling Relationship Author John Gray Discusses 'Venus On Fire, Mars On Ice'



By Kari Arneson

It's no wonder that relationship therapist and healthy living coach John Gray, Ph.D., is the best-selling relationship author of all time. His enlightening, instructive and hugely popular Mars-Venus series has sold more than 50 million books, including 1992's groundbreaking *Men Are From Mars, Women Are From Venus*, which was the *New York Times'* number one best-selling book of the last decade. But Dr. Gray's quest to help men and women understand and appreciate their differences is far from over. The latest addition in the series is *Venus on Fire, Mars on Ice: Hormonal Balance – The Key to Life, Love & Energy*. Dr. Gray says, "This is not only a fun book, but highly informative, explaining the importance of hormone balance in order to have good relationships."

**How can hormonal balance help improve your relationships?**

**Cupid's Advice:**

Hormones affect everything from your libido and moods to health and energy, and even stress levels. In his new book, Dr. Gray writes that the differences between the sexes and how they relate to each other are managed by hormones. See what Dr. Gray has to say on the topic:

**Can you explain the meaning behind the title and cover art of your latest book?**

The meaning behind the title and cover art of my latest book, *Venus on Fire, Mars on Ice*, is that the differences between the sexes and how they relate to one another are biochemically based. The differences can be explained by their hormones. Without an ample supply of these hormones, our bodies suffer both mentally and physically. In this book you will learn new tips and knowledge of how the stress hormone can harm our health and relationships, how achieving hormonal balance will improve our lifestyles as well as relationships, and the importance of superfoods and how good nutrition can replenish our hormones.



**In the book you talk about the importance of eating “superfoods” and avoiding processed foods. What impact does food choice have on hormonal balance, and in turn, on things like stress and happiness?**

Processed foods are deficient in the natural fibers that would normally slow the release of sugar into the bloodstream. Sugars that are added to products cause blood sugar levels to fluctuate. Processed foods are deficient in minerals, vitamins and good fats. Superfoods provide the nutrients we need for optimal health and vitality. In order to enjoy more stable blood sugar levels, we need to cut back on the sugar and processed foods and eat more unprocessed foods. This will allow our hormone factor, the adrenal gland, to produce feel-good hormones and reduce stress.

**You talk a lot about stress and how to deal with it. What kind of effects does stress have on people and what is your best advice to manage it?**

Stress inhibits the product of healthy hormones resulting in sugar cravings, which causes excess free radical damage to the arteries, which results in strokes and heart disease. Avoiding processed foods and limiting sugar intake will help reduce blood sugar spikes. It is important to eat superfoods that work synergistically to provide the extra nutrition our brains require to cope effectively with stress. These superfoods also compensate for our nutritionally deficient food supply. Superfoods are those that have been used by different cultures for thousands of years and are known for their extra-nutritional benefits. They are super rich in amino acids, good fats, vitamins, minerals and medicinal phytochemicals.

**What kind of benefits can a person expect from hormonal balance and what’s your best advice on how to achieve it?**

Getting to the root cause of hormonal imbalance is the key.

When blood sugar fluctuates it uses cortisol to raise blood sugar. This causes adrenal burnout. When the adrenal gland is making cortisol it stops making testosterone, progesterone and estrogen. This causes women to have hot flashes, mood swings, depression and waking in the night. Along with PGX to balance blood sugar, maca, the Peruvian herb, will stop hot flashes in a couple of days. It will also lower stress in men and women and help balance hormones.

The body requires a steady supply of blood sugar to make serotonin. Stabilizing blood sugar is as least as important as balancing hormones. Blood sugar is the lynchpin in terms of understanding the effect of brain chemistry on relationships. We have found that blood sugar is more important to women than it is to men.

As the brain functions it needs to draw steady supplies of energy in the form of sugar or glucose from the blood. Without ready access to blood sugar, a brain under stress can't make the serotonin it needs to relax and feel good again. Any time blood sugar surges too high or drops too low, brain chemistry is immediately thrown out of balance.

The issue is most critical for women because they tend to deplete their supplies of serotonin more easily than do men. There's more women in the workplace today and they are making testosterone and less of the stress-busting oxytocin they need. This results in skyrocketing rates of cortisol, the stress hormone. It is important to maintain a diet that supports a steady level of blood sugar.

***Men Are From Mars, Women Are From Venus* was hugely popular and really seemed to resonate with a lot of people. What do you think it was about the book that people identified with? What would you say is the overall message and what can women in particular take away from the book?**

I wrote *Men Are From Mars, Women Are From Venus* to help men

and women understand their differences. The genders come from worlds practically next door to one another, yet – in many ways – they may as well have come from opposite ends of the solar system. Men and women came away from the book accepting their differences.

**Do you have any more books, seminars, videos, etc. in the works?**

My PBS special, *Venus On Fire, Mars On Ice*, is still airing across the United States and has been very well received by people. I also host three-day transformation weekends at my home in Mendocino, Calif. Stay tuned for a major motion picture to be released and another book soon.

To purchase Dr. Gray's latest book *Venus on Fire, Mars on Ice*, visit Amazon. To learn more about Dr. John Gray and his books, seminars, relationship coaching, and other upcoming projects and events, visit [MarsVenus.com](http://MarsVenus.com).