

# Five Ways To Get His Undivided Attention



By [David Wygant](#)

You see a man you're interested in at the grocery store, and you know you can't just let him walk away. But how are you going to make him notice you without stripping naked and doing a sexy dance in the produce section – which, of course, will get you arrested? Well, the good news is it's easy to get a guy's attention. These simple five ways will give you the confidence to turn his head any time, any where.

**Related Link:** [Dating Deal Breakers](#)

**1. Do a double-take.** Most women do the single-take: that one quick glance before they look in another direction, hoping the

man will approach them. Men need the double-take. When you look at us only one time, we're never going to walk over to you because we think you may have been looking at someone or something behind us. The double-take assures us that you're actually interested in us.

**2. Allow us to help.** I don't care if you create the same salad at Whole Foods every time. The next time you're grabbing lunch, when you see a cute guy, look at him and say, "I am so curious – what's good here?" Watch how fast he goes into fix-it mode. He'll give you advice, and he'll feel needed and wanted. When that happens, it triggers an instant attraction to you because all men want to feel desired. Play the damsel in distress; it works every time.

**3. Maintain eye contact and smile.** Always smile when he says something because it'll encourage him to keep talking. Men do an insecure dance inside their head. They're always wondering, "Does she like me? Is she interested?" Eye contact and a simple smile tells him that he's doing okay.

**4. Ask questions.** Most guys will ask you a lot of questions to find out more about you. What normally happens, though, is that women don't ask men questions back. To get his undivided attention, ask him questions. Allow him to talk about himself and show interest in what he says. Guys love talking about themselves; give him the chance, and he'll love you for it.

**Related Link:** [Don't Settle: Get Him to Commit](#)

**5. Don't pay too much attention to his friends.** If you're with a group of people and a guy's interested in you, he'll only focus on you. You'll notice that he almost acts like the rest of your friends aren't there. You need to do the same if you're talking to a group of men. Don't spend too long chatting or flirting with his friends. It sets off a man's insecurities, and he'll assume you're interested in someone else instead.

These five steps are all you need to know. Keep it simple, and you'll find your dating life changes instantly. Before you know it, you'll have his undivided attention permanently!

[David Wygant](#) is a dating coach and author of *Naked and Always Talk to Strangers*. For more relationship advice, you can follow him on Twitter @DavidWygant and [www.facebook.com/therealdavidwygant](http://www.facebook.com/therealdavidwygant).

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## Finding Reconciliation Through Separation



By Tammy Greene for [Hope After Divorce](#)

Marriage is full of extreme ups and downs. Every marriage goes through hard times, but some certainly more than others. As recent news of the separation between the Oscar-winning duo Catherine Zeta-Jones and Michael Douglas came to light, we can see the toll that these hard times can take. These past few years, they have experienced a series of insurmountable challenges. Douglas was diagnosed with throat cancer in 2010, and he had to endure chemotherapy and radiation, which took a tremendous toll on his body. As if that wasn't enough to put stress on a relationship, his wife of 13 years surprised fans in 2011 when she voluntarily admitted herself to a facility for bipolar disorder treatment. She underwent treatment again earlier this year.

**Related Link:** [Michael Douglas and Catherine Zeta-Jones Separate](#)

This type of stress and worry is enough to put any relationship on the brink of divorce, and this power couple is no exception. According to *People* magazine, a representative of the couple stated that the couple is separated and "taking some time apart to evaluate and work on their marriage." A separation is exactly that. It's a time to step back from the daily arguing and frustration to re-evaluate your partnership. It's a time to figure out if you want to get your relationship back on track.

Here are some ideas to help you turn a separation into reconciliation:

### **Seek Professional Help**

If both you and your spouse are committed to working things out, your first step is to find a third party that can help you. Talk to friends, relatives, and strangers, and search the Internet for referrals. Putting your trust and your relationship in the hands of someone you don't know can be terrifying, so look for recommendations from people who have

had good experiences. Don't be afraid to tell people you are working on your marriage. Many people see counselors on a regular basis and just don't talk about it. There is no shame in admitting that you need help and are looking to others for guidance. Rebuilding your marriage is worth the work required.

### **No Dating**

If you are separated but committed to trying again, dating has to be off-limits. You cannot have an attitude of "the grass is greener on the other side" if you are trying to rebuild your marriage with your spouse. The point is to remember how green the grass can be in your *own* backyard – with the word "can" being the key.

### **Immerse Yourself**

A couple who recently resolved their separation said the best advice they ever got was to *not* fill the empty space the separation left behind. In other words, immerse yourself in the separation. Don't try to fill the quiet space with shopping, friends, alcohol, online video games, or any other possible distraction or addiction. Take the newfound alone time to think. Sit on the beach, take a drive without music, or write in your journal.

This is a time to find your way back to yourself and your partner with clarity and thoughtfulness. It's a time to remember what you loved about them in the first place and focus on what took you off track. There is no way you can devote the time necessary to rebuilding your marriage if you fill the space with distractions. It may be uncomfortable, but you need to start getting used to the silence in order to hear the quiet voices within, which will lead you towards healing.

**Related Link:** [Lessons From Jennifer Garner and Ben Affleck](#)

### **Do the Work**

If you are at the point of separation there are only two directions to go: the path of divorce or the path of reconciliation. The choice is yours. If the path of reconciliation is the one you choose, then you must commit to giving everything you have to put your marriage back together. Do what your therapist tells you. Strip down the layers and lose the pride. Let go of your ego. Partial effort won't be enough. This may be the hardest thing you've ever done. If it's ever going to work out, you must give 100 percent.

There was a time, not too long ago, when you stood at the altar and you believed beyond all odds that you would make your marriage work. Well, here you are: facing those odds that now seem too big to bear. A separation can be a blessing in disguise. If the right steps are taken, it can lead you to renewed hope and new beginnings with the person who you committed to for better or worse.

*Tammy Greene is a graduate of the University of La Verne. She has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is a contributing expert at HopeAfterDivorce.org, FamilyShare.com, LAFamily.com and CupidsPulse.com. She is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website and follow her blog, MarriedandNaked.*

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# NoGamesLove Video Dating Tips: The No Games Guide to True Love



By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on True Love

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares ten tips for finding The One *without* playing games. Even if you aren't ready for a committed relationship, this advice can

help you stop wasting your time with men who don't see your worth. First and foremost, the dating expert says to throw away your checklist. Think about where this list came from and how it may be boxing you in. You're creating paper perfect, which has nothing to do with chemistry or the things that actually matter. You'll know if a guy meets your must-haves without having to consider a silly list! Watch this week's video for nine more tips.

*For more information about our dating mentor, click [here](#).*

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

**How did you stop playing games in your relationship? Share your story in the comments below!**

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## **How to Move On and Keep Your Dignity (And Hope) Intact After Heartbreak**







By [Marni Battista](#)

In recent months, there have been a couple of sudden, celebrity deaths that have no doubt left family, friends, and significant others reeling. Both *Glee* star Cory Monteith's fatal drug overdose and former *Bachelor* contestant Gia Allemand's tragic suicide opened up much speculation about how their partners, Lea Michele and Ryan Anderson respectively, have been coping.

These tragedies got me thinking: All of us will experience heartbreak in our lives – whether in the form of a difficult breakup or the death of a significant other – and will surely find ourselves desperate for ways to move on with as much grace, ease, and dignity as possible. Here at Dating with Dignity, I've developed five simple practices that certainly won't eradicate the pain of your loss but **will** give you the tools to begin healing.

### **1. Allow Moments of Grief**

The most important thing when untangling yourself from a

broken heart is to express whatever you're feeling and do so in a healthy way. Allow yourself to cry, write, listen to or make music, or talk with a close friend or family member. As you become further removed from the incident, be cognizant of when it's time to distill this period of grief into brief, private moments, and then eventually your loss will become less acute. Grieving is healthy, but if you continue to dwell on it for more than one year and it feels like it's turning into chronic depression, make sure you seek help from a healthcare professional.

**Related Link:** [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

## **2. Don't Cast Blame**

It was widely reported that Allemand's suicide occurred immediately after a blowout fight with her boyfriend, NBA player Anderson, that culminated in him saying, "I don't love you anymore." In this situation, it would be easy for Anderson to process his loss by blaming himself and wondering if he could have saved his girlfriend by choosing his words more carefully.

But it's important to remember that there are endless numbers of factors that contribute to something so serious, and whatever you feel you did wrong is only the tipping point (if even a factor at all). There's no way to truly know, and blaming yourself or others will only alienate you as work through your grief – so train yourself to focus your energy on moving past it.

We're ultimately **not** responsible for the actions of others. Of course, we want to make sure we're always compassionate and empathetic; however, each of us must take personal responsibility for how we react to what we hear from others each day.

## **3. Adopt a Mantra: "The Only Way to Get Through It Is to Get**

## Through It”

Whether recovering from a breakup or the death of a loved one, you’ve been placed in an undesirable situation beyond your control. As much as it may feel like the world has stopped turning and nothing will ever be the same, there’s nothing you can do but focus on the better times ahead.

Each relationship can help to form who we are as well as who we’ll become. There are no such things as mistakes. If you soldier through these dark days and keep yourself focused on the gifts you experienced as a result of your lost love, you’ll gradually start to feel better...and one day, you’ll reflect on that dark time from a much lighter point of view.

### 4. Re-Install Routine

Depending on the gravity of your loss, it’s possible that whatever incident you’re recovering from has completely wiped out your usually bustling schedule. Even though holing up at home may seem like the most appealing option, one of the best ways to begin to move on is to re-introduce routine into your daily life.

It may feel forced at first, but a schedule will allow a sense of normalcy to return and provide a welcome distraction. If there’s something in your routine you used to partake in with your absent partner, create a new ritual with a close friend or family member in its place.

**Related Link:** [Lea Michele Is Grieving With Cory Monteith’s Family](#)

### 5. Lean On Friends and Family

After the death of Monteith, mourning fans across the country cast much of their concern toward his longtime girlfriend and *Glee* costar Michele. People began speculating about when and how she would make her first public appearance in the wake of

her tragedy. After a couple weeks of silence, the brunette was spotted going to a baby shower and has since been seen surrounded by at least one or two close friends. Loved ones provide a welcome distraction, but they'll also help force you back into your routine and listen when you need to talk about how you're feeling.

Heartbreak is a part of life, and when it happens, all you can do is work towards moving on. If you diligently hold yourself to these five practices in the wake of a tragedy, I'm certain you'll gradually start to feel lighter.

*[Marni Battista](#), founder of [Dating with Dignity](#), is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).*

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## **Celebrity Couple Predictions: Katy Perry, Kate Middleton and Fergie**





By [Shoshi](#)

For today's expert post, I want to look at the energy of three celebrity couples who are celebrating exciting times in their relationships: Katy Perry and John Mayer, who are back together and recently released their first duet; Kate Middleton and Prince William, who welcomed their son, Prince George, in July; and Fergie and Josh Duhamel, who are expecting their first child very soon.

**Related Link:** [Celebrity Couple Predictions: Jennifer Aniston, Julianne Hough and Kim Kardashian](#)

**Katy Perry and John Mayer:** This musically-talented duo is on again – at least for now. It's becoming difficult to define their love since it tends to change so quickly. Mayer has actually managed to keep his mouth shut about this relationship, unlike his behavior in the past. (Did we really need to know that sex with Jessica Simpson was like a drug?)

When looking at the energy around the couple, it seems like they're having fun. While they do enjoy each other's company,

what keeps them getting back together is their ability to relate to one another. It's a level of comfort that they both need at this time.

There's been buzz about their new duet – and for good reason! Mayer sings that he can see himself growing old with her. How adorable is that? The only thing is that gushy love eventually ends. The soulful singer has a habit of quickly becoming attached to the woman he's dating, so only time will tell if they survive past the honeymoon stage.

In their duet, he also wrote that he couldn't run anymore. He's finally starting to show signs of getting serious about his love life. During his relationship with Perry, she will help him grow up a bit. Even so, Mayer will become bored and soon move on to the next lady.

**Kate Middleton and Prince William:** Ever since Kate Middleton and Prince William announced their engagement, the world has been enchanted with the lovely couple. When Kate announced she was pregnant with a royal bundle of joy, we couldn't wait for the baby to arrive!

We can all finally relax: Prince George is here and has been presented to the world. The Duke and Duchess's marriage appears to be going strong; in fact, they've never been better. Surrounding their relationship is the energy of Princess Diana, as if she watches over them and guides her son. Without a doubt, these two are best friends. They want to keep a low profile and simply enjoy their lives together.

There is another baby energy circling Kate. They want to wait a bit before their next child, but they may not have a choice. Don't be surprised if she's soon pregnant with baby number two, which will bring them a daughter.

**Related Link:** [Will Harry and Pippa Be Named Godparents for Prince George?](#)

**Fergie and Josh Duhamel:** Fergie and Josh Duhamel cannot wait until the arrival of their son. The energy in their relationship has shifted for the better since Fergie got pregnant. Rumors had been circling about Josh's activities with other women, but now, he's a bit more centered and focused on family.

Fergie has just legally changed her name from Stacy Ann Ferguson to Fergie Duhamel. It is said that, when you change your name, you change your destiny, so the newly-annointed Mrs. Duhamel has shifted her energy on many levels.

Josh is going to be really close to his son – it'll be hard to find him in a photo without him. It will cause him to want to work less, while Fergie will be inspired with material for a new album dedicated to the two men in her life and the love she has for them. It's a very happy time in the Duhamel household. All the best to them!

*For more information on Shoshi, click [here](#).*

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## Finding Yourself Again





By Molly Reynolds for [Hope After Divorce](#)

Months after my very messy divorce, I found myself sitting in a greasy diner with my friend Christi, and I was at a total stand still. I was staring across the table at her, trying not to cry into my grilled cheese sandwich as a million thoughts ran through my mind.

Christi had never been married before. In fact, she had been single since I'd known her. She is beautiful, funny, smart, a great friend – and one of the happiest people I know.

**Related Link:** [Why So Many Women Couldn't Care Less About Getting Married](#)

I finally opened my mouth.

“How do you do it?” I asked her.

“How do I do what?”

“How do you be single?”

She smiled. “You just do.”



I wanted to take notes. “No, tell me. What do you DO? Like, what does your typical day look like?”

I got married when I was twenty and was now pushing thirty. It didn't seem like an odd question to me at the time; I had never been single as an adult. My marriage was isolating and highly emotionally abusive. My days were wrapped up working, spending time with my husband, cooking, cleaning, paying the bills, helping him with whatever he needed. I had so much free time now and didn't know what to do with myself. More honestly, I didn't know who I was as a single person.

Thank God for good friends. “You do whatever you want!” she said with a laugh. “If you want to stay out all night, you do it. If you want to spend the weekend watching *Desperate Housewives* on Netflix, you do it. If you want to eat a jar of olives for dinner, you do it. It's actually pretty awesome.”

The thought of this absolutely terrified me. Battle lost. Soggy grilled cheese.

This story illustrates co-dependency at its finest. Unfortunately, co-dependent women often find themselves with a narcissistic husband. Katie Holmes and Tom Cruise are a prime example. A narcissist systematically makes his partner give up who she is in order to serve his own ideals and needs. If you are fortunate enough to break free from the abuse of a narcissist – as Katie was – you're going to have to take a lot of time to rebuild yourself.

I hate labels, but a lot of us are co-dependent. If we're partnered with the wrong person, the effects can be devastating. We think giving absolutely everything over to our marriage and forgetting ourselves makes us a better partner. It doesn't. It doesn't even make us a better person. Luckily for us, it's a bad habit and *not* a life-threatening disease.

One of the hardest things about any kind of breakup (even if your spouse was a total loser) is that you have to learn how

to relate to the world differently. There's no partner to call and check-in with when you have to make a decision or if something good happens. You find yourself with a lot more alone time, and if you're not careful, your mind can go to a very dark place...which is why it is imperative that you find yourself again – or find yourself period, whatever the case may be.

**Related Link:** [Are You Dating Someone with Narcissistic Personality Disorder?](#)

Fill those empty moments in your life with people and things that you [love](#). And if you don't know what you love, find out! A fun, cheap way to do that is sites like Groupon or Living Social. Maybe you've always wanted to take belly dancing class – do it! Or if you've always loved cooking or boxing, find a Meetup in your area. This is also a great way to make new friends and remind yourself that this tough time in your life will absolutely pass.

**Learn how to do you.** Habits are tough to break but fight against co-dependency as hard as you can. You are a whole, perfect person on your own. You don't need anyone else to be complete. Later on, if you choose to have another relationship, do it because you want to, not because you need to.

Be happy with who you are because life is too good to waste. Live as hard as you can.

*Following her work as an actress, Molly Reynolds began her writing career covering scripts for film producers and working in commercials at Tombo Films, a boutique production company that created spots for the likes of Apple, Petco, and Coca Cola. Since then, she has written anything from ads to children's books to musical theatre, with a special emphasis on socially conscious material. Her latest musical, Benny (book and lyrics), has been performed in Los Angeles and New*

York (most recently at the Fingerlakes Musical Theatre Festival). Molly is a contributing expert at [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [CupidsPulse.com](http://CupidsPulse.com), and [LAFamily.com](http://LAFamily.com). She is currently the Director of Development at LUCID and a strong advocate for empowering women and minorities. The Gingerbread Pimp, Molly's fearless new musical that takes a bite out of domestic abuse, was performed at the New York Musical Theatre Festival on July 18, 2013.

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## 10 End-of-Summer Date Ideas



By [Melanie Mar](#)

Have you been enjoying a summer of love? This season is often

associated with long balmy nights and bright sunny days spent with our significant other, but within a few short weeks, autumn will be upon us. The nights will get cooler and the days, shorter. So, with this thought in mind, make the most of the warm weather with the following end-of-summer date ideas.

**1. Picnic with a twist:** A picnic is a cute couple thing to do. You get to spend time together doing simple things: going to the grocery store to shop for your favorite foods and then loading up the car with a packed basket and big blanket. For a spin on this classic date, why not do it at sunrise? The moment when the sun starts to peek over the horizon is very special, and as the sunlight starts to glow across the sky, it will make for a truly memorable start to your day together.

**2. Go for a bike ride:** Put some effort into the planning, and with a little creativity, this can be a lovely day out. First, if you don't both own bikes, figure out the most convenient spot to rent them. Sit down and decide your destination; go somewhere that neither of you have been to before and explore a new place together. Find a great place to stop for a leisurely lunch and then resume your adventure.

**Related Link:** [A Summer of Love](#)

**3. Wine tasting tour:** Even if you're not really a fan of wine, there is something rather romantic about being in the wine country surrounded by vineyards in the middle of nowhere. Plus, sampling a winery's finest is not expensive; some tastings are as low as 10 dollars or even free with a purchase. Once you learn the process of how wine is made and the history behind your favorite vineyards, you might want to bring a bottle home with you.

**4. Rent a jet ski:** If you're located near water, a jet ski can be a great way to bond with your man. As you hold on tightly to each other, there's an element of trust, and combined with the adrenaline rush from the speed, you're sure to get your

heart racing! Let's not forget that you're wearing your swimsuits, and skin-to-skin touch immediately amps up the excitement factor.

**5. Fairground fun:** Remember when you were young and the thrill of the fairground never ceased to amaze you? Well, it still can! Laughter is a fabulous aphrodisiac. Riding the ferris wheel while holding hands; chasing each other in the bumper cars; or enjoying feeding each other cotton candy can evoke fond childhood memories and also create new ones with your partner.

**6. Sunset cruise:** Nothing conjures up romance more than watching a sunset wrapped in each other arms. If you live near the ocean, take advantage of the sunset cruises available. As you sail away together, you can enjoy cocktails, dinner and music – a truly wonderful way to reconnect on a summer night.

**7. Drive-in movie:** These theaters aren't as common as days gone by, making them even more special. There is something quite iconic about a drive-in date. Think about your grandparents and imagine this is what they might have done during their courtship. Find a spot near you that's playing a romantic flick, recline in your car seats, and enjoy the unique experience.

**8. Outdoor music festival:** Music has and will always be a great way to achieve a feel-good factor. Singing and dancing together brings closeness to a couple. Check your local parks to see who is playing; there's a wide spectrum of mostly unknown but terrifically talented performers. Just grab a blanket, some munchies, and some sunscreen, and get ready to have some fun.

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**9. Camping:** Get ready to spend the night together outdoors. Make sure you have a double sleeping bag to cuddle in, and light a campfire to roast marshmallows and make s'mores.

Alternatively, if you're not so in tune with Mother Nature, you can turn it up a notch and try "glamping" (glamorous camping). No tents to pitch or fires to build here! Enjoy the great outdoors without giving up modern luxury.

**10. Dinner under the stars:** Create a romantic ambiance in your garden or on your roof top (permitting). Play soft music, light many candles, and bring throw pillows and a blanket – really set the scene and reignite the flames of love in the privacy of your own space. After dinner, lie back to look at the stars with your dearest and savor the sweetest kisses.

*Melanie Mar is a celebrity relationship specialist, matchmaker, and life coach. For more information on Melanie, you can follow her on Twitter @Melanie\_Mar [www.facebook.com/melaniemarinternational](http://www.facebook.com/melaniemarinternational)*

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## NoGamesLove Video Dating Tips: Summer Love that Lasts





By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on Summer Love**

Summer love doesn't have to end when autumn blows in. In fact, it can turn into a lifelong romance if you let it! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for making your warm-weather romance continue into fall. Most importantly, the dating expert says to remember to get raw: be true to yourself and stay open-minded. You never know what might happen!

*For more information about our dating mentor, visit our [Experts page](#).*

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**Have you ever had a summer fling that turned into a long-term**

love? Share your story in the comments below!

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## Dating Deal Breakers



By [David Wygant](#)

It happens all the time. Things are going really well in your relationship, and then all of a sudden – BOOM, like a guillotine coming down on someone's head – something goes wrong. But this time, the guillotine is coming down on your head, and you're facing another heartbreak.

You thought you knew exactly what he wanted; you read all the books and watched all the dating programs; and you did everything you could to make sure you were the perfect



girlfriend. You even spoke for hours on end with the girls about what men *really* want and how to play the relationship game properly. Trouble is, it seems you still don't know what men DON'T want in a relationship.

**Related Link:** [5 Ways to Stop Sabotaging Your Relationships](#)

**Here are my top three dating deal breakers:**

### **Don't Play Games**

If you play games with a guy, he's not going to want to be with you – it's as simple as that. If we call you and you don't pick up, call us back the second you get a chance. Returning our call a few days later doesn't turn us on; in fact, it turns us off.

Many men barely have the confidence to even make that phone call in the first place. They spend a lot of time thinking of what they should say, what type of voicemail they should leave, and how they can make you laugh. Sure enough, you hesitate; you wait and don't call him back. You want him to think you're cool and too busy to talk to him.

Well, guess what? Those kind of games are a deal breaker. He wants a girlfriend who's going to be responsive to his texts and phone calls. No guy wants someone who plays *too* hard to get.

### **Let's Get Physical**

You tell him you want to wait, so he waits. Then, when you start having sex with him, you ration it. You start thinking if you give him too much, too quickly, he's going to leave. In reality, as long as you're dealing with a man and not a man-boy, once you start having sex, continue doing it. Don't cut him off. If he's showing he's committed to you, why would you stop it?

If you kill the sex, you kill the relationship.

**Related Link:** [4 Ways to Know You're Dating a 'Man-Boy,' Not a Man](#)

### **The Chronic Texter**

Don't be the woman who's texting him non-stop. He's out with his friends, and you don't trust him. So of course, instead of telling him to have a great time, you text him all night long.

He doesn't want to be monitored, and he doesn't want to be constantly checking in with you. He wants somebody who will actually allow him to go out with his friends and enjoy himself. Trust him, wish him a fun night, and then let him be.

These are just a few dating deal breakers. The bottom line is, if you've got a good man, stop overthinking everything and learn to go with the flow.

*David Wygant is a dating coach and author of Naked and Always Talk to Strangers. For more relationship advice, you can follow him on Twitter @Davidwygant and facebook.com/therealdavidwygant*

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## **Lessons From Jennifer Garner and Ben Affleck**





By Tammy Greene for [Hope After Divorce](#)

There are few other couples that have amassed more attention in 2013 than celebrity power couple Jennifer Garner and Ben Affleck. It has been a memorable year for them with Affleck's huge success and Oscar for his brilliant movie *Argo*. In the coming months, Garner will step back into the spotlight with the film adaptation of the popular book, *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. With their stellar careers, three beautiful children and easy affection with each other, it seems like this Hollywood pair has it all.

But let's not forget the bumpy path these two heavyweights took before they found each other. No one can ignore Affleck's relationship with Jennifer Lopez, a love that the media referred to as "Bennifer." The couple called off their engagement after only 18 months of dating. And Garner isn't without her own, though certainly less notorious, relationship history: She married fellow actor Scott Foley in 2000 and found herself divorced in 2004. Though celebrity couples seem to live a fairytale, these two prove that happily ever after

does not come easily.

We often find ourselves looking to celebrities to guide us in our lives – from how to dress, what to eat and where to shop. Similarly, we look to them to guide us in our relationships. Here are three lessons that we can learn from this fan-favorite power couple.

**Related Link:** [Celeb Couples: More Like Us Than We Want to Admit?](#)

### **Keep your personal life personal.**

It is hard to say exactly why, but the media bombed hard on Bennifer. Whether it was because of their rather embarrassing nickname or possibly their highly-criticized movie *Gigli*, this couple could do nothing to escape the jokes or harsh criticisms. What might have topped it all off was the music video that the pair filmed together for Lopez's song, "Jenny from the Block." The couple openly displayed their affection for each other in a way that many felt was unnecessary, leaving themselves open to severe criticism by critics and fans alike. It was no surprise, then, that they soon broke up.

There is something to be said for keeping your personal life personal. Publicly displaying arguments or overtly sexual displays of affection leave you open to criticism and opinions from third parties. Thanks to social media, many feel it's okay to air their dirty and sometimes very inappropriate laundry for the world to see. In truth, nobody really wants to hear all about how angry you are at your husband or know what your "dirty talk" sounds like. Keep the details of your relationship personal. Being in a relationship is hard enough; there is no need to invite the unnecessary opinions or criticisms of others.

### **Admit that marriage is work and work on it daily.**

Upon winning the Oscar for Best Picture for *Argo*, Ben Affleck gave an acceptance speech that caught people's attention. He said to his wife, "I want to thank you for working on our marriage for ten Christmases. It's good. It is work but the best kind of work, and there's no one I'd rather work with." The actor was criticized for possibly alluding to the fact that his marriage was in trouble. According to the happily-married duo, though, his speech was totally misunderstood.

Why is it that our society struggles to admit that marriage is work? Anyone in a good and happy marriage knows that daily effort is required for a successful relationship. It seems that people would rather hear that all is rosy and perfect in the land of Hollywood. Affleck should be commended for reminding all of us that what you love is worth the work.

**Related Link:** [What We Can Learn From "the Work" Celeb Couples Do](#)

**Don't take things too seriously.**

As a result of the media criticism for his acceptance speech, Affleck found himself having to clarify what he meant and took the opportunity to do so while hosting an episode of *Saturday Night Live*. During his monologue, with the help of his lovely wife, they showed fans that they were still in love and happy and could laugh and joke about the way the acceptance speech was construed.

Being able to laugh in a relationship is a vital part of happiness. It is important not to take things too seriously and to always try to find the humor in situations. There are endless factors that add stress to a relationship and can work cracks into any strong foundation. Laughter can often be the glue that keeps those cracks from splitting in half. There is something admirable about a couple who doesn't take themselves too seriously.

Garner and Affleck are a power couple who seem to have it all

together, but they remind us that the path to a happy ending can often be blocked with bumps and turns. Still, it is undoubtedly a path worth taking.

*Tammy Greene is a graduate of the University of La Verne. She has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is a contributing expert at HopeAfterDivorce.org, FamilyShare.com, LAFamily.com and [CupidsPulse.com](http://CupidsPulse.com). She is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website [curiosityqueststore.com/](http://curiosityqueststore.com/) and follow her blog, [married-and-naked.com/](http://married-and-naked.com/)*

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## **Q&A: Can I Ask My Boyfriend to Delete Facebook Pictures with His Ex?**





**Question from Stephanie K.:** *My boyfriend dated his high school sweetheart throughout college and they broke up two years before he met me. I just realized he's tagged in pictures with her from college. Is it wrong of me to be jealous about that? How do I ask him to remove those pictures?*

**Answers From Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): While no one likes to be reminded of their current boyfriend's ex's, the fact is everyone has a past relationship history. Your boyfriend does, and you do too. He was tagged in those photos well before you started dating, and it wasn't an issue until you realized that they existed. I'll bet that he has completely forgotten that he was tagged in those photos, and if you bring it up now, it's going to appear to him that you were "snooping" around in his stuff and that you're really insecure and jealous about the relationship. If your boyfriend is a great guy who treats you well in all other ways possible, then why let something so trivial as old photos bother you?

Paige Wyatt, Reality Star: Seeing pictures of your boyfriend

with his ex is always weird, and it's totally normal to be jealous. Sure, the pictures are nice memories for him, but they make you think that he's not over his past relationship. It is completely appropriate for you to ask him to take these photos down, but you have to do it in a way that won't make you seem controlling or jealous. When bringing it up to your boyfriend, you need to make him understand that the pictures bother you because it feels like the memories you make with him have to compete with the memories he had with her. Another way to explain it to him is to say that you want to be the only girl he thinks about and these photos make you wonder if he's still into his ex.

[Robert Manni, Guy's Guy](#): If it's simply about photos on Facebook, here are my thoughts: If, after two years, your boyfriend still keeps photos of his ex on his Facebook page, it's reasonable to ask him to take them down. As far as his being tagged with her on other people's pages, I suggest leaving that alone. However, from my experience, relationship issues are never that simple. Could it be that your concerns with his tagging are symptomatic of other looming issues or insecurities about your relationship? Is it because things are not working out the way you had hoped and the concern with tagging is really about your fear that "he's just not that into you" or that he's cheating? It's time to ask yourself what's your hesitation in speaking to him about this issue. It might be helpful to explore your own feelings before having "the talk." In any case, if he hesitates to take the photos down, that's a red flag. Remember that you deserve better.

For more information on our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

**Did you ask your partner to delete photos with their ex on Facebook? Share your story below!**



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# QuickieChick's Video Dating Tips: Real Life Impact of 'The Bachelorette'



By [E!'s Famously Single Dating Coach, Laurel House](#)  
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House discusses *The Bachelorette*.

# Dating Advice from E!'s *Famously Single* Laurel House on *The Bachelorette*

Did you ever think a reality television show like *The Bachelorette* could actually offer you valuable real world advice? QuickieChick and dating expert Laurel House didn't think it was possible...until this past Monday's dramatic finale. The surprise ending made her reflect on her own relationship history, and in this week's video, she reveals ten love lessons that she learned from Desiree Hartsock's journey.

For more information about our dating mentor, click [here](#).

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

Tell us: What did you learn from this season of *The Bachelorette*?

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## QuickieChick's Video Dating Tips: Getting Back with Your Ex? 10 Mistakes That I Made





By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on Getting Back With Your Ex**

Are you thinking about getting back with an ex? Our resident dating mentor Laurel House did...over and over again. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House outlines ten mistakes that she made, hoping to inspire you to avoid the same fate. "When you get back with your ex, you need to realize that this isn't a rosy relationship," the dating expert candidly shares. "You don't think that they can do no harm because you know they can. You've already been there; you've seen their dark side." Before moving forward, you have to address the reason for your split. You essentially have to take a step backwards first. Listen up for more helpful advice!

For more information about our dating mentor, click [here](#).

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

Have you ever reconnected with an ex? Share your story in the comments below!

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# Basic Principles to Score A Second Date



By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

Although first dates can seem scary, in reality, first dates are a science that can be easily mastered with just a few pointers. Once you feel confident about the first date, the option of a second date is inevitable. The main thing to remember is the key to the first date is being positive. This may sound cliché, but it's true: positivity is an extremely attractive quality.

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

To appear positive on a first date, focus on topics that you are passionate about and things that make you happy. This technique will show that you're a cheerful person who has depth. Being upbeat keeps the conversation light but not shallow. It's also a good way to find common interests with your date. However, if your major interest is politics, then you should probably choose a different route and talk about something else. Anything political can be unintentionally polarizing!

If you're too critical, you'll sabotage your date. The person you're interacting with doesn't know you (it *is* a first date), and it's way too soon to burden them with your emotional baggage or negativity. If you find yourself turning to downbeat topics, take a step back and change the course to something more light-hearted.

Another first date necessity is steering clear of both the friend and slut zones. To avoid the friend zone, try a lingering gaze, a flirty smile or even a quick touch, like a brushing of their arm. With that being said, there is a distinct line between flirty and slutty. Don't overdo sexual innuendos or be overly suggestive. Definitely don't sleep together on a first date if you're hoping for a second date. If you actually like this guy and the date went well, he should be excited to take you out on a second date without the expectation of sex afterward.

The next piece of advice for landing a second date is limiting alcohol intake on your first date. If you drink too much, you'll most definitely say or do something that is uncharacteristic to who you are and will embarrass you. And let's be honest, alcohol usually makes us much more likely to hook up!

**Related Link:** [Returning to the Dating World](#)

And the MOST important advice about landing a second date is to just be yourself! It's awkward and difficult to act like someone you aren't. Plus, why would you want to go on a second date with a guy who doesn't like you for you? After all, you're trying to find someone who likes, and maybe even will come to love, you for who you are, not for the façade you built on the first date.

If you follow these pointers, you are practically guaranteed an offer of a second date. And if this guy is worthy of you, always take the second date – you never know if Mr. Right is right in front of you.

*For more information about Project Soulmate, click [here](#).*

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## Solo Parenting: Reconsidering Your Ex





By Cynthia MacGregor for [Hope After Divorce](#)

You've been divorced a while—maybe six months, maybe more than two years—and nobody better has shown up to tempt you. What's more, parenting as a solo act has proven to be a heavy burden. And on top of that, the kids haven't given up pestering you about getting their dad to move “back home.” You'd think by now they'd be used to the new order of things, but no, they're relentless about wanting Daddy to return. And you're tired of hearing them “singing the same old song.”

The last time he came to pick them up, you looked him over and started remembering all of his good points—and forgetting all of the bad ones. You remembered how funny he could be, how good he was with the kids, how kind he was to your mother... and you saw how happy the kids were to see him.

**Related Link:** [The EX Word](#)

You remembered the night before, when you'd gotten home from work exhausted and still had to make dinner, supervise homework, get on the kids' cases about room-cleaning, nag

Jeffrey about walking the dog and Jennifer about changing the cat's litter box. You had to hassle them about bedtime, and once they were finally tucked in, you had to wash up the dinner dishes and start the first of two loads of laundry. By the time you fell into bed, you were too exhausted to fall asleep and had done *nothing* for pleasure or relaxation all evening.

Oh, how different it would be, you think, if you had a spouse, a partner, a man in your life to help shoulder the burden. (And what a heavy burden it seems at the moment to be.) What about your ex? He had his faults, but he was a good father. There's no taking that away from him, whatever else there is to say...

Stop right there! "Whatever else there is to say?" What else *is* there to say? Plenty, I'll bet, if you think back and give the marriage an honest appraisal! Why did you call it quits in the first place? Not on a whim, I'm sure. You had your reasons, and they were most likely valid ones. Remember?

Now, fast-forward in your mind. Imagine you've gotten back together with the man. Imagine how overjoyed the kids are. Imagine how relieved you are—at first—to have help with the kids and in general. Then remember all his faults or flaws, all the reasons you gave up on the marriage in the first place. What has changed? Probably nothing. Now picture yourself asking him to leave—again. Finally, picture the kids' reaction when Daddy leaves for the *second* time. Not a happy picture, is it?

**Related Link:** [Must We Remain Friends With Our Ex-Husband?](#)

So, is remarrying your ex the answer to your problems? In all probability, no. Is remarrying your ex going to make your kids happy? In the short term, sure, but in the long term, when he leaves again, definitely not! And thinking that "this time, things will be different" is almost certainly a fantasy.



Reconsidering your ex? Better think twice—not just for your own sake but for the kids’ sake too.



*Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include “After Your Divorce,” “Divorce Helpbook for Kids,” “Divorce Helpbook for Teens,” “Solo Parenting,” “‘Step’ This Way,” and others. Forthcoming books include “The One-Parent Family,” “Why Are Mommy and Daddy Getting Divorced,” and “Daddy Doesn’t Live Here Anymore.” She hosted and produced the TV show “Solo Parenting,” which was broadcast in*

*South Florida over WHDT. Cynthia writes for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Contact Cynthia at [Cynthia@cynthiamacgregor.com](mailto:Cynthia@cynthiamacgregor.com), and visit her website.*

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## Dating Again: How to Move On After a Breakup





By Marni Battista

Moving on after a breakup can be tough. At Dating with Dignity, we don't think the best way to get over your ex is to get *under* someone else! Julianne Hough and Ryan Seacrest are one Hollywood "It Couple" that recently ended their relationship, and it looks like at least one of them has moved on. Rumors have it that Seacrest has already bagged himself a new lady friend, while Hough still wants him back. If we could advise the bubbly blonde on how to pick herself up again, here are the tips we'd give her:

**Related Link:** [Lessons from Justin and Selena: Should You Get Back with Your Ex?](#)

**1. Put YOU first.** When you go through a breakup, it's extremely important to make sure you take care of yourself first. Even if you saw it coming or it was a decision you know is for the best, it's important to allow yourself time to grieve the loss. Take this opportunity to get back to your fitness regimen, reconnect with old friends, start an activity that perhaps you've put aside for a while or even take a solo

weekend vacation. Take some time to feel sad (after all, it's normal to be sad) and remember what you enjoy about yourself.

**2. Don't be afraid to say yes to dates.** If you get asked out at your local coffee shop or at a friend's birthday bash, **say yes**. Even if you feel it might be too soon to launch into a super-serious relationship, saying yes to an evening of flirting or a nice dinner won't hurt. It's important to let yourself be seen by someone who doesn't know your "story," and it allows you the opportunity to get back to being *you*. Plus, it feels good to be pursued!

**3. Have fun with girlfriends.** When you're in a long-term relationship, you often forget about girl time. Take this opportunity to reconnect with your friends: go out for a night on the town, have fun and take pictures of how much fun you're having to anchor to the new life you're creating. Posting photos on Instagram or checking in on Foursquare to that hot new restaurant opening is totally fine by us too. While the urge to stay in your cave may be strong, trust us that it's important to get your "girl" on and put yourself back in social situations.

**4. Remember that it's okay to be single!** Even though it sucks when you don't have a date to the next summer wedding or a go-to Saturday night plan, creating the life you want has to start with you and you alone.

**Related Link:** [Lessons We Can Learn from Taylor Swift, Queen of Heartbreak](#)

Coming from a place of fear that "I'll never meet anyone" or "I'm getting too old" will only lead you down a path you don't want to be on. Relish in the "what's good" about being single and make a list of the things you get to do now that you have more time. Read more books, develop deeper friendships, focus on completing projects that kept getting put on the back burner, go to sleep when *you* want and cherish that the remote

control is all yours.

If Hough took our advice, we think she'd be well on her way to getting over her breakup with Mr. American Idol. Remember: there are plenty of (taller) fish in the sea!

*Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).*

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## QuickieChick's Video Dating Tips: Ways to Know If He's Ready for Marriage





By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on Marriage**

How do you know if your guy is ready to take the next step in your relationship and get married? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares the questions you should consider in order to figure out if you're the one he wants for the rest of his life. And, of course, you have to first decide if you're ready to spend forever with him. Plus, the dating expert tells you how to ensure that you're not coming across as too needy and how to deal with your man if he's acting desperate.

*For more information about our dating mentor, click [here](#).*

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

**How did you know when your partner was ready for marriage?**

Share your thoughts in the comments below!

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## Bachelorette 9, Episode 8: Meeting the Families



By [Jared Sais](#)

This week's episode of [The Bachelorette](#) hit close to home...literally. Desiree toured the country, visiting all of the guys' hometowns and meeting their families. She seemed to take this opportunity to reaffirm how she feels about each contestant, and luckily, each family was welcoming to her.

Her only somewhat-negative experience was with Zak's family, as they may have come across to her as a bit campy. She made an "aw face" while they were singing to her, which is characterized by:

- Raising the inner corner of the eyebrows
- Lowering the outer corners of the mouth
- Swelling of the lips
- Occasionally tilt of the head

It can seem like a look of sadness, but it's really more akin to the expression someone makes when looking at a cute dog or baby. This non-verbal cue could mean that Des was genuinely touched by the gesture, or she could've been trying to be nice. It could also have been a look of pity. It didn't matter in the long run, though, since she sent Zak packing at the end of the episode.

**Related Link:** [Bachelorette 9, Episode 7: Confession in Madeira](#)

Ultimately, though, I believe that all Desiree wanted was proof that Drew's family is fun and loving, which she definitely got. She made it clear last week that she's made up her mind about who she's going to choose, and to me, the hometown dates only confirmed that fact.

This episode, perhaps more than any other episode of *The Bachelorette*, is applicable to our own lives. When you meet your significant's other's family, how do you think they feel about you? Here are some cues to consider.

### **Signs That Your Partner's Family Likes You**

- **They give you real hugs.** Real hugs are tight and last a long time. If it concludes with the rubbing of the back of your neck, you know it's a real hug.

- **Their smiles are genuine.** When someone offers you a genuine smile, crow's feet appear in the corner of the eyes, the cheeks are pushed up and the corner of the lips rise.
- **They stay close to you.** Family members will sit next to you and position you in the middle of the group. They invite you into their personal space, which is less than four feet from them according to Edward T. Hall.
- **They want to get to know you.** They ask you about your interests, your likes and your dislikes.
- **They invite you to future events.** Such invitations are a clear indication that they like you and want to see you more.
- **They're eager to serve you food and beverages.** People who like you want to make sure you're taken care of and happy.
- **The ex isn't mentioned.** They rarely discuss your partner's ex, and when they do, it's to comment on your superiority.
- **They give thorough answers to your questions.** People who like you will take their time in responding to you. They may even seem to ramble when they tell stories because they enjoy your company and want to maximize the amount of time that they spend with you. Tedious as it can be, try to think of it as a type of initiation.
- **You're a part of family stories.** They start telling anecdotes about things that occurred while you were in their company, which really indicates that they consider you to be "one of them."
- **They treat you as a member of the family.** If your significant other's mother or father asks you to set the table or perform a different household chore, it's another indication that they view you as a member of the family.
- **They offer compliments.** Take it as a good sign that your partner's family showers you with praise.



- **You feel wanted.** Trust your gut. Stay attuned to the vibes – good or bad – that you pick up.
- **They stretch out their goodbyes.** It's hard to say goodbye to people you like or love. When leaving your partner's family, look for signs of sadness. For example, their voices might lower. They might also give you multiple hugs and kisses.

**Related Link:** [Bachelorette 9, Episode 6: Drama in Barcelona](#)

### **Signs That the Family Doesn't Like You**

- **They give you fake hugs.** When someone gives a fake hug, their butt is pointed out. The hug is quick and may consist of only a single or double tap on the back.
- **Their smiles aren't sincere.** Fake smiles only engage the lower half of the face. There is a total lack of eye movement.
- **They keep their distance.** They maintain space between themselves and you. Perhaps they scoot their seats away from you, lean back in their chair, choose a seat that's far away from you or find tasks to perform to avoid speaking to you.
- **They're uninterested.** They don't ask you questions about yourself or perhaps they simply exclude you from the conversation.
- **They exclude you from family events.** You notice that they never include you in their plans for family activities.
- **They glorify your partner's ex.** They speak very highly about your partner's previous relationships yet never compliment you.
- **They're not conversational.** They offer short responses to your questions.
- **They're reluctant to compliment you.** They rarely say nice things about you.

- **They have private conversations.** They often take your partner aside to have private conversations that are most likely about you.
- **It's impacting your partner negatively.** Notice your partner's mood. If they seem upset or angry, it may be because they are frustrated by having to defend you to their family.
- **Your partner emphasizes your strengths.** If your significant other starts describing you as the funniest, most brilliant person in the world, it's probably his attempt to ingratiate you to his family.
- **They say an unemotional goodbye.** When you leave them, they use casual phrases like "take care" or "see ya." They may also say goodbye in a silly or high-pitched tone.

Meeting the family can be a daunting next step in your relationship. With these non-verbal and verbal signs in mind, however, you can determine how they feel about you and respond accordingly. Good luck!

After watching this week's episode of *The Bachelorette*, how do you think meeting the families will impact Desiree's final decision?

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## The Four Biggest Myths About Men





By Janeen Diamond for [Hope After Divorce](#)

**“Some men are actually very afraid of roller coasters.”**

We women think we have men all figured out. Many of us believe they only care about three things: sex, food and sports. But the reality is, they are human beings who experience human emotions, and the sooner we accept that fact, the sooner we will begin to experience true joy in our relationships.

Let’s consider Billy Ray Cyrus for a moment. After 19 years of marriage, his wife Tish has filed for divorce, citing irreconcilable differences. Billy seems like a pretty good guy. I’m sure he has his issues, but then so does Tish. He and his wife have five kids, and he seems supportive of his family – that’s no small thing. It’s apparent that the two of them have difficulty getting along at times, but who doesn’t?

**Related Link:** [Making Sure You Do What’s Best for the Kids](#)

My advice to Tish would be to step back for a moment, stop talking to your girlfriends about your marital problems and talk to Billy instead. Consider the good that exists in your

relationship, and remember that no one can ever take his place as a father to your children. Think ahead to the grandchildren. How nice it would be to have your family intact at that stage of your life so you can enjoy each other in the most intimate way? No deciding where the kids go for weekends and holidays; instead, everybody is together always. Now why didn't I think of that years ago?

My experience has led me to the conclusion that sometimes the things we tell our girlfriends about our husbands are often based on our own fears and are not always reality. There are four myths about men that we've all been holding onto for way too long. Let's discuss:

**Men don't really care – about anything.** Most men actually do care. They care about their wife and family very deeply. They care about making you happy, and they even care about the way they look. The reason women believe men don't care is because we think they don't listen. The truth is, they just listen differently than we do.

**Men have no fears.** When your teenager wants to go on the roller coaster you refuse to ride, you ask your husband to take her because he couldn't possibly be afraid of a roller coaster. Some men are actually very afraid of roller coasters. Men worry about a lot of things. They worry about finances; they worry about what's going on at work; and they feel a lot of pressure to make sure you're happy. They actually spend more time worrying than we do because they carry a lot of responsibility on their shoulders.

**Men are emotionally detached.** Men have emotions. They may not always show them because they are expected to hide the fact that they are sad or scared. They're supposed to be our rock. Share in their emotions, and they will connect with you on a higher level.

**Related Link:** [10 Signs He's Not Really Committed](#)

**Men are confrontational and demanding.** A good, responsible man will communicate with you effectively. If you're doing the same, there will be no demands and no confrontations.

Ask yourself if you are doing everything you can to bring out the best in your husband. Decent, hard-working, responsible, loving men are wonderful human beings who want a meaningful relationship with their wife. They want to care for you on every level, so let them. And then return the favor.

*For more information about Hope After Divorce, click [here](#).*

*Janeen Diamond was a newscaster for KUTV News until 2001. Since then, she has been actively producing commercials and special programming through her company, "Your TV Spot." She has hosted several television and internet productions and has been a spokesperson for many products and companies. She authored her first book, "Save Your Marriage in 30," hoping to help families have greater success and live happier lives. She is co-creator of "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. Janeen is a contributing expert for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Visit Janeen's websites [saveyourmarriagein30.com/](http://saveyourmarriagein30.com/) and [teenimpact.org/](http://teenimpact.org/) or follow her blog [saveyourmarriagein30.blogspot.com/](http://saveyourmarriagein30.blogspot.com/)*

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## **Bachelorette 9, Episode 7: Confession in Madeira**





By [Jared Sais](#)

As the ninth season edges closer to its finale, Desiree opens up about her true feelings. Read on to find out who I think will ultimately win her heart...

**Related Link:** [Bachelorette 9, Episode 6: Drama in Barcelona](#)

### **One-on-One Date with Brooks**

Desiree and Brooks certainly have a lot to talk about! They tend to get so engrossed in conversation with each other that they block out the rest of the world – a significant sign of compatibility. Their non-verbal communication is equally telling. Their body language mirrored each other as they chatted, something found in couples who are truly in love. Furthermore, when Desiree discussed her feelings for Brooks, she nodded to confirm what she was saying. If she had been lying, she would have shaken her head “no” when she said that she was “at the finish line.”

They are a perfect couple, and it’s clear that Brooks is going to be the winner. The best indication of that is the contrast

between her interaction with Brooks and her interaction with the others guys. When she's with Brooks, her smiles last longer, and her eyes widen more. Plus, she goes in for kisses more frequently.

### **One-on-One Date with Chris**

It looks like Chris is going to be the runner-up. The bachelorette definitely cares about the Oregon native. She was truly touched by his poetry and is attracted to his blatant masculinity. They have some chemistry, but there's still something missing. Desiree doesn't latch onto Chris the way she does to Brooks. She kisses Chris the way one would kiss a best friend rather than a lover. It's no secret that Chris is more interested in the brunette than she is in him. If Brooks weren't on the show, though, I think Chris would be the winner.

On a scale of one to ten (one being friendship, ten being love), Brooks comes in at nine, and Chris ranks at seven. Brooks is in the lead, but the score is extremely close. Things could change drastically when Des meets their families next week.

### **Two-on-One Date with Drew and Zak**

I thought from the beginning of this date that whoever wins the go-kart race will get a rose – either on the date or at the rose ceremony. Desiree isn't likely to decide who stays and who goes based on looks but by personal connection. Drew lacks confidence and kept looking downward during their time together. There is something about him that I find very off-putting. Based on the beauty's unenthusiastic reaction, I doubt that either of them will come close to beating the front runners.

**Related Link:** [Bachelorette 9, Episode 5: Finding Love in Germany](#)

## Ranking

My order remains: Brooks, Chris, Zak and Drew. These last two could easily be switched, but I listed Drew last because I feel that his intangible “off” quality will impact Desiree’s decision.

What do you think about our expert’s predictions? Share your thoughts in the comments below!

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# QuickieChick’s Video Dating Tips: ‘Bachelorette’-Based Ways to Know If He’s Using You







By [E!'s Famously Single Dating Coach, Laurel House](#)

## **Dating Advice from E!'s *Famously Single* Laurel House on How to Tell if Someone is Using You**

If we've learned anything from this season of *The Bachelorette*, it's that men are pretty good at faking their feelings and only pretending that they're into you. Poor Desiree Hartsock has been fooled by not one but *three* contestants so far: Brian had a girlfriend at home; Bryden left because he wasn't "feeling it;" and James was only on the show because he hoped to be the next *Bachelor*. So how can you tell if your guy is just using you? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for figuring out what men are genuine and what men have crummy intentions.

For more information about our dating mentor, click [here](#).

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Have you ever been used by a guy? Share your story in the comments below!

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# How to Celebrate the Fourth of July With Your Guy



By [David Wygant](#)

The Fourth of July is upon us – can you believe it? Before you know it, Labor Day will be over, and just as you start to catch your breath from that, it's Christmas time. An important part of any happy relationship is celebrating the holidays and

enjoying your special traditions. So how do you start a new Fourth of July tradition that your man will remember for years to come?

**Related Link:** [How to Celebrate a Fourth of July-Themed Wedding](#)

First off, it seems like everybody looks for a neighborhood barbeque or hot party for this summer celebration. For me, that's a bit of a cliché. You need to do something fun and different with your guy, something a little more private but still patriotic.

Maybe start the holiday off with breakfast in bed. Then go for a swim or a hike, an activity to get your heart pumping. Men love to show off their athletic skills, so take advantage of an extra day off from work and explore nature together.

At night, find a place that you can watch fireworks and bring a blanket and picnic basket filled with his favorite food. As the saying goes, "the way to a man's heart is through his stomach." Don't forget to pack a bottle of wine or champagne too!

Once you head back home, light some candles to set a romantic mood. Give each other massages as you talk about your favorite part of the busy day. Now, it's time for the real fireworks. I truly believe that, in a loving and passionate relationship, the fireworks should be in the bedroom and not in the sky. How about getting things started by being that sexy little Miss America he always wanted?

**Related Link:** [David Wygant's Book 'Naked' Teaches Us How to Reveal Ourselves When Dating](#)

By sharing such a special date together, you really connect emotionally. Think how fondly people remember certain Christmas or Thanksgiving traditions. These things are emotionally engraved in our hearts, and you want to make sure

you're engraved in your man's heart.

I promise you – plan this date, and he'll do pretty much anything you want until Labor Day!

For more information about David Wygant, click [here](#).

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## Bachelorette 9, Episode 6: Drama in Barcelona



By [Jared Sais](#)

This week's episode of [The Bachelorette](#) was certainly eventful! James' off-camera comments cast suspicion on his

motivations for being on the show and his true feelings for Desiree, causing emotions to run high and loyalties to be questioned. Here we go...

**Related Link:** [Bachelorette 9, Episode 5: Finding Love In Germany](#)

### **Drew's One-on-One Date**

The constant kissing was cute at first, but after a while, it just started getting tedious. That said, there's a noticeable contrast between the first kiss that Drew and Des shared (at the start of their date) and their kiss when he stole the bachelorette away from dinner. The first one lacked intimacy, while the other one was very passionate. At first, it almost seemed as if Drew was kissing Desiree in order to prove his worth as a contestant, making me think that he doesn't really like her as much as he wants to let on.

However, I love that he waited to get the rose before talking about James – it was a smart move.

### **Drama with James**

James caused a lot of trouble when he pointed out that if he makes it to the top four, he'll have a chance to be the next [Bachelor](#). Although he made this comment during a private conversation off-camera and didn't expect for Casey and Drew to expose his true intentions, there was still some dishonesty and covering up on his part. Ultimately, though, I don't think that he's a bad person; I think his words were taken out of context.

Even so, James did exhibit a lot of signs associated with lying when he was explaining to Desiree what he actually said during that controversial conversation. The following non-verbal cues could indicate that he wasn't being truthful:

– He kept his hands in his pockets, suggesting that he was

defensive.

- He took long pauses.
- He was overly argumentative.
- He stood up and behaved like a bully.
- He licked his lips before speaking. When you lie, your mouth gets very dry because lying puts a lot of stress on the body.
- He said, “No, ma’am,” which suggests that he was trying to further the distance between himself and the story he was telling. Hearing James say this phrase to Desiree set off my alarm and hinted that, perhaps, he really *did* say something detrimental during that private conversation.

To be fair, though, James also exhibited some non-verbal communication that indicated honesty, including:

- Bulges formed on top of his inner eyebrows as he was speaking, which is an indication of true sadness. He was truly contrite about the situation.
- He didn’t use too much eye contact. Often, experienced liars will maintain eye contact in order to see if the person they are speaking to believes them. His steady eye contact suggested that he was truly apologetic.

**Related Link:** [Bachelorette 9, Episode 4: Atlantic City](#)

Now that I have thoroughly analyzed James’ non-verbal cues, I can say that, regardless of his true feelings for Desiree, he would make an excellent salesman. His last conversation with Desiree was, essentially, a sales pitch to keep himself on the show. He played it perfectly – although I believe that about 85 percent of what he said was a lie. I have to credit him for his perspective: if he doesn’t end up marrying Desiree, he could very well end up as the next bachelor.

On another note, the rest of the guys are trying to pass themselves off as a bunch of goody two-shoes. Their thoughts may only be on Desiree, but that isn’t practical; after all, only one of them will end up winning her heart. They don’t

have the same realistic expectations as James, but with that said, just because James is logical doesn't mean that he's honest.

Additionally, I think that the guys' argument that "if you love Desiree, you won't think about any other girl" is unfair. I agree that if you love someone, you shouldn't be thinking about anyone else, but I think it's wrong for these men to be applying their own emotions to James. Maybe he just isn't in love with the brunette beauty just yet.

Stay tuned for next week's romantic dates in Madeira!

**What do you think about Desiree's remaining guys? Share your thoughts in the comments below!**

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## **Celebrity Couple Predictions: Jennifer Aniston, Julianne Hough and Kim Kardashian**





By Shoshi

For today's expert post, I want to look at the energy of three celebrity couples who have been plagued by rumors this summer: Jennifer Aniston and Justin Theroux, recently-split Julianne Hough and Ryan Seacrest and new parents Kim Kardashian and Kanye West.

**Related Link:** [Celebrity Couple Predictions: Halle Berry, Jada Pinkett-Smith and Heidi Klum](#)

**Jennifer Aniston and Justin Theroux:** It's no surprise that these two lovebirds postponed their wedding – I think even Stevie Wonder could've seen this one coming. There's definitely some conflicting energy around this relationship. Let's dissect it, shall we? The top reason for the wedding being postponed is that Brad Pitt and Angelina Jolie are getting hitched this summer too, and Jennifer Aniston doesn't want her wedding close to the same time. Can you blame her?

The other rumor is that she and Justin Theroux are just too busy to get married. Now, I can't help but question this



excuse. When people are ready to spend the rest of their lives together, the last thing they'll let stand in the way is their hectic schedules. After all, it's not like the two of them can't afford to take some time off.

When I look at Theroux's energy, it reveals that he isn't the marrying type. He can feel committed to someone *without* a ceremony. There's nothing wrong with that perspective as long as Aniston is fine with it.

He also feels like he doesn't have any control in the relationship. For instance, after planning to live in New York, Aniston said it felt like a fishbowl and moved the couple back to Los Angeles. Even so, Theroux has been spotted checking out places to live in downtown New York. Aniston has taken Theroux out of the playground where he feels most like himself, which tends to be a big damper on a relationship, especially for men. If Aniston doesn't allow Theroux to feel comfortable, he'll seek that feeling from someone else. Their love can go either way at this point!

**Julianne Hough and Ryan Seacrest:** Since this adorable couple broke up in March, everybody is on Ryan Seacrest-dating watch. Who will he date next? And will he get back together with Julianne Hough? The spirits say no; he's ready to move on.

Hough, on the other hand, is trying to win the television host back – she has her eye on being Mrs. Seacrest. Unfortunately, it's so not going to happen. Seacrest definitely cares about her, but she's just not the kind of partner he wants/needs as he builds his empire. It also doesn't look good that Hough has been partying like a college girl in recent months. She's screaming for attention from her ex, but instead, she just needs to look for love elsewhere.

**Related Link:** [Kim Kardashian and Kanye West Welcome a Daughter](#)

**Kim Kardashian and Kanye West:** Little North West arrived five weeks early, much to the delight of her parents, Kim

Kardashian and Kanye West. After the baby's name was announced, people immediately started saying that this famous pair were already bad parents.

Looking at their energy, I think West is going to be a pretty good dad. As for Kardashian, she'll have a bumpy time at first because the baby girl will feel more comfortable with her dad. The reality star will try a little too hard to be a "good mother," which will ultimately hurt her parenting skills. Plus, North will be the number one priority for West, leaving Kardashian a bit jealous. While West and Kardashian love the spotlight, the rapper will have a better grasp on why it's important for their bundle of joy to *not* be a part of the entertainment business until she's a bit older. When the time is right, though, North West will be a mini-mogul following in the footsteps of her parents. Mark my words!

*For more information on Shoshi, click [here](#).*