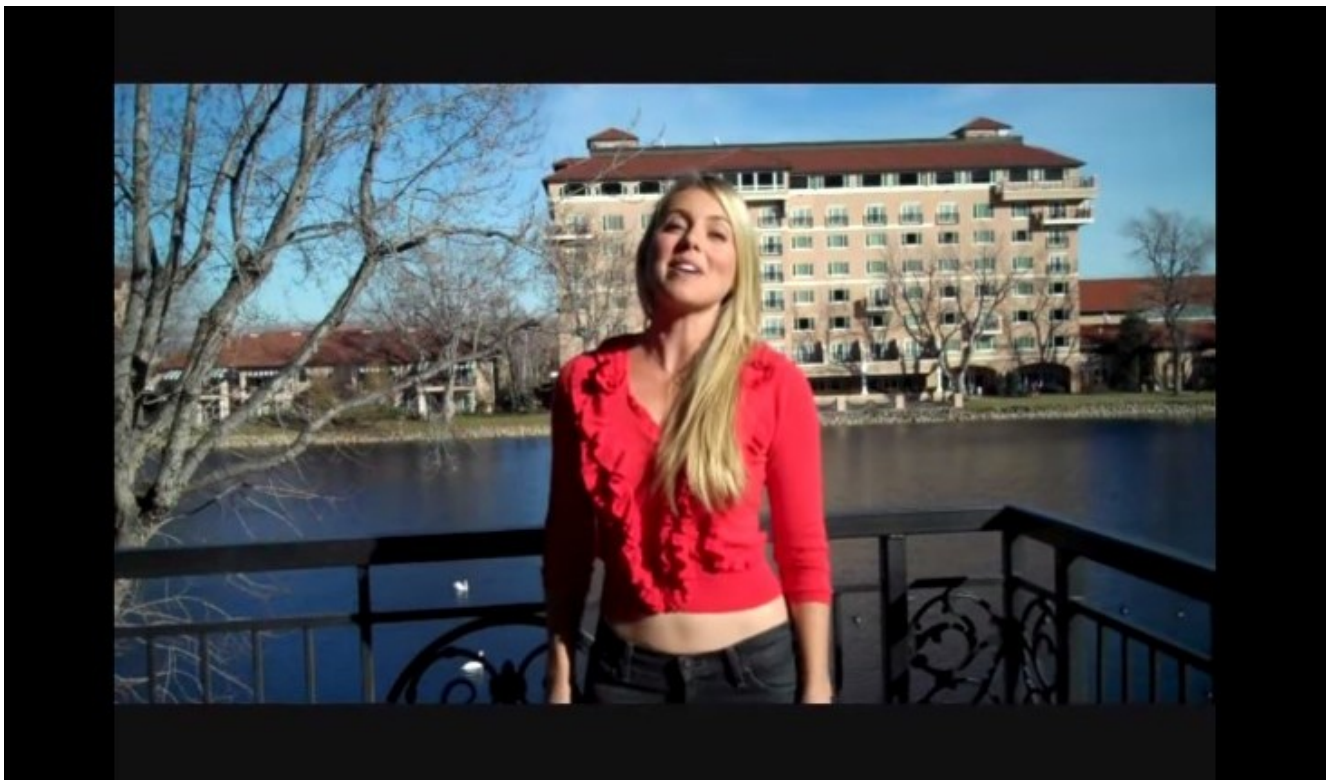


QuickieChick's Video Dating Tips: Meeting Your Partner's Family Over the Holidays



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

Dating Advice from E!'s *Famously Single* Laurel House on Meeting the Family

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares her advice for meeting your partner's family for the first time, just in time for the holidays. What should you discuss prior

to the trip? Where should you stay: in your childhood bedroom or at a nearby hotel? Should you bring a gift? How can you fit in alone time to keep you two on track as a couple? Watch this week's QuickieChick's Video Dating Tips and feel prepared to take this next step in your relationship!

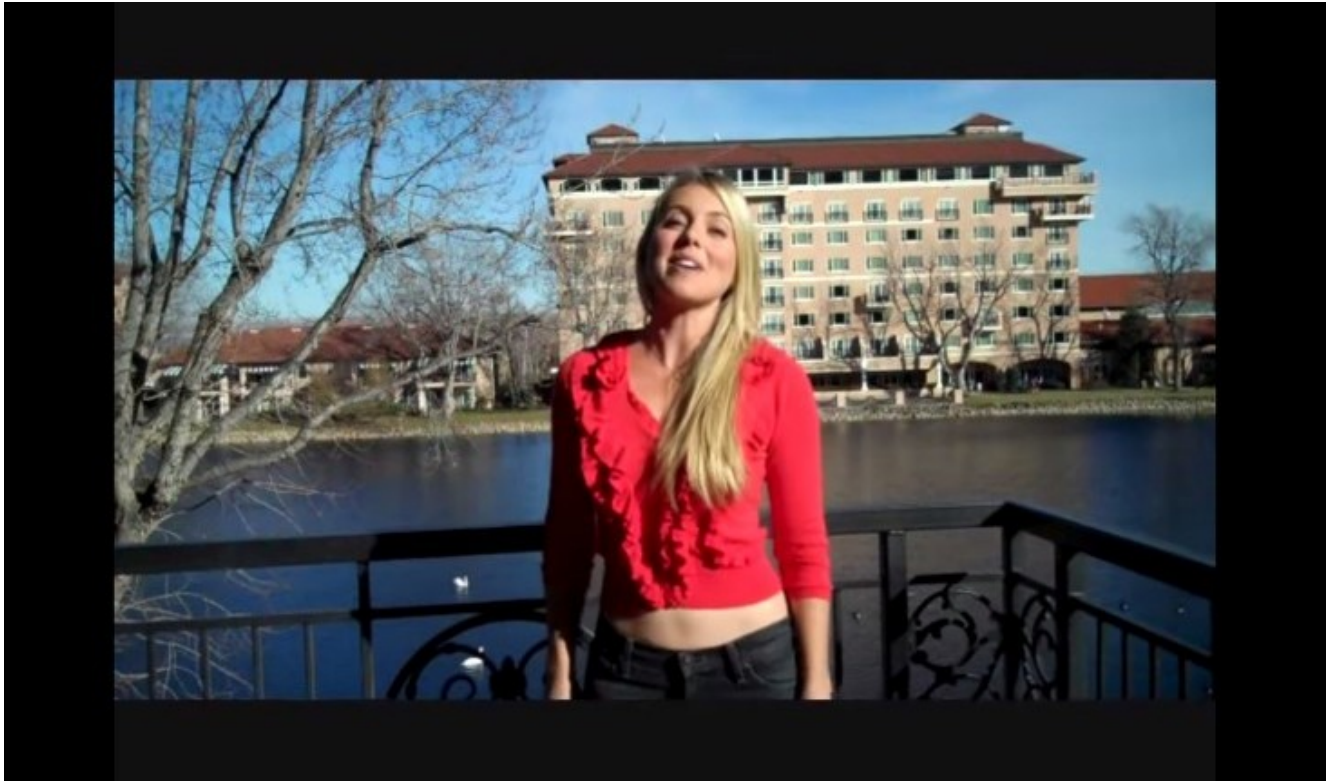
For more information about our dating mentor, click [here](#).

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

How did you prepare for meeting your significant other's family? Tell us in the comments below!

Argo Style Study: How to Get Affleck's '70s Look





By Ben Holbrook

It's been a while since Ben Affleck's overly-chiselled jaw has graced the big screen, and his latest movie, *Argo*, is a far cry from his days as a blind *Daredevil*. Affleck directed, produced and gave himself the lead role in this CIA action thriller, set in the late '70s. Whether it'll win him another Oscar (yes, he got one for *Good Will Hunting*) is not for us to say, but there's no doubt that men across the world be looking for ways to get that bold, but subtle, cop-about-town look. Here are a few of the vital ingredients:

Herringbone Jackets – The Essential Chevron Weave



Throughout the movie, and the late '70s, Herringbone suits and jackets can be seen almost exclusively. Herringbone gives a

smart but down to earth kind of feel, and practical for day-to-day wear. For a more modern vibe take note of the lapels; the larger they the more you'll look like one of Starsky and Hutch's friends. Of course, if you are really trying to nail that '70s look – the bigger the better!

Related Link: [What to Wear to Meet His Family](#)

Where to find them?

Most menswear stores will have a good selection of Herringbone jackets, although full suits can be harder to find. For the real deal, check out your local charity shops and vintage stalls who will carry a small but authentic range of jackets.

Flannel Shirts

For the casual look, worn without a tie, you want earth-toned flannel shirts – don't be afraid of the washed out look. Darker colours give more of a '70s vibe, but you can wear brighter colors for a more modern look. Affleck also dons another classic style of the era: the denim shirt.

Related Link: [What to Wear on a First Date](#)

Where to find them?

With recent revival (some say saturation) of the good old-fashioned worker's shirt, authentic-looking flannel shirts can be bought from all menswear stores. You can also get the vintage look by buying them secondhand from your local charity shop or vintage clothing stalls where you'll find them in bulk and at rock-bottom prices. There are also specialist stores on ebay that sell a mix of new and vintage designs.

Chunky Ties

Forget skinny ties, after watching Argo men will be delving

back into their father's wardrobes, digging out the chunky styles of the '70s and early '80s. Heavy fabrics and simple colours added to a simple shirt with (optional) large collar, there's nothing that says "I'm in charge" quite like these bad boys!

Where to find them?

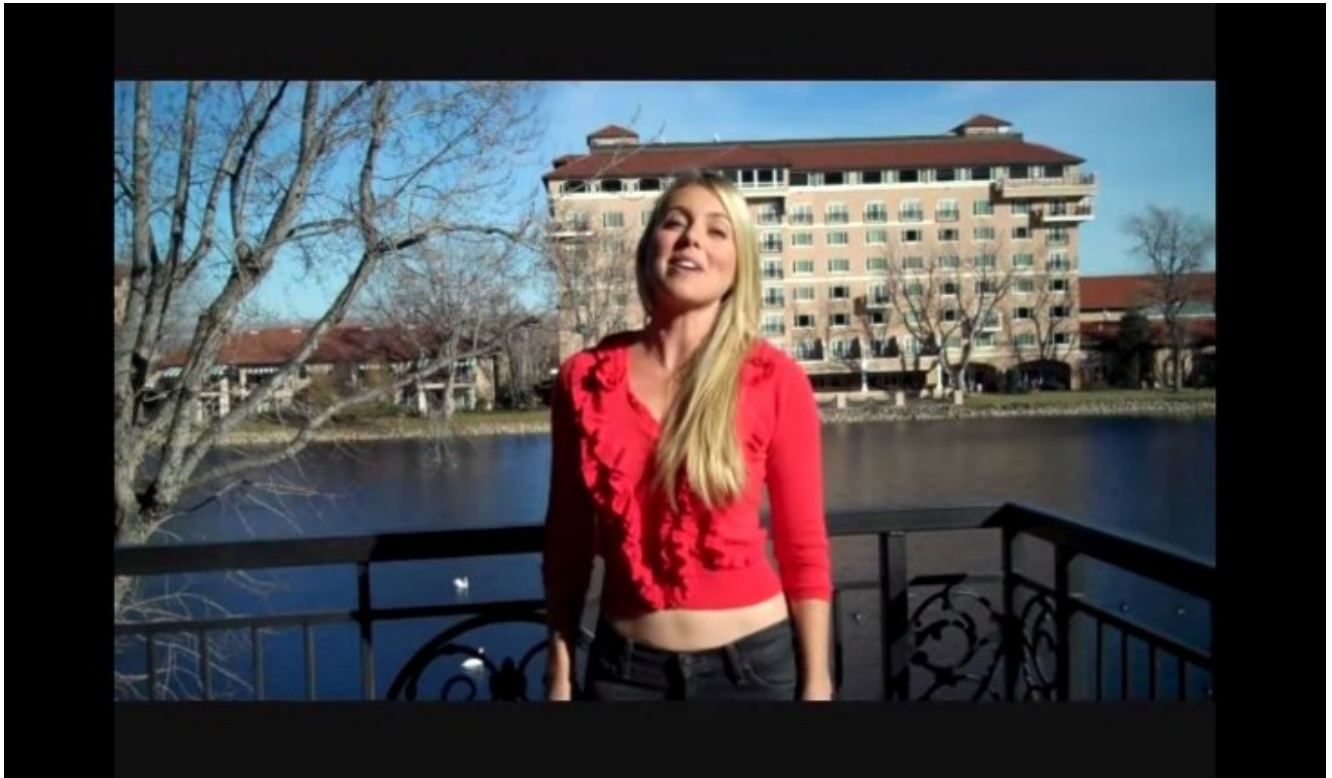
Have a look in your father/grandfather's wardrobe, no doubt they'll have plenty in the style you are after. If not, check out charity stores that will sell them off for next to nothing, or check out a car boot sale. They don't really make them like this anymore, so you'll need to buy vintage to get the right look.

'70s/Argo Style Tips:

- Don't ruin the look by wearing a modern, brightly coloured watch. Instead, make sure to wear something complimentary, perhaps with a silver or gold strap.
- Brown or black leather shoes will work well with these simple fabrics, Ben Affleck wears a brown pair of cowboy boots with his more causal outfits.
- Dark denim jeans work perfectly with herringbone jackets and a slight flair at the bottom will finish off the '70s vibe.

Ben Holbrook is a fashion writer for Miinto, where you can find fashion inspiration and designs from fashion boutiques across Europe.

Three Steps to Stress-Free Holiday Dating



By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

November is a great time to nail down all of your holiday plans, especially if you're in a newer relationship, like Eva Mendes and Ryan Gosling. Will you spend these special days together? If so, where? If you have been together for a while, like Evan Rachel Wood and Jamie Bell, will you be with family? If so, which one and on which holiday? These seem like very simple decisions, but it they can make for some serious arguments if not addressed and handled properly. Before you get overwhelmed with too many questions, here are three easy ways to keep your [relationship](#) stress-free during the holidays:

Related Link: [Three's a Crowd: Four Perfect Couples Holidays](#)

Step 1: Meeting the family. Family can be stressful under the best of circumstances for all of us, especially during the holidays. One key to your relationship surviving is being respectful and supportive of each other while spending time with each other's family. Remember, you are potentially starting a life together. Thus, these people may remain in your life for quite a long time. The good news is that holidays are technically only three days out of the year; so it's time to buck up, babes, and have fun!

Step 2: Healthy Boundaries. The holidays are a time to be social and celebrate, especially when it comes to New Year's Eve. Before entering this time together, it is a good idea to set up behavioral boundaries and be clear about what exactly that means. This time of year, more than any other, is when "champagne" tends to flow, making it easier for tempers to flare. Therefore, strong healthy boundaries and an open dialogue are vital for tranquility.

Related Link: [Date Idea: Document The Romance With A Flash](#)

Step 3: Bonding While Giving. The holidays are meant to be a time for meaningful bonding. Yet for some, they can also be a lonely and difficult time. A wonderful way to create unity is by volunteering your time as a couple. While you may not be like Lady Gaga, who generously donated a million dollars, or Rihanna, who kindly donated 1000 sleeping bags, but your time is equally as important and needed. With all of the recent disasters caused by Hurricane Sandy, volunteering together at food banks, senior citizen centers, homeless charities or at one of the many disaster locations allows you the opportunity to accomplish two things at once; 1) it is a way for you to connect to your community, and 2) strengthen your relationship. This Thanksgiving, why not truly stand in gratitude? In the end, you and your partner will feel better about doing so and have heartfelt memories to share in the

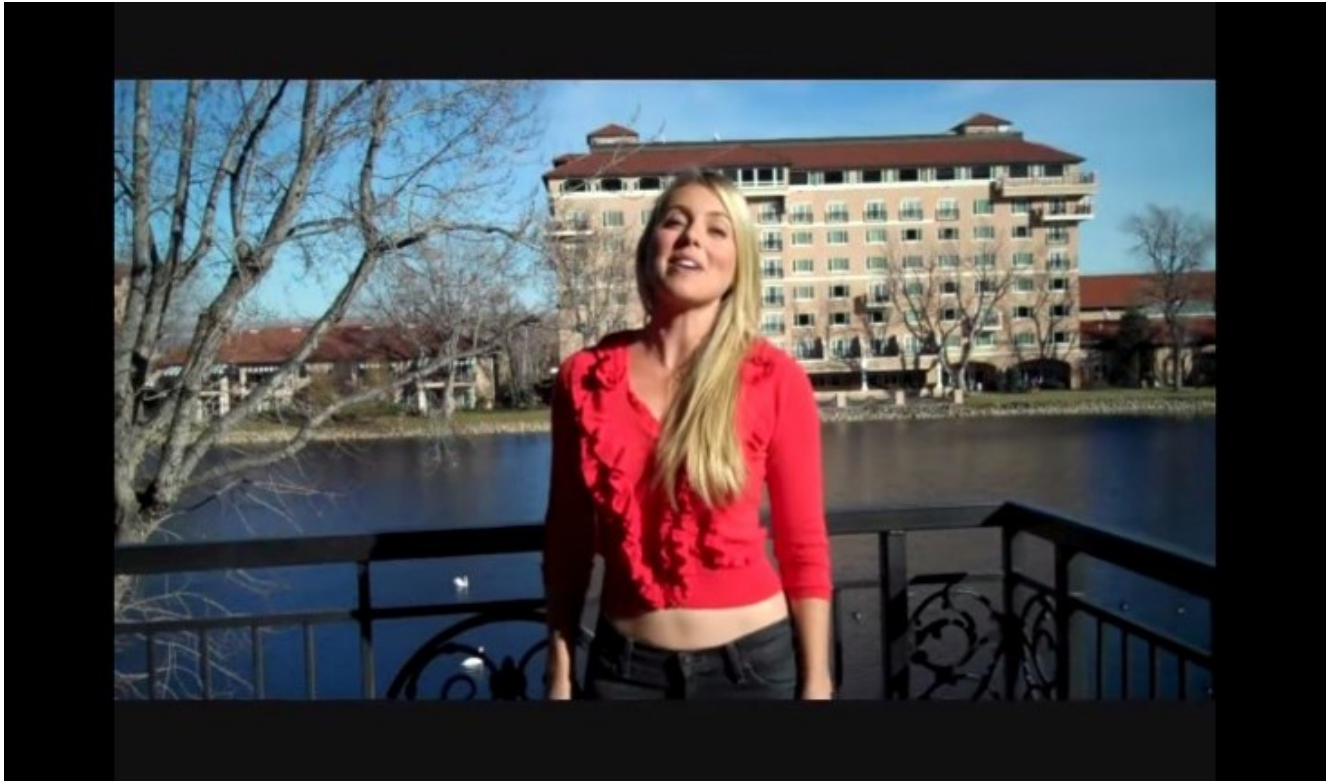
future.

No matter what you and your mate decide for this holiday season, remember what is most important: your love for each other. Keeping this as the top priority will ensure that your relationship will survive well past the New Year. From my heart to yours, have a great Thanksgiving and a wonderful holiday season!

The holidays are a wonderful time of year. *Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.*

ShrinkWrap: Has Your Relationship Hit a Speed Bump?





By Jane Greer, Ph.D. for GalTime

catching the clues that something is off

Not all roads to romance offer a clear ride. Sometimes the signs are harder to read than others. As Emily Maynard, this season's Bachelorette, handed out roses, the message was pretty clear: stay or go. But short of gathering for the ABC show's famous rose ceremony, is it possible to miss the message? Might an important lane shift have taken place that you somehow didn't notice? And what can you do to protect yourself against the turbulence of an unexpectedly bumpy ride?

Take Lucy, for example. She was dating a guy named Adam with the usual excitement and reservation that comes at the start of any promising possibility. But Adam took off, gaining speed faster than she expected: telling her how much he liked her, wanting her to meet his friends, and calling and texting all the time. Since she liked him, too, she joined in and went along for the ride. Before she knew it, though, she was ahead of him, and he had slowed down, suddenly saying he couldn't keep up with her expectations. Because he continued to stay

connected, she didn't realize what that might mean. So she kept going at the same momentum. And then she didn't hear from him. That was two weeks ago.

She was angry, and didn't understand what had happened. How can you make sure you don't get ahead of the relationship, particularly if one person is coming on strong? Before you let yourself go full-steam ahead, you might want to build in a few speed bumps for yourself. There are some people who jump into a relationship fast, and then want out fast, and you want to protect yourself from getting too attached if there is the chance that person could burn out.

You can do that by being aware of when and how much of your feelings you share. If they say they like you, you can reciprocate with an, "I like you too, let's see where this goes." If they want you to meet their friends, suggest you get to know each other a little better first. Build a foundation under the two of you before getting carried away.

When Adam told Lucy he couldn't keep up with her, it was the equivalent of the Bachelorette's not offering a rose. It just took her a little while to realize it, and by then she was halfway down the highway and looking forward to the road trip. Once you're there, it's harder to come back.

QuickieChick's Video Dating Tips: Why Hating Your Body is Destroying Your Love Life



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

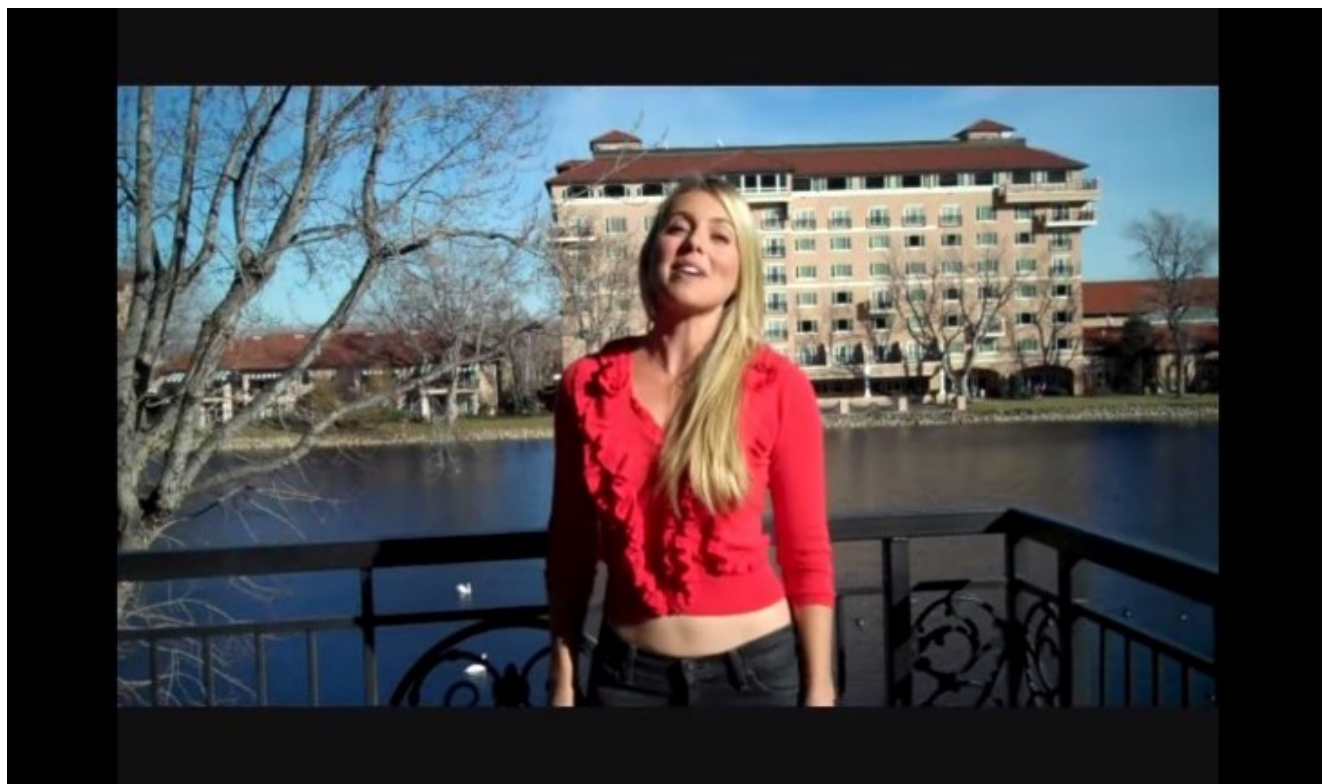
Dating Advice from E!'s *Famosly Single* Laurel House on Self-Consciousness

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House tells us why obsessing over how much you hate your body can be damaging to your relationship. The truth is that your guy doesn't notice if you've gained a couple of pounds. But, if you push him on it and keep repeating yourself, he may start viewing you the way you view yourself – and you don't want that! "We are so hard on ourselves. We are harder on ourselves than anyone else," says the dating expert. Instead of complaining to your man about your insecurities, she tells us how to handle those

body issues and focus on the positive things about ourselves. Remember: Your partner may love what you hate so much about yourself!

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

Q&A: Where Does Social Media Draw the Line on PDA?



Question from Sarah J.: I've been really annoyed by the amount of relationship pictures showing up on my News Feed – all I see are photos of couples kissing or cuddling! Where does

social media draw the line on public displays of affection (PDA)? How much relationship sharing is too much?

Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: Social media is a weird space. It's a space that encourages us to be friends with strangers, over-share personal details and solicit opinions and validation from random people... all things we clearly know *not* to do in real life. Social media is desperate for those unspoken rules of "too much information" that the real world instinctively knows. So how much skin, how much gush, how much intimate sharing is too much?

Well, in my opinion, although showing your affection for your loved one is sweet, and friends and family do enjoy seeing how blissful you are, quantity and quality should be considered. When it comes to quantity, one post a day **maximum** should do it. Your friends and family have other stuff they are interested in beyond the inside jokes between you and your sweetheart. When it comes to quality, follow the rule that, if there is a slight chance your viewers would tell you to "get a virtual room," your online PDA is too much. This means no tongue kissing, no cleavage, etc. If not for the sanity of your followers and their over-cluttered feeds than for the sake of your relationship's pure need to have private boundaries, remember that less is more!

Suzanne Oshima, Matchmaker: You will always come across couples on social media who share way too much information about their relationship because they want the world to know about their happiness together and love for each other. But the good news is that you don't have to see it if you don't want to. With social media, you can always hide their news feeds or unfriend/unfollow the couples who annoy you.

Now, while that will solve your problem, I think the more important question here is: why does it really bother *you* so

much? Is it because you're jealous you're not in a relationship too? If that's the case, then I wouldn't focus so much on the couples sharing annoying photos. I highly suggest you start working on getting out there and meeting the right person for you. Then, you can become a couple on social media who *doesn't* share too much information.

Paige Wyatt, Reality Star: When it comes to PDA, there is a very thin line between cute and sweet and just plain nauseating. The quick smooch or cuddling pictures are pretty tolerable when they're only posted every now and then, but I think the constant full-on make-out photos are where I draw the line. Some people don't know social media etiquette, and that's when they tend to post the uncomfortable status updates and pictures. One thing to consider: think about exactly who is looking at what your posting – like your boss, teacher or even mother dearest.

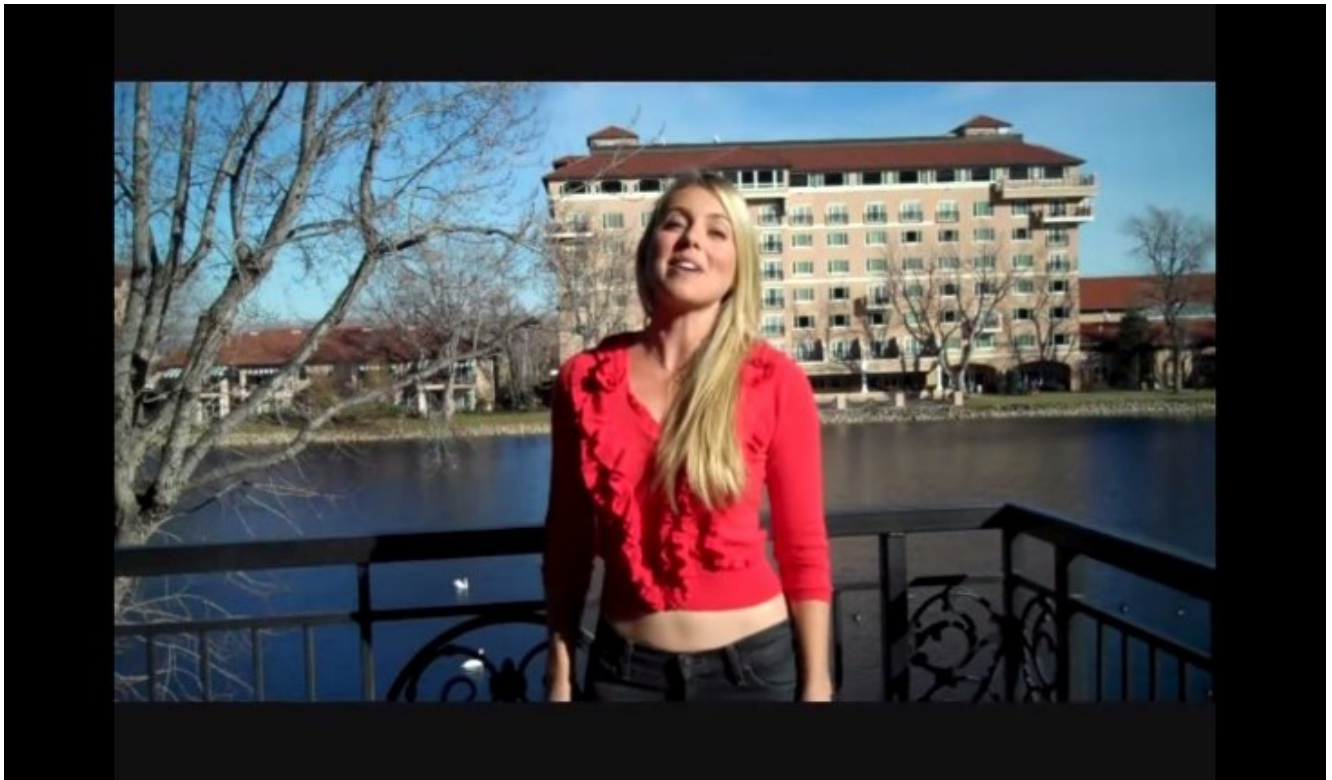
For more information on our three relationship gurus, click [here](#).

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

How do you feel about PDA on social media sites? Tell us below!

Top 10 Dating Dos and Don'ts





By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

Before stepping into the dating world, you should always know your target audience. In the animal kingdom, you do not see zebras reproducing with monkeys. Know your type in terms of looks, personality, goals, interests, etc. Don't date a partier if that isn't your thing; don't date a bore if you like adventure; and don't date a religious zealot if you never want to step foot in a church. You will just be wasting your time, and your relationship will likely be doomed from the start.

With that thought in mind, here are our top 10 dating dos and don'ts:

1. Be positive and warm. Always smile, and don't be a Debbie Downer. Check out when you're not feeling chemistry, as it can come back and haunt you later – remember that it's a small world, and everybody knows everybody. Be your own PR person; you never know if he will introduce you to his brother, cousin or friend. You always want to leave a good taste in someone's mouth about you.

2. Be present and discuss. Nothing too deep though. Ask about his hobbies and interests, but don't interrogate a guy and act like a private investigator (where are you from, what do you do for a living, etc.). Never talk about the future because it will guarantee no future. Examples are getting married, having kids or inviting him to a wedding in six months when you barely know each other.

3. When you are having a great time, don't stay too long. An hour and a half should suffice because too long will turn into too much information and too much alcohol. Leave him desiring more and wanting to see you again. Always leave on a high note. When things are going good, exit. If there is a connection, he will pursue you.

4. Be thoughtful and initiate a plan. It's okay for a woman to plan a date, just not the first date. Don't always expect a man to do everything. He isn't your father; he's the man you are dating. Men want love and attention just like women.

Related Link: [Date Idea: Take An Autumn Stroll](#)

5. Compliment him. If he looks good and smells good, tell him! Everyone wants to feel good about him or herself.

6. Guys cannot stand a girl that is too chatty and catty. It is an automatic turn-off. Another turn-off is a girl who nags. Remember that guys like a girl who can make meaningful contributions to the conversation and not just talk about other people.

7. Dress sexy but not provocative. Men are visual creatures. A little leg and a little arm never hurt, but do not go overboard and send the wrong message. Be sure to leave something to the imagination.

8. Don't drink too much. Two drink maximum, ladies! Any more, and you may become sloppy. A turn-on is someone who can hold her own and still carry on a conversation without relying on

liquid courage.

9. After a great date, you can send a thank you text, but that's it! Don't smother a guy and over-pursue him. No one likes desperation in a woman.

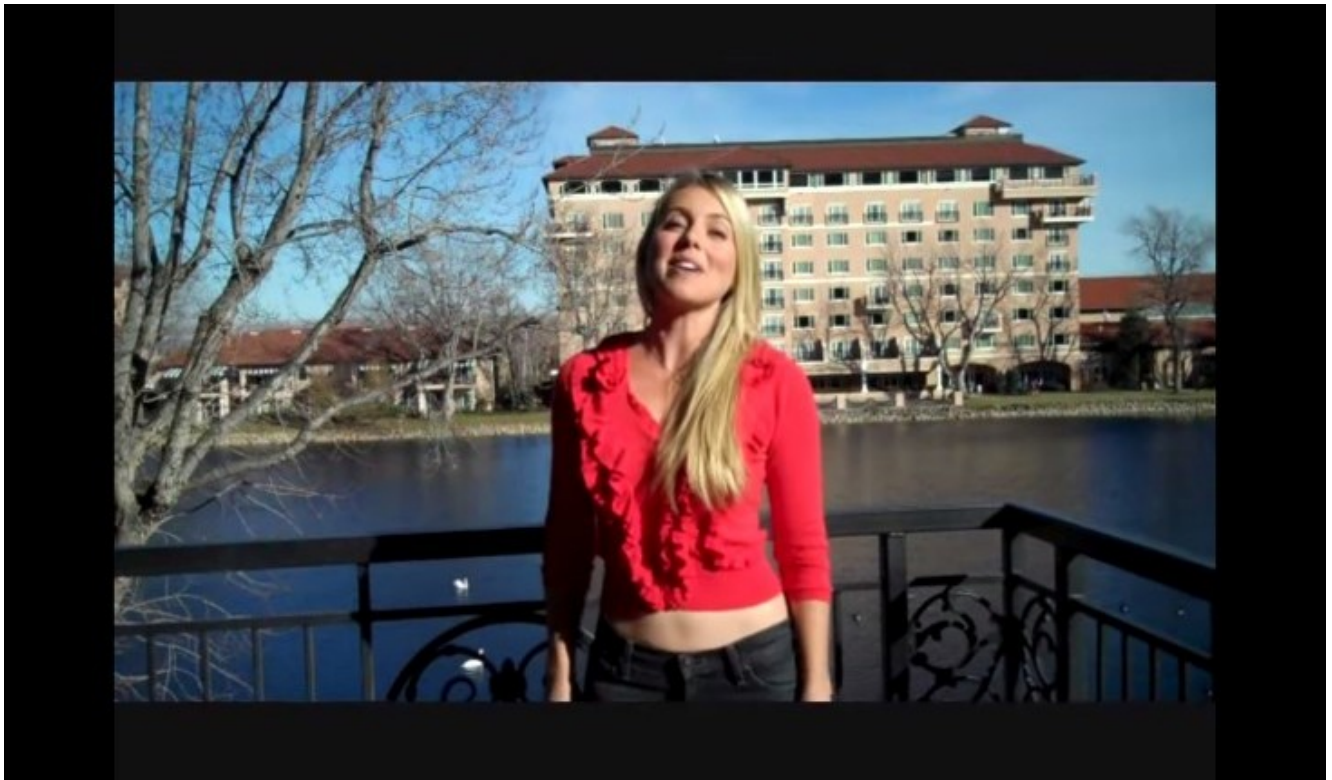
Related Link: [How to Find Love Online with Non-Traditional Dating Sites](#)

10. Guys don't like when you compare your relationship to another one. They don't want to hear about your friends and their relationships. Just remember, the male ego is fragile and needs to be handled with care.

Lori Zaslow and Jennifer Zucher are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite singles. You can follow Project Soulmate on Twitter at @ProjectSoulmate and Facebook.

Dating After Divorce: How Soon Is Too Soon?





By Marni Battista

There is a certain philosophy that touts the best way to get over someone as getting *under* someone else. When we peruse the headlines and photos that cover those magazines at the check-out line, it seems clear that most Hollywood celebs certainly subscribe to this way of thinking.

Although Kim Kardashian's divorce from Kris Humphries isn't even finalized, there's talk about Kanye West designing her engagement ring. Plus, we've seen photos of their romantic trip to Italy for her birthday and heard rumors of them moving in together. Her recent marriage, albeit a short one, should have still been a significant part of her romantic life. It seems as though it's long forgotten – almost as if it didn't exist at all.

Thus, we wonder, when is “too early” to start dating after divorce? Here are a few lessons learned from Kimye's whirlwind romance and a few tips on navigating the dating world after divorce and answering the question, “How soon is too soon?”

1. It's okay to stay private about your romantic life. Kim's

relationship with Kris, their wedding, and their subsequent divorce was splashed across every news outlet, gossip rag, and television station, practically documenting every minute of every day of her most private moments. Then, just weeks later, we got to watch concerned Khloe meddling in her sister's relationship business further as she questions Kanye about *his* relationship with Kim.

After a somewhat catastrophic end to a 72-day marriage, Kim pledged to keep her private life under wraps. But it seems as if she's been more enthusiastic than ever to share her life with millions, which could prove to be her downfall. While we know *People* will most likely not be camped outside your door, it could be yours too. If you were recently divorced or your divorce was just finalized, it is not necessary (nor do we recommend) to announce to the world your newfound status. (This includes minute-by-minute tweets and Facebook status updates.) There's no glory or dignity in "punishing" your ex by going public.

Related Link: [6 Things Women Should Never Do in a Divorce](#)

Moreover, subscribing to Facebook as "Vaguebook" is also not recommended. Posts such as "So over it" or "Remind me never to trust men again" aren't going to help you recover in the long term. Avoid sharing your pain publicly, as it ultimately only creates ill will, makes friends of both you and your ex uncomfortable, and leaves everyone feeling shocked and helpless.

If you feel ready to date, however, get out there! Whether it's six months post-divorce or two years, there's no need to call everyone in your social circle and ask if they have anyone to set you up with. We say keep it on the down low and take it easy. Also, consider your underlying motives for putting "the word out" to the general public. If it makes you fiendishly delighted that your ex finds out your "good news," thereby thinking you have "moved on," it's time to re-think

your dating readiness. Any sort of delight in his possible pain means you still have some healing and forgiving to do before diving into the dating pool.

In fact, Kim may even be taking a bit of our advice; she *has* stated that if she does indeed get married again, “The next time, I want to do it on an island with just my friends and family, and that’s it.” Kim, we gotta tell you: we 100 percent agree.

2. Take your time. Kim says of her marriage to Kris Humphries, “I think I fell in love so quickly and wanted that to be my life so badly, but I just didn’t take the time to find someone.” Taking your time applies to standard dating as well as dating after divorce. Some of the biggest losses you’ll experience in divorce are things like having regular love in your life, a warm body next to you, an activity partner, and someone to rely on.

So while it may seem like Kim is barely heeding her own advice by jumping quickly to a serious relationship with Kanye, she does note that they have known each other for 10 years; perhaps she did, in fact, “take her time.” What’s important to remember is that jumping into anything will not get you any closer to happiness if you forget about your actual needs.

Related Link: [Breaking Up Without Breaking Down](#)

Check in with yourself post-divorce and evaluate if your needs have changed. You might be looking for someone different because you yourself have also changed. Remember, more than 60 percent of second marriages fail, and more than 70 percent of third marriages fail. That’s typically because men and women marry the same person with a different face again and again. Make sure you reflect on your dating patterns and do the internal work necessary to change those patterns. Fixing your broken picker now, before you head back into the pumpkin patch to look for your horse and carriage and the Prince

Charming who comes with it, can help you prevent making the same mistakes.

3. You are in control of your life. Kim has a string of rocky relationships and two failed marriages behind her, but she hasn't let that affect her faith in love, marriage or happiness. One of the main reasons people wait to start dating after a divorce is caution about the prying eyes of family and friends, along with worries about what others will think about your new dating life. Kim seems to have skipped over that part rather breezily, and she has many more people to contend with than you probably do.

She has stated she ignores negative comments and no longer follows gossip blogs. If you're worried about what people around you will think when you begin dating again, avoid bringing up your dating escapades right away. But if it's making you feel good, just remember that **you** are in charge of your own happiness. When it comes down to it, it's you, yourself, and you – not anyone else.

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.

QuickieChick's Video Dating Tips: How to Avoid the 'Boyfriend 15'



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

Dating Advice from E!'s *Famously Single* Laurel House on Avoiding 'Boyfriend 15'

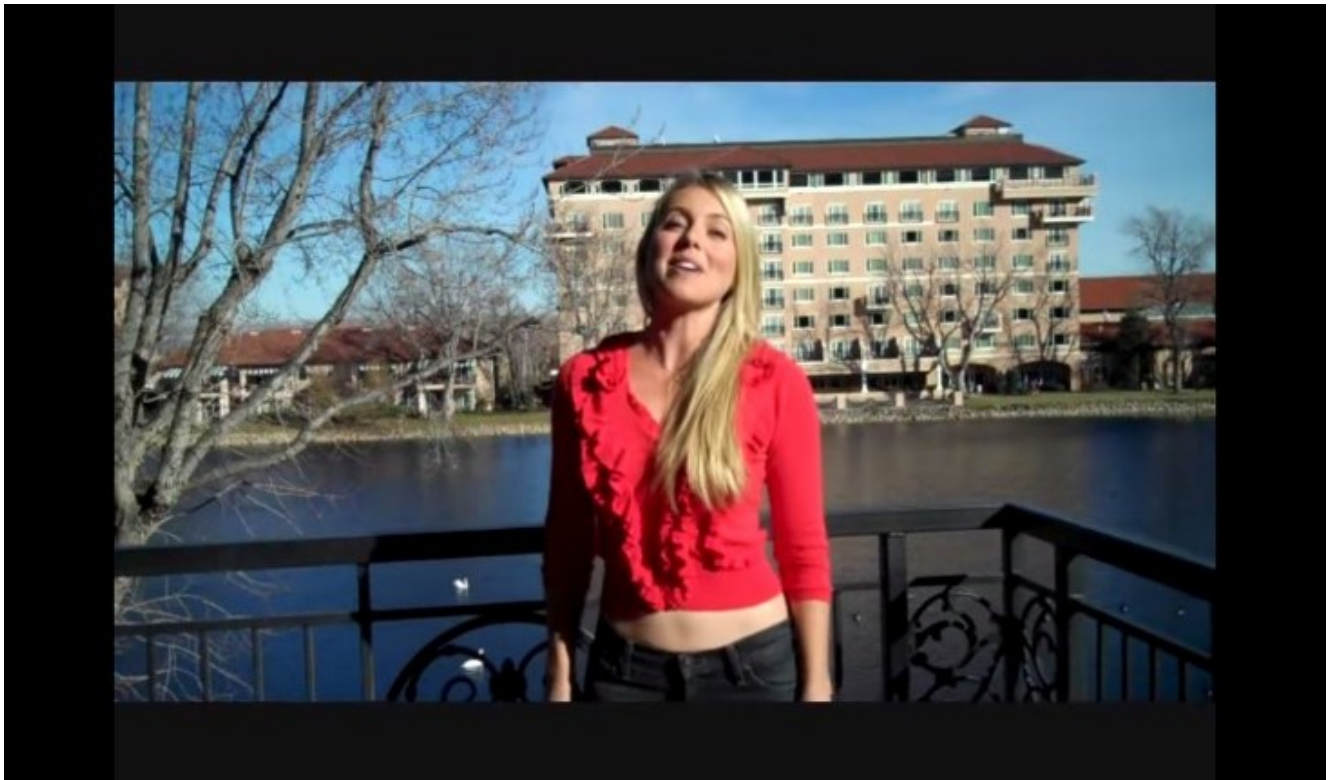
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House addresses the issue that your girlfriends *never* bring up in conversation: those few extra pounds you have put on since spending time with your new man. Whether you've already put the weight on, or afraid of gaining some in the future, our dating expert gives you advice on how to lose and avoid the dreaded 'Boyfriend 15'. Time to take notes, ladies!

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

[channel](#).

Tell us: How do you avoid gaining weight in a relationship?

How to Understand Man-Talk



By David Wygant

How many times have you tried to interpret man-talk? Woman-talk is the polar opposite of man-talk. It is all about *feelings*. It is all about coming home, talking about your day, and getting it all out in the open. But man-talk is different. Man-talk requires some time apart so he can sort out what he's thinking and feeling. For women, it requires some patience not to bother him and to let him work it out on his own.

For instance, what happens when your man retreats and goes into his cave for a day? Think about it: How many times have you been dating a man, and he just goes into silent mode, driving you crazy? You want to talk about your feelings as they happen, but he needs to process his feelings before he feels comfortable talking about it.

When men go in their caves, women want to pull them out as quickly as possible. **But here's the deal:** that's not the most effective way to deal with their mood at that moment.

So next time he goes into his cave, ask him, "Are you okay?" If he says, "I'm fine. I just don't want to talk about it right now"—believe him. Look at him and say, "That's okay. I'm here for you. I'm here to listen whenever you're ready to talk about it."

When a man feels safe, he *will* talk about it, and he *will* come to you—believe me, you'll be the first person who he tells whatever is on his mind. But if you try to force him out of his cave, if you try to force him to talk about things when he's not ready, then he's not going to relate to you. He's going to go darker and deeper into that cave.

When a man tells you that he finally wants to talk about something, you need to listen to his every word **without interrupting**. Let him get it out. Remember that it's hard for him to talk to you about his feelings, so when he does, he wants to make sure that it's safe.

The problem with a lot of women is that they want to interject. You immediately want to jump in and start sharing your feelings too or at least comment on something. But when he comes out of his cave to speak with you, he just wants you to listen to him. He wants to feel safe. Because it's so hard for him to talk about his feelings in the first place, he wants to know that you really care about what he has to say. He *wants* to get closer to you, but he finds it very hard to do

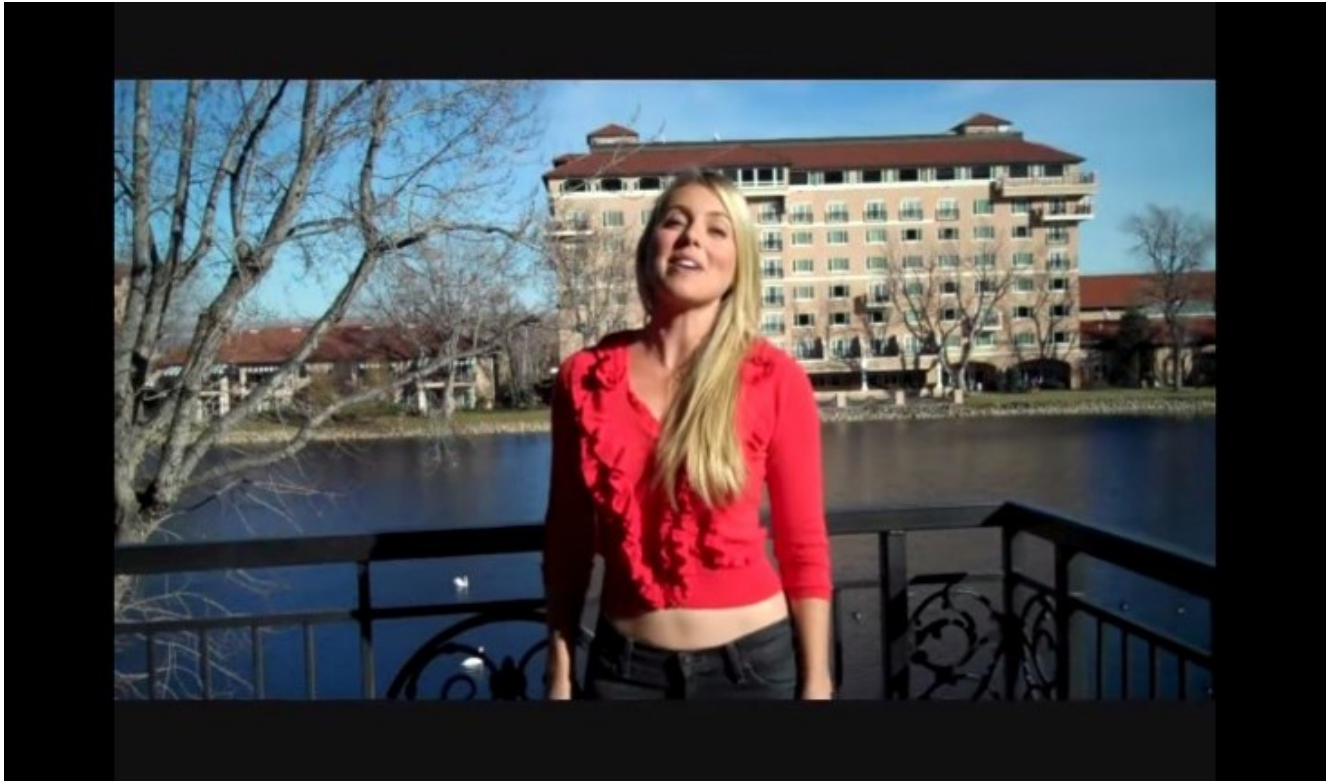
so with a woman who doesn't allow this process to happen.

So if you understand these principles of man-talk, it's going to help you get closer to your man. Isn't that what you want anyway? You're looking for love. You're looking for ways to relate. But it all starts with your man feeling safe. He wants you to listen.

David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked and speaker. Through his boot camps, personal coaching and his website at www.DavidWygant.com, his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.

Why Fans Are Obsessed with the Love Lives of Celebrities





By Dr. Fran Walfish

Many fans become obsessed with the love lives of celebrities because they wish to enhance excitement in their own lives. Often, something is missing or inhibited in their personal lives. Perhaps they were given strong messages from their parents that a physical relationship is taboo and forbidden. Whatever the case, normal natural impulses need a place to go, and with an obsessed fan, they are seeded in fantasy and grow in the person's mind. Here are some potential triggers:

Personal Life

Most fans who are simply that – fans – do not become obsessed unless something is deficient or off in their own existences. In extreme cases, some obsessed fans become stalkers who believe they are involved in relationships with the celebrities. These folks are not grounded in reality and usually fit the criteria for a diagnosis of psychosis, schizophrenia, or bipolar.

Related Link: [6 Things Women Do That Scare Men Off](#)

Gender

When it comes to gender, there are more female “super” fans than male. The fact is, females are wired to be more in touch with themselves and express their emotions. Guys feel emotions deeply, but have learned at a very young age to either compartmentalize or cut-off their feelings. Why is this?

Well, during the first year of life, the main psychological goal for the infant is bonding to Mother, as this is how trust is developed in the baby. When the mother sometimes ignores the infant or inaccurately misreads the infant’s cues (i.e.: infant needs comfort while Mom thinks it needs food), the baby grows to feel the world is not a safe place (mistrust) and that he or she is not important enough front-and-center in the mother’s mind. Girls show their hurt and anger through powerful raging temper tantrums. Boys do this, too. But, eventually boys learn to repress their emotions and direct these powerful feelings into their work. This defense is called Reaction Formation. Girls tend to fantasize more than boys. Girls talk openly about their feelings, wishes and desires. Females are also more focused on fashion and physical outward appearances while both genders equally care about power, status and financial outward appearance.

Related Link: [I Love You But I Don’t Trust You](#)

Distorted View of Happiness

Finally, fans also become obsessed with celebrities because of the myth and distorted belief that money, fame and materialism bring joy and happiness. This is truly a myth. The only thing money brings relief from is the worry about financial burdens. Money certainly can make one’s life easier but it does not bring happiness. I can’t tell you how many celebrities come to my office with the same relationship issues, marital conflicts, parenting problems, and career difficulties that everyone else has.

The goal is not only to admire celebrities for their talents and gifts, but to take an open, honest look within. No one is perfect, and we all have imperfections. The key is self-awareness that leads to self-validation and self-acceptance – flaws and all!

Dr. Fran Walfish is a Beverly Hills psychotherapist and the author of "The Self-Aware Parent." To learn more about her, please visit www.DrFranWalfish.com.

QuickieChick's Video Dating Tips: Moving In With Your Man



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

Dating Advice from E!'s *Famously Single* Laurel House on Moving In Together

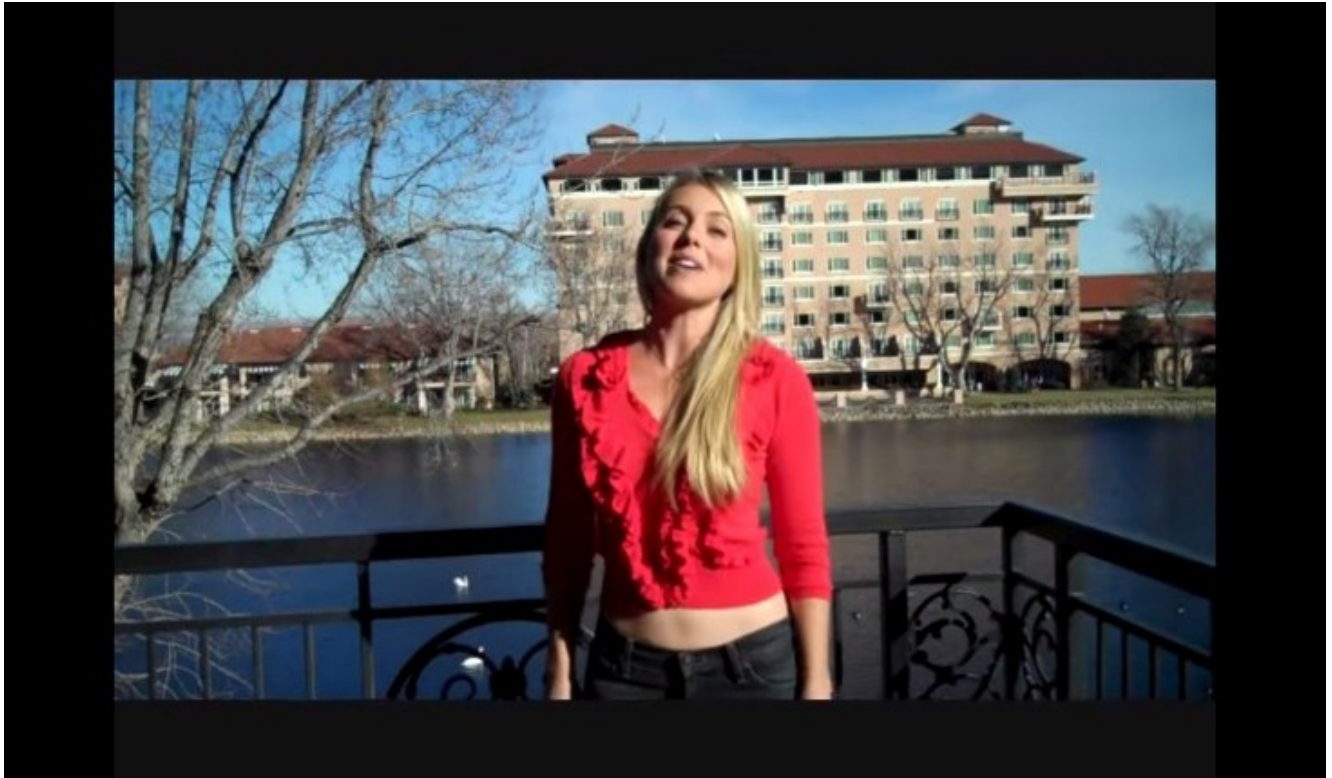
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House will be sharing her secrets and tips for dealing with those common dating dilemmas and relationship woes. For the dating expert's first video, she tackles the tricky subject of moving in with your man, answering questions like: How do you keep the spark alive? How do you forge a deeper bond with your partner? And how do you avoid becoming just roommates? Time to take notes, ladies!

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

Tell us: What did you learn after moving in with your man?

Q&A: How Can Social Media Help My Long-Distance Relationship?





Question from Tara M.: *I just moved a couple states away from my boyfriend for a new job. We're having trouble adjusting to the distance and need some new ways to keep in touch and keep our relationship strong. How can social media help my long-distance relationship?*

Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: Ok, so maybe there's no app (yet) to teleport couples to each other in a time of need or desire, but these days, technology truly is a long-distance relationship (LDR) couple's best friend! Since you have probably already exhausted phone, texts and Gchat, here are a few more inventive ideas to try.

1. Send your honey an evite for a TV night. You can watch a show together via Skype, while munching on your favorite treats. During commercials, catch up on your day.
2. Use Google Hangout to arrange for double dates with other LDR couple friends.
3. Play a game together like Words with Friends, Scramble or

Gems with Friends. You can even create a weekly game night and play all night together. Don't forget to send cute chat messages in between plays!

4. Create a photo calendar where each day has a theme, such as silly picture day or naughty picture day.

Don't forget though, too much technology can get burdensome and boring, so be sure to take a tech break once in a while. Instead, send an old fashioned letter or care package.

Suzanne Oshima, Matchmaker: A long-distance relationship can be tough on both people, but with technology and social media today, there are so many creative options to help you keep the relationship alive and going strong.

Let's start with texting. A simple "good morning" text is the best way to start the day, and a sexy, steamy "good night" text is a great way to end it.

When you can't see him in person, there's nothing better than Skype. Be creative and plan a dinner date night over Skype. You can make dinner together, catch up on each other's day and then sit down to a candle-lit meal. It's one of the best ways to remain a part of each other's daily lives.

During the day, when you don't have time to talk to each other, just send him a sexy voice note or quick video to let him know your thinking of him. Trust me, it will make his day!

And lastly, when it comes to Facebook and Twitter, posting a "thinking of you" status update or photo can light up his day...but one word of caution: don't go too overboard, or you will become that annoying couple to all your friends.

Just remember, if you're creative at utilizing social media and technology, it can actually bring you closer together as a couple, making you feel like less far apart physically.

Paige Wyatt, Reality Star: The first thing that comes to mind

is video chat! Video-chatting with your boyfriend gives you two a whole new means of communication. It allows you to actually see each other, which is sometimes exactly what you need. It's much more personal than just talking on the phone and definitely more personal than talking through text. When you video chat with your boyfriend, make sure you have enough time to devote to him and your conversation. Get rid of any potential distractions, and you should be golden!

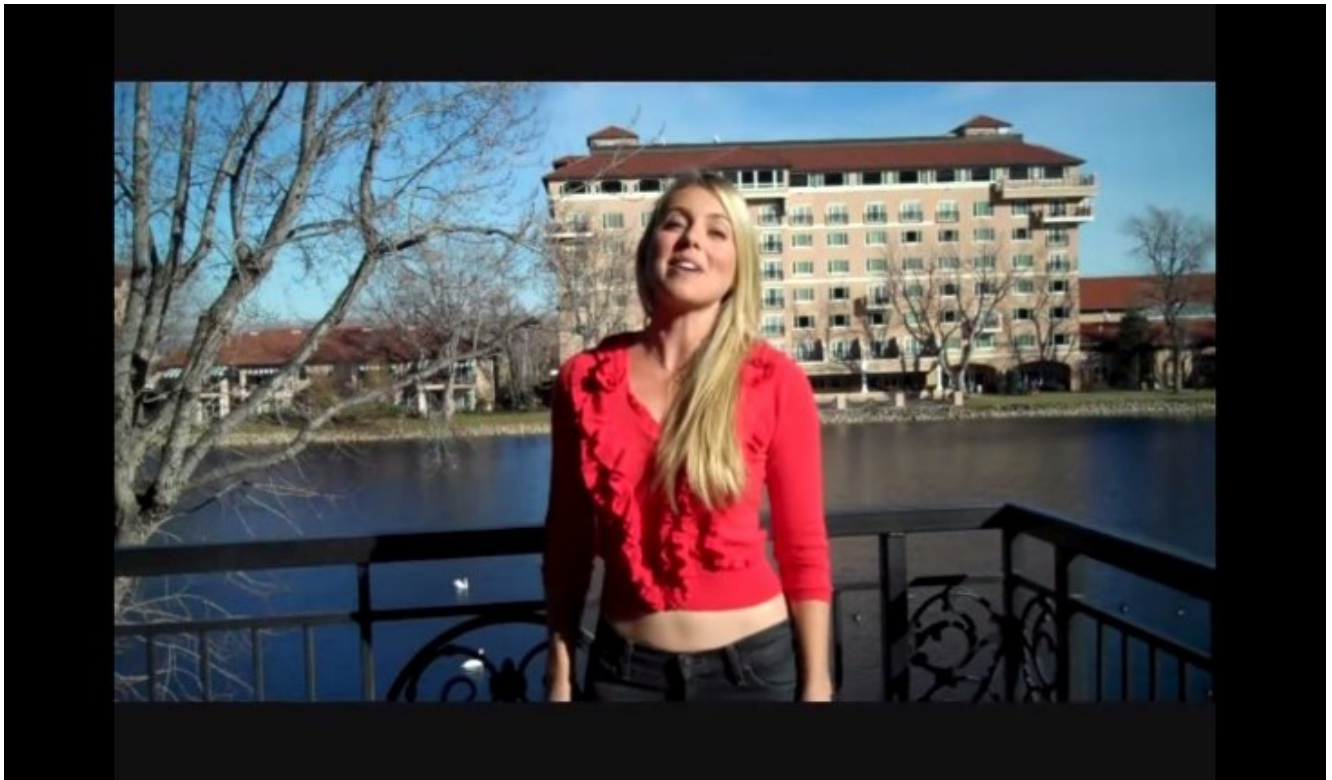
For more information on our three relationship gurus, click [here](#).

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

Are you in a long-distance relationship? How does social media help you? Share your story below.

Breaking Up Without Breaking Down





By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

While breaking up is a part of dating, going back to a single life can be scary. It's time to stop worrying about lost love and start taking care of yourself. By enjoying life and staying positive, you'll climb out of this rut in no time. As Russell Brand told host Liz Hayes. "Sometimes it goes well, sometimes it don't. But if you sort of sense there's an incompatibility, then in any relationship, regardless of the status of the individual, it kind of is best to go separate ways."

Here are four tips to help you get back on the horse and have fun while doing it. Let's start with our post breakup tips.

Related Link: [Letting Go of Past Loves](#)

1. Don't call them under any circumstances

Once more, don't call them under any circumstances. If you're a woman – and you know who you are – just say no. We have a need to communicate our feelings. It is our way of processing. This is not as true for men. Write a simple e-mail, which

states your feelings factually without gushing. Keep it as short as possible. Using bullet points can be helpful to keep you on point. If it truly has been a loving relationship they will eventually call you, if only to say hello and wrap up any loose ends. At this point, you may be concerned it will be too late. You will be looking ahead to a new relationship. It may very well be too late. That is their problem, they blew it. This is why you don't sit around pining!

Related Link: [6 Things Women Should Never Do In A Divorce](#)

2. Occupy your darn time

Book yourself up continuously. Now is a great time to hang with friends, go to dinner, go to the movies, stay home and watch your favorite show with the girls and, even better, popcorn. Try wine tastings, spas and gallery events. You name it! It's also good to hang out with your male friends. Get some of that testosterone energy to keep you strong and reduce the sobbing. You will be less tempted to call him as well.

3. Date like crazy

Dating like crazy accomplishes two goals. One, it keeps you busy. Two, it releases PEA and endorphins. This works particularly well for women. You'll feel more secure, sexy and desirable. This shifts your attention off of him and back to you where it belongs. You will do far less pouting, and because your self esteem is stronger, you will get over your old flame far more quickly. So log into a dating site, go see a matchmaker, write a personal advert and let all your girlfriends know you are single so they can fix you up. Now, you may not be that attracted to some of these guys. Some you may not like that much, and a couple not at all. The point of this exercise is to get you out and about again. One thing I can promise is if you sit at home pining the only men you are going to meet are doing pizza and Chinese delivery. Even if your former romance is gorgeous, he's probably not the one for

you.

4. Take advantage of quiet time

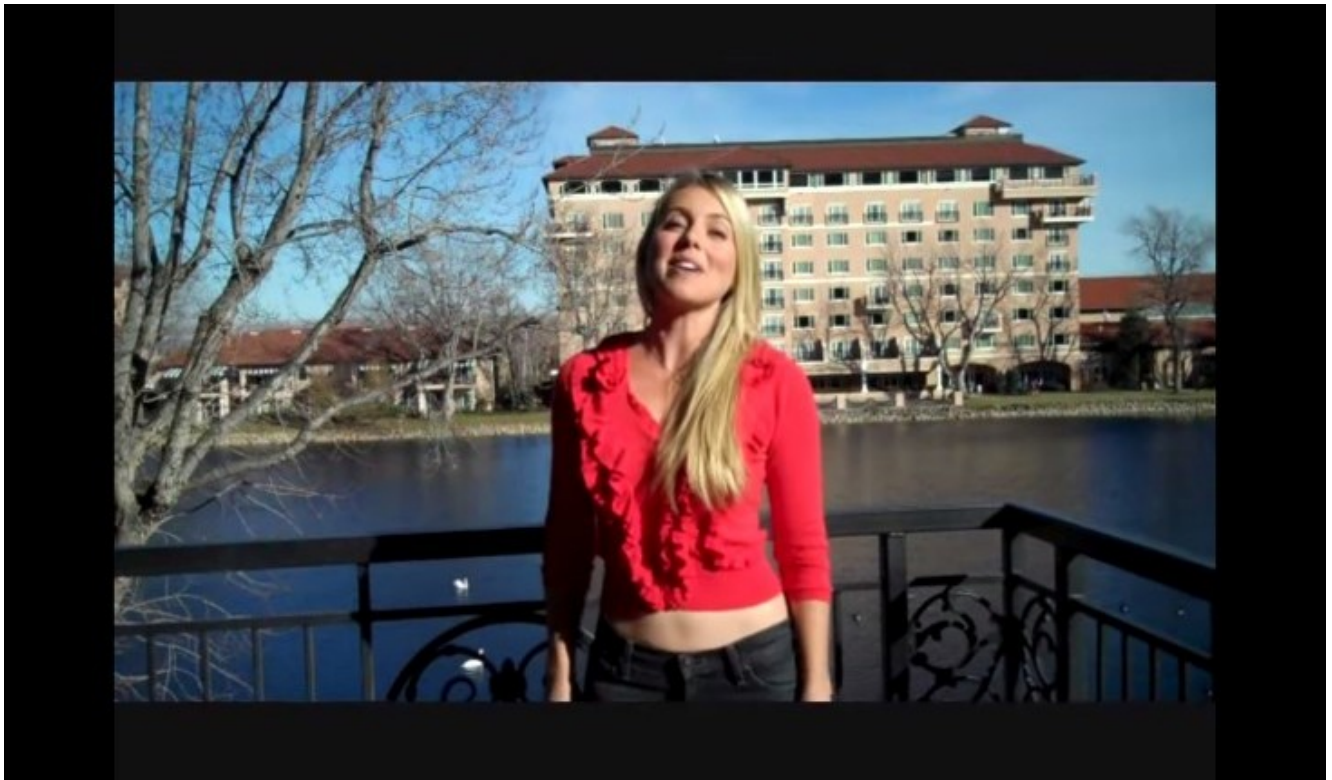
Know there will be some quiet times. When you find yourself with peaceful moments, try meditation on for size. Do this whenever possible and visualize positive thoughts: times and relationships that are supportive and loving. This past one wasn't, or you would still be together. Having more time with your thoughts isn't bad!

Remember, you deserve to have someone in your life who is caring, honest and faithful to the terms of your relationship. Take solace in the fact you're free from guy problems for awhile. You are now set to find the right person and have a good time finding him.

Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

6 Things Women Should Never Do In A Divorce





By David Wygant

In the crazed battle of the exes (or soon to be permanent exes) we too often tend to act on our emotions. We're angry. We're annoyed. We're upset. We're devastated. Divorce is like going through death, and it affects more than just the couple: kids, parents, friends – it's the ultimate division of assets. For those of you who have or are going through it, you know what it feels like. It sucks. So, I want to give a few tips to those out there in the arena -especially the ladies. Here are a few things that women should never do in divorce and why:

1. Make the man the bank: If you were not the earner in the relationship and you attempt to turn your ex into a Bank of America during the divorce process, you're going to get far less in the settlement than you ever would have, than if you showed a little prudence and appreciation. Nothing makes a man more irritated than knowing he's being used for money. Here he is, in the process of getting a divorce..from you (whether it was his idea or yours) and he has to write you a check for the money he's earned. There's no worse feeling than seeing a hard-earned paycheck cut in half and given to somebody who's constantly belittling and just plain mean.

Whether you put off your career to raise your children or you're just expecting alimony, it's important to be thankful for every dollar he gives you because ultimately, you could be in trouble if he didn't. Showing your gratitude will help you cause – he'll give you what you need, (if you need it) so you can survive, live and breathe until you can get back to work. Remember, the two of you were married once. Somewhere deep down, a form of [love](#) still exists so respect one another for the best outcome.

Related Link: [5 Signs Your Partner is Using You for Money](#)

2. Do initiate battles: Venting your feelings or frustrations to him will only waste your own time. Accept that it's over. The time to do that has passed so now you have to act like an adult and deal with the reality of the situation. You're both disappointed and you both need to heal. If you did not have children, you probably would not be in contact with each other at all, so keep communication focused on the kids and refrain from bringing up old wounds.

If you think you're able to talk to him in a civil manner about the relationship – fine. But, if you get emotional and intentionally try to make him feel bad, then he'll get defensive and take a few uppercuts of his own, which only leads to more fighting and where did that get you guys before? Keep the e-mails simple, straightforward and only about your children or the settlement. You're now in a business relationship – get used to it. Use what you learned at work and speak with grace, class and professionalism.

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

3. Save the drama for your mama: Do not vent to your circle of friends. The division of friends is coming as it always does in almost every single divorce. You find out who your real friends are as they start to choose one side or the other. Anything can happen and it's not always in your

control. I've seen (in my 14 years of coaching) parents choose their son-in-law or their daughter-in-law over their own son or daughter.

I know you're going through pain. I know as a woman you love to talk and let everything out. But choose only one or two truly close friends to do this with. Or better yet, just chew off your Mom's ear, that's what mothers are for. If you start bad mouthing your soon-to-be ex-husband all around town, he's going to eventually hear it, and that's where the division of friends comes in full swing with no mercy. You do not want third-party battles, or to make people that are close to you feel uncomfortable. Inevitable, whenever you're venting to a large group of people, they will choose one person or another because you've forced it upon them. And that's not fair for anyone. Some of you may have life-long friends, and it's okay for them to be friends with the both of you. So be the bigger person and keep them out of it. Go out and find a counselor or therapist. But do not make your divorce the talk of the town.

4. The children are not pawns: This one should seem real simple, I actually shouldn't even have to mention this. However, it seems like in every divorce that I've ever coached a client through, the children are used as pawns. Watch your words carefully. They're hurting right now. Daddy is no longer there. They don't understand it, especially the young ones, and even the teenagers have a lot of anger.

You need to speak to your children explain to them what is going on, but keep your tone positive. This may too be obvious but to emphasize, the kids should never be forced to chose sides. Never ever make dad the bad guy. He may no longer be your husband, but he's still a father to your kids. Remember that children still need a good dad, a good role model and an authority figure to look up to.

Related Link: [Celebrity Couples Who Function as Families After](#)

Divorce

5. Your dream is over: The perfect picture that you created for the marriage that you thought you deserved is over. You're probably going to have to go back to work. The alimony will run out. You may have to get day care for the young kids. Reality is now setting in, and you need to accept it as quickly as possible in order to heal in a decent amount of time.

You can't change the way your marriage unfortunately worked out, and now you need to find a way to move on. Maybe you won't be a stay-at-home mom for five years. Maybe you won't have a country-club lifestyle. Maybe you won't have that house by the beach or the unlimited shopping sprees for organic groceries at Whole Foods, and that's going to have to be okay. The quicker you can realize what reality you're in now, the better you're going to feel.

6. Choose your preferred method of communication (phone, e-mail, or text): If you're in an angry divorce, I strongly suggest e-mail as the best way to communicate, because the phone can lead to more fighting which is the last thing you want to do. Fighting with daddy in front of the kids on the telephone while you're on your way out is not a good way to set the tone for the day. A lot of us have Bluetooth in our car. Imagine him calling and you push the wrong button and you're not able to control yourself in front of the kids and you have an argument. They've witnessed enough fights when you were together. They don't need to be consumed by it anymore. E-mail is simple. You can read and react to that e-mail, and then you can save it as a draft and then re-read it again. Then comb back through it and take out all of the venom, the hate the angst and just make it about the children. This will keep you sane and the situation under control. Like I said earlier, pick a person to vent to so you don't have to vent in your communications with your ex.

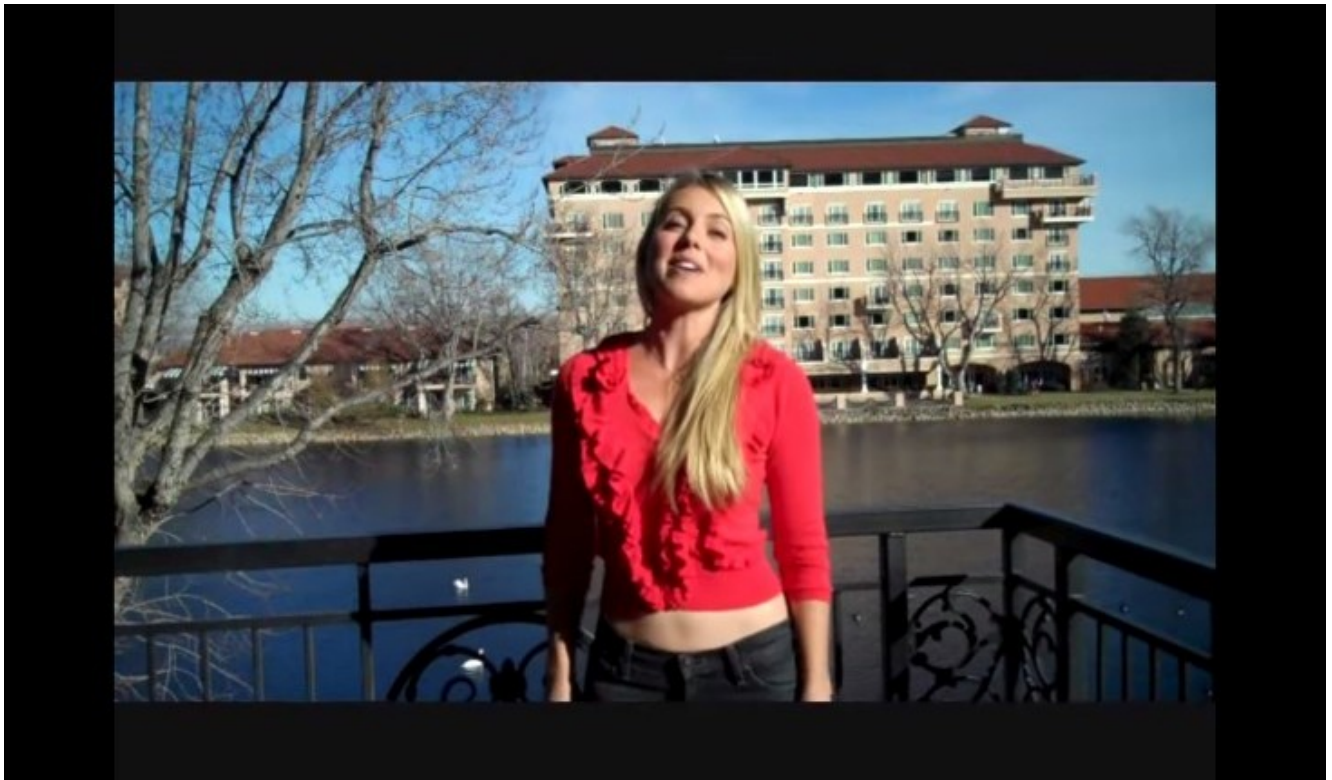
Ladies, please adhere to these easy, simple tips. It's going to make your life run so much smoother and reduce turbulence during this difficult time.

And like I said, if you really are that angry, talk to somebody. Because if you cause any of these things to happen, you're going to likely splinter a relationship with your ex for the rest of your life. Don't forget, if you have kids, your ex is somebody who's going to be family with you forever. Think about things long-term instead of short-term. There are plenty of professionals out there that can help you get through this. Remember, the most successful people in life are those who think about how their actions today will affect them tomorrow.

David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked and speaker. Through his boot camps, personal coaching and his website at www.DavidWygant.com, his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.

Love Lessons Learned from Marilyn Monroe





By Amy Osmond Cook, Ph.D.

Marilyn Monroe had it all—fame, beauty, wealth, and some powerful boyfriends—but the one thing she wanted most eluded her. She had three troubled marriages and a host of unfulfilling affairs, and she removed herself from all of them for various reasons.[1] Marilyn's unhappiness amidst spectacular success is nothing short of tragic, but we can learn from the path she trod in her short 36 years of life. From her brief comments about the unraveling of her marriages, here's the advice I believe she would give about how to learn from her relationships and find lasting love.

1. Find a guy you enjoy talking with:

Marilyn married her first husband, James Doherty, when she was just 16 years old. Her legal guardian was moving away from California and convinced the two young lovers to get married. The marriage was not a good fit from the beginning—he didn't approve of her modeling career, and he spent much of the marriage in the Pacific during World War II. But when Marilyn was later asked why they divorced, she said simply: "My

marriage didn't make me sad, but it didn't make me happy either. My husband and I hardly spoke to each other. This wasn't because we were angry. We had nothing to say. I was dying of boredom.”[2]

Love Lesson Learned: Be in a relationship that you enjoy.

2. Don't let jealousy get in the way:

Marilyn married baseball legend Joe DiMaggio in 1954, two years after they began dating. While they remained friends until the end of their lives, his jealousy of her fame and acting career contributed largely to the dissolution of their marriage. Tension grew, culminating in a verbal and physical altercation over the famed skirt-blowing promotional pictures for *The Seven Year Itch*. Marilyn filed for divorce shortly thereafter, citing mental cruelty. She stated before a judge that Joe was “cold and indifferent” to her and that days would go by when he wouldn't speak to her.

Love Lesson Learned: Don't waste your time with a jealous partner.

3. A “meeting of the minds” matters:

Marilyn's third husband, Arthur Miller, was a brilliant playwright who dazzled her with his sharp mind. Marilyn was an avid listener, but she was all too aware that she was not his intellectual equal. Regrettably, her fears were realized when she read in his journal that he had second thoughts about marrying her and considered her his inferior. After one particularly emotional conversation, she overdosed on sleeping pills, and the marriage ended.

Love Lesson Learned: Choose a partner that loves you for who you are.

Marilyn's untimely death was mourned by millions of fans, associates, and former flames. Joe Dimaggio placed roses on

her grave every week for 20 years to remember her. But she was tragically unable to find lasting love in her three marriages. If she were here today, I believe her advice to us would be to find a partner that you enjoy being with, that isn't jealous, and that loves you for who you are. Only then may we have a shot at having the one thing that Marilyn desired most—a soul mate.

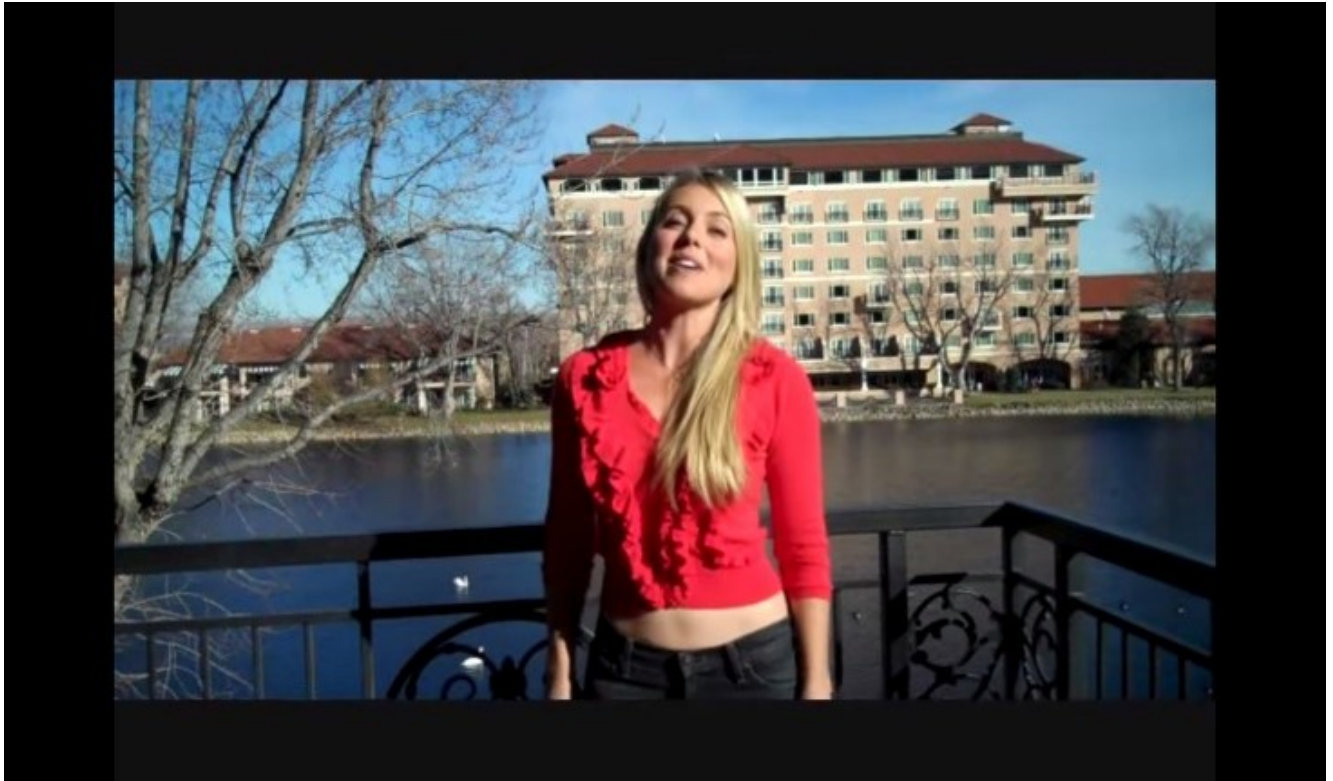
[1]

<http://www.dailymail.co.uk/femail/article-1210384/Joe-DiMaggio-wanted-Marilyn-Monroe-demure-housewife-posed-picture-beat-up.html>

1. [2] ^ *My Story* by Marilyn Monroe. ISBN 1-58979-316-1.
http://en.wikipedia.org/wiki/Marilyn_Monroe#cite_note-168

Zoe Saldana's Laid-Back Style





By Ann Csincsak, Vintage Sweet & Chic

The fast rising star of the new hit film '*The Words*,' Zoe Saldana, gets a top-tier award for her easy laid-back style. She always dresses to impress, even in her everyday denim. She takes a t-shirt and makes it special with eye-catching accessories and flawless makeup. If you're looking for a great weekend outfit to wear on a daytime date or out to a lunch at your local farmer's market, take a look at Zoe before heading out the door.



1. Knitted Blue Cardigan (ROMWE.com), \$22.95
2. Bacio 61 Estatto, \$160
3. Waverly Cory Satchel, \$295
4. Grey and White Striped Tee (sheinside.com), \$33
5. J Brand Maria High-Rise (actual), \$220



1. J. Crew Basic White Tee, \$25

2. J Brand Skinny Leg Jeans (actual), \$175

3. Asos Tassel Crossbody Bag, \$26

4. Rocker Bracelet Set (shoplately.com), \$16

No matter what your style, remember to stay true to yourself and you will always look amazing! Follow the trends, but don't be afraid to change them and step out on your own, just like Zoe.

PLUS: TOWNE & REESE GIVEAWAY!



GIVEAWAY ALERT: This week, we are featuring a fabulous look for any style from Towne and Reese, a favorite jewelry brand of Emily Maynard, our most recent [Bachelorette](#). Emily was spotted wearing Towne and Reese in almost every episode this season – and now, you can wear it too!

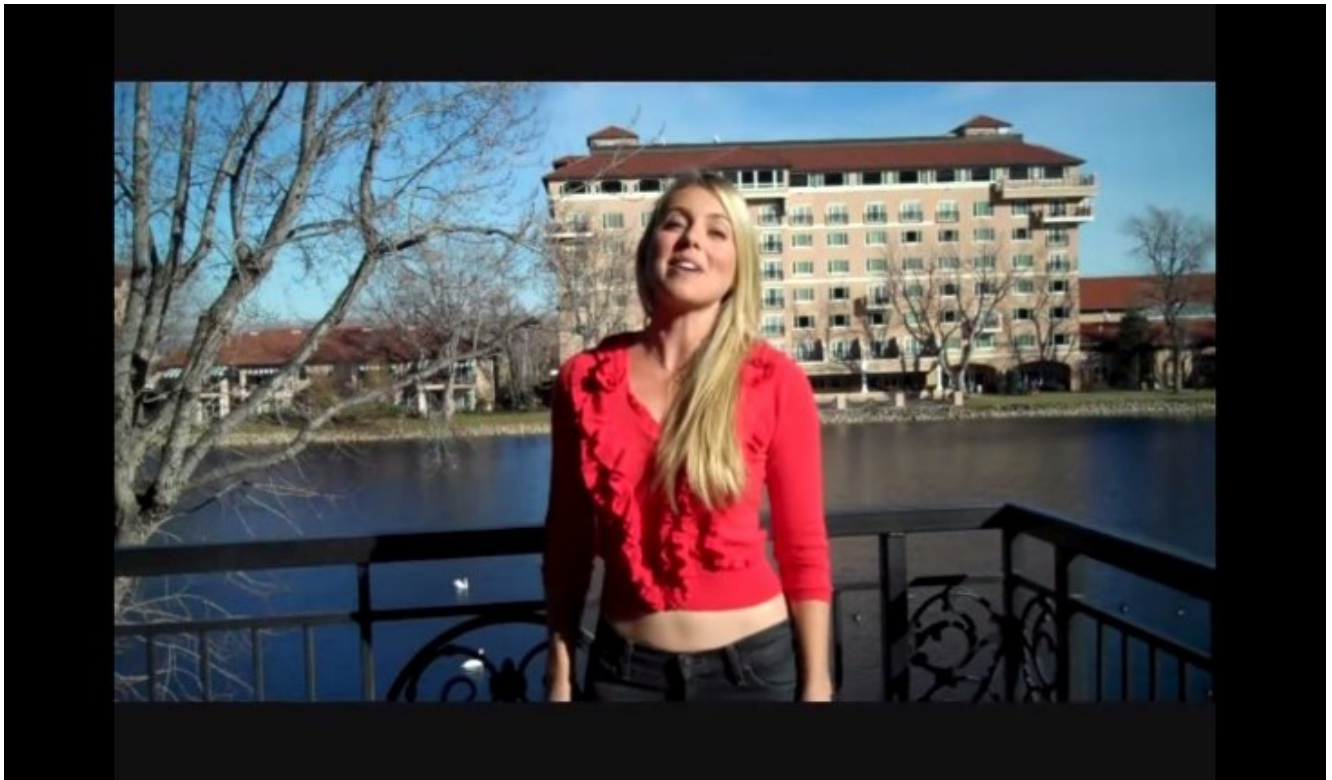
Towne and Reese will be giving away two of my favorite pieces: the Harlow Necklace in Gold (above) and the Elena Mint Ring (below), both worn by Emily during the show.

TO ENTER: “Like” the [Towne and Reese Facebook Page](#) and leave a comment saying that you are there for the #giveaway.



How To Break Up Without Breaking Them Down





By Melanie Mar

We've all heard of the phrase "I love you but I'm not in love with you." Hopefully it wasn't being said to you. It's a hard thing to let someone down, especially a person that cares for you more than you care for them. What does this phrase mean? Moreover, how can you express this sentiment to someone you care for deeply while causing the least amount of pain? We'll explore some key ideas that can help you break the news as easily as possible:

Love: Humans need to give and receive love for emotional and physical reasons. In fact, there have been studies in orphanages that show physical contact is vital to well-being. Babies who are not held or nuzzled enough will literally stop growing, even if they are receiving proper nutrition. Literally loving one another is crucial to our overall wellness. Fortunately, mutual loving can be exchanged between close friends, family members and beloved pets. You don't have to be exclusively romantic partners.

Related Link: [Is it Okay To Dump Someone Via Text?](#)

In love: Being “in love” is a precious, euphoric experience. This is a deeper bond that goes beyond the boundaries of love as defined above. Your significant other’s happiness and emotional needs are paramount to you. To be in love is a rare experience. Think of all the people you love and have loved in your life, then narrow that down to the chosen few that you were willing and hoping to spend forever with. I’m willing to bet that list shrunk considerably.

How do you tell someone “I love you but I’m not in love with you?”: This is not easy to say. However, if you don’t mirror someone else’s feelings, then it’s critical that you communicate it concisely and with compassion. It is incredibly important to keep it simple.

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

In a new relationship: It is easy to get caught up in that invigorating feeling when you meet someone new. Remember, that adrenaline rush could lead someone to mistake their intimate feelings for genuine love. If you don’t feel the same way, you need to be crystal clear about it.

When having this conversation with someone, you should be as courteous as possible. First, you need to say “thank you.” It takes a great deal of courage for someone to lay themselves bare. If you acknowledge their courage, it might help soften the blow. Next, you should explain your emotions. You shouldn’t make excuses or act defensively, but you should make it clear why you don’t reciprocate this person’s feelings. Finally, you need to look forward and explore your options. Maybe there’s someone else that has your eye, or maybe you’d benefit from being single. The choice is yours, but keep moving forward.

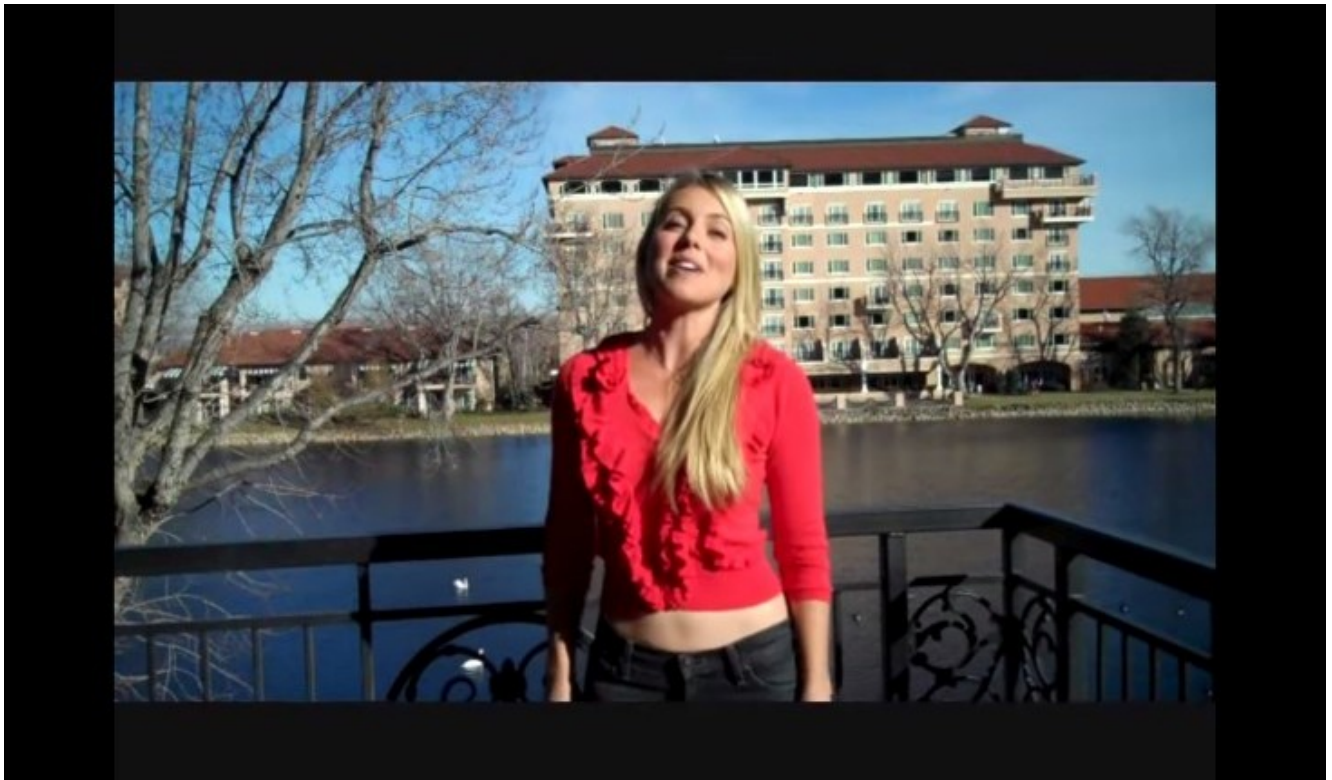
In an established relationship: The sense of calm, peace and stability one feels with a long-term partner can quite often

transfer to boredom and apathy for the other. If you're the bored party, don't drag it out! Gently tell your partner that you feel a disconnection. Ask them if they feel the same. Regardless of what the answer is, a decision needs to be made on how willing you both are to commit. If it becomes apparent that the flame is extinguished, you should move on. In situations like these, relationship therapy has worked for some couples. It can help assist in understanding the root of the problem. This can help you end your relationship amicably, or help you find a route to a solution that keeps you together.

Melanie is a relationship and life coach, as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association. Visit www.melaniemar.com for more information.

Q&A: Am I Being Too Untrusting?





Question from Kirsten B.: *My boyfriend always logs into my Gmail account to get access to YouTube, but lately, he's been asking for my Facebook and Twitter passwords too. I'm just not comfortable letting him have access to those accounts. Am I being too untrusting?*

Answer from Our Love Experts:

Tristan Coopersmith, Love Stylist: In my honest humble opinion, it isn't a matter of your level of trust but rather motive on his part to access your accounts AND motive on your part for wanting to prevent that access. Why does he want in? Has he been accusing you of naughty online behavior? Or does he just look at a password swap as a rite of relationship passage? And for you...why are you withholding? Do you have something to hide? Want to keep your electronic flirting options open? Or is it just a matter of wanting to preserve your independence and privacy? Once you determine both of your motives, I think you will gain clarity on your choice to give up the passwords or not.

Suzanne Oshima, Matchmaker: No, you're not being too

untrusting at all! There isn't any reasonable explanation as to why your boyfriend needs to have access to your Gmail, YouTube, Facebook and Twitter Accounts. If you don't give him your passwords, he will probably try to spin it and say that you're hiding something from him. However, it appears that your boyfriend is the one who is insecure and doesn't trust you. I always tell my clients: if you feel the need to "spy" on your boyfriend or girlfriend through their email or Facebook accounts, then that's a clear indicator that it's not a healthy relationship. When it comes to relationships, trust is the true foundation of a good one.

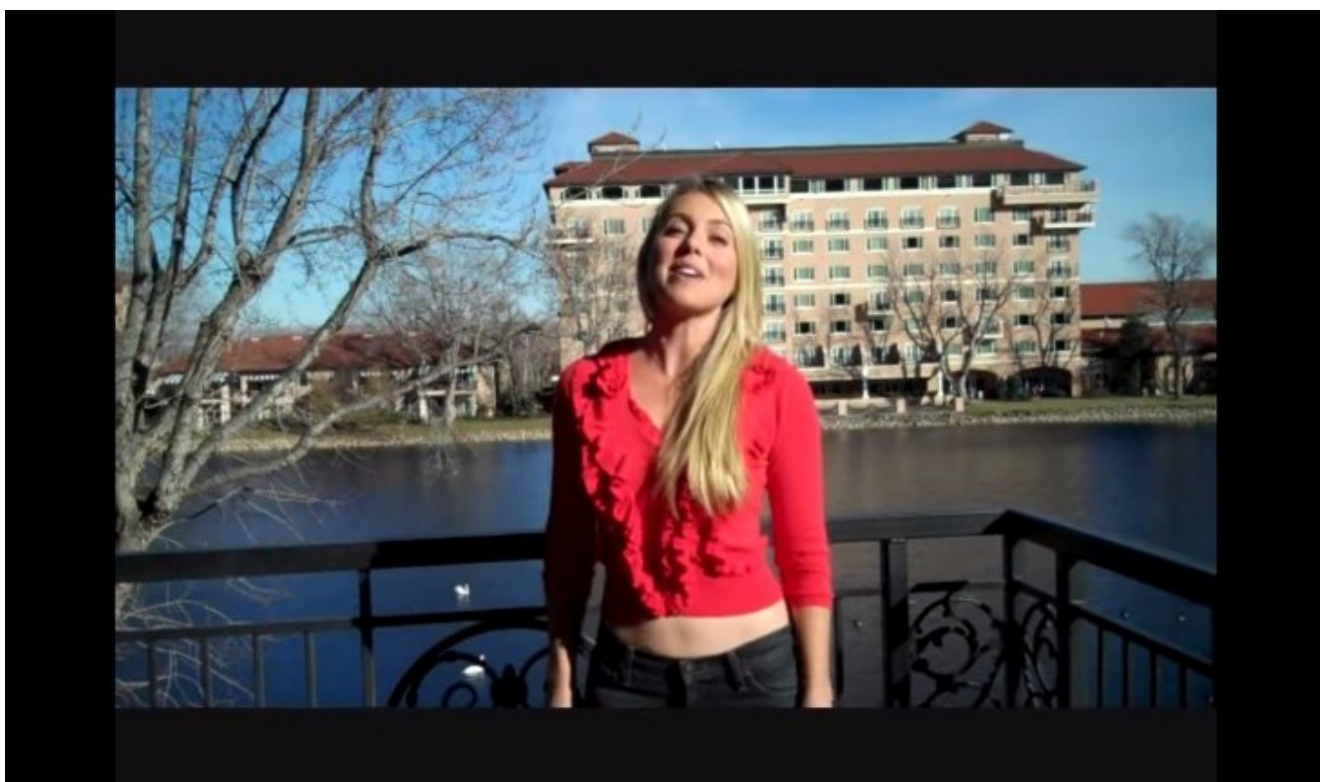
Paige Wyatt, Reality Star: You are not the one that's being untrusting; he is. I'm sure he has his own Facebook or Twitter account, which means he's only using your's to spy on you. He probably doesn't care what your friends are doing; he wants to know who you're talking to, what you're talking about and if there's any reason that he should be worried. Invasion of privacy is a big red flag in a relationship! You have a right to keep your passwords private, and by wanting access to your accounts, he's violating that right. If you two are in a serious, healthy relationship, you should be able to talk to each other and share your concerns rather than spy on each other. Ask him why he wants the passwords; be understanding, open and honest with each other. A lot of times men aren't trying to be offensive or untrusting; they are just a little insecure, and it's our job to relieve those worries.

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

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

Have you ever been too untrusting with your partner or vice versa? Share your story below.

Katy Perry's Baby Doll Beauty



By Ann Csincsak, Vintage Sweet & Chic

Katy Perry is definitely a California girl at heart. Born and raised in Santa Barbara, her beach bum looks have morphed into a style that is fun, sophisticated and edgy. In the latest issue of *ELLE*, Katy admits that she can't be the bubblegum queen forever, but with five hit singles from her first album, she is certainly entitled to ride the wave for a while. While her stage outfits are nothing less than over the top, her street attire has an entirely different vibe. We often see her carrying Chanel purses, sporting Alice and Olivia tops and rocking Marc Jacobs flats – proving that she is no stranger to awesome style.

Her first look is a great representation of her style: playful and young but with an edge.

1.Alice and Olivia (actual), SOLD OUT. Club L Top (pictured above), \$29

2.Forever 21 Studs, \$3.95

3.ELF Studio Gloss, \$3 MUST HAVE!

4.Milly Black Suede Flats, \$56

5.Alice and Olivia Floral Capri (actual), \$195

Her second look shows off more of her girly side. This look is great for a dinner date with that special someone. Men love women in a dress – it shows off their curves and their feminine side.

1.Wheels & Doll Baby Belted Floral Tea Party holiday Dress (actual), \$28

2.Debanams.com Pale Pink Cardigan, \$50

3.Christian Louboutin Burgundy Heels, \$170 DEAL from www.heels-1st.com, COLOR STYLE WATCH

4.Marc Jacobs Grey “Murray” bag, \$395

5.Butter Polish ‘Sloan Ranger’, \$14.00 COLOR STYLE WATCH

Take cues from this pop star and never be afraid to change your look. Explore different styles and always try to remember to set the trends rather than follow them, just like Katy.

PLUS: POPCHIPS GIVEAWAY!

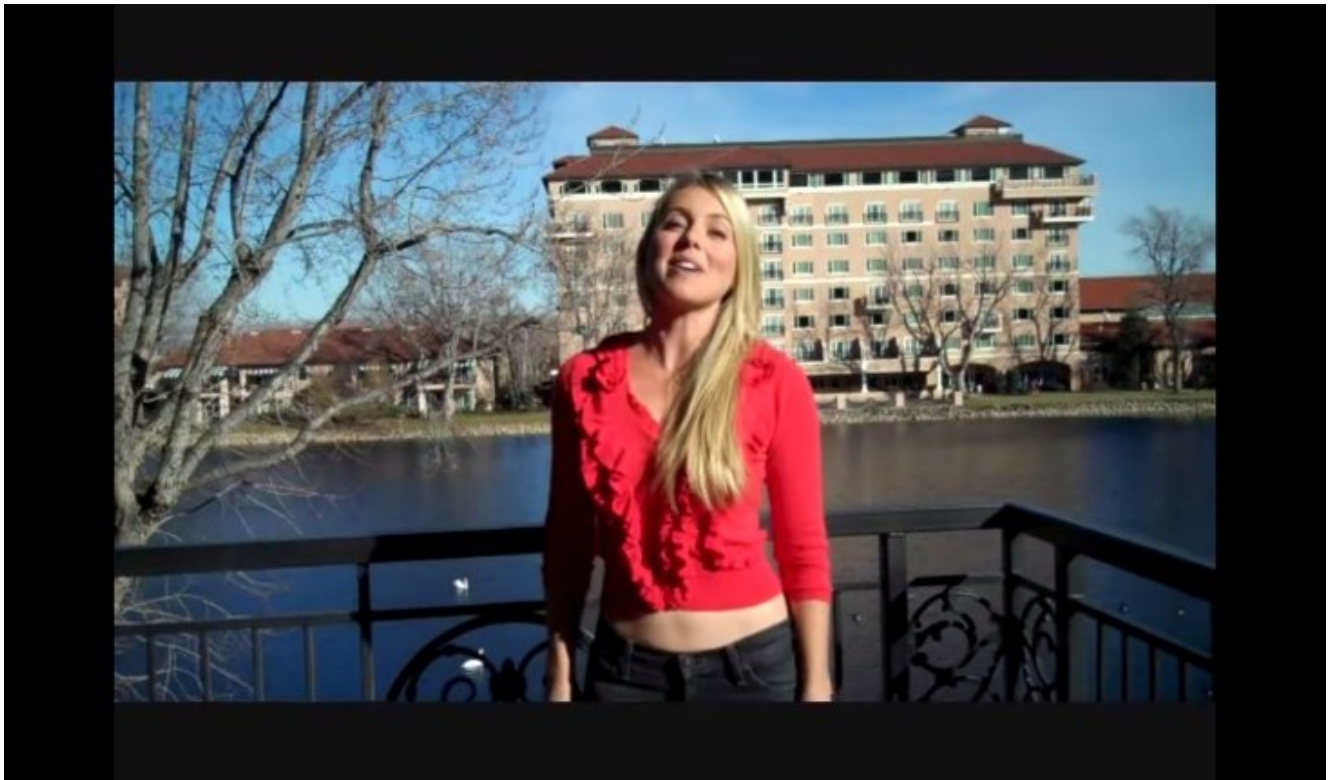
This weeks GIVEAWAY is from Popchips’ newest investor and spokeswoman Katy Perry! Courtesy of Popchips, we are doing a fantastic giveaway: Popchips will be delivering, right to your door, a month free supply of Popchips.

TO ENTER: Go to Twitter and tell @anncsincsak (that's me!) and @popchipsCO who your three favorite designers are, along with the hashtag **#katypops** (in honor of Popchips partnership with Katy herself!). We will pick a winner from Twitter once the contest is completed, and you will receive your shipment ASAP.



Five Ways To Make Sure Your Summer Romance Falls Into Autumn





By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

The fun and flirtiness of summer makes this season notorious for lust and love. Whether you're still testing the waters like Kim Kardashian and her new beau Kanye West, or you have found long-lasting love like Jennifer Anniston and Justin Theroux, here are some tips to make your summer romance endless.

Related Link: [10 Ways to Get Into a Summer Romance](#)

1. Plan your fall activities now: With Labor Day right around the corner, you and your special someone will have no problem finding something to do as long as the long weekend is filled with activities. Consider the Hudson Valley Fall Festivals or visit Cape Cod in Boston to check out Martha's Vineyard for festivals and fairs going on all weekend. On the West Coast, travel to San Francisco (the weather is better in the fall than in the summer) or Laguna Beach. Wherever you decide to go or not, the point is that planning together strengthens the commitment in your relationship while giving both of you something in which to look forward.

2. Get into a routine: Things tend to get a little “real” when September rolls around and you realize that you have to get back into your work or school routine. Now is the time to ease into those very important chats about where your relationship fits among all of the other chaos. Fall also brings along family and holiday gatherings. Get a feel for each other’s traditions and core values. Holidays tend to bring tension and anxiety to a new relationship, so reduce the stress with lots of communication, and be prepared for the family reunions and gift giving to come.

3. Get excited for football season: What is more fun than tailgating for a big game with all of your friends? Get all of the food and beverages together, and make an awesome day trip out of it. If either of you have a college homecoming game on the horizon or a professional football game you’re dying to attend, go together for an unforgettable experience.

4. Fall means fall clothes: Shopping is my all-time favorite sport. Plan to go on a spree like a Kardashian, but do it together. Hit one of those great outlet malls to make your shopping outing even more enjoyable. Helping one other select clothes you both like is an intimate activity – you’ll both be stimulated by the experience, so make sure to have a great night planned as well.

5. Stay in touch while at work: If you are both career people, the end of summer means an accelerated work schedule. Don’t let work have all of your attention. Call or text your honey to simply ask how his or her day is going. Try to keep it short to respect each other’s schedules, but do it at least once each day. It shows that you are in each other’s thoughts and that you care, which is essential to budding your relationship. When you get together after a long day, give each other a detailed breakdown to show your partner that they’re a part of your life even when you’re not together.

Related Link: [5 Reasons to Play Hooky From Work With Your](#)

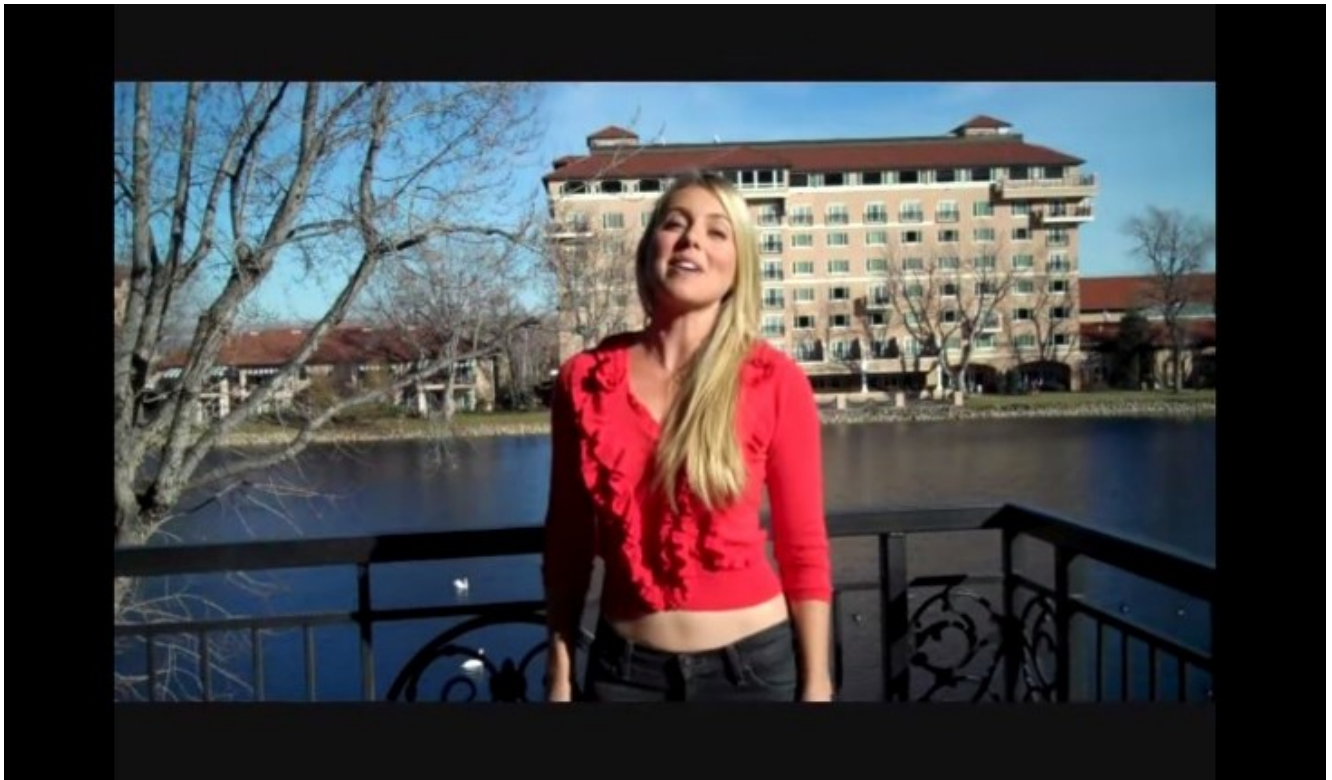
Honey

There are a couple weeks still left of summer, so keep up the romance by completing everything you have left to do on your checklist. Go kayaking, continue to dine outdoors and have another beach day before it's back to business in the fall. All of the time you spend together now will help you develop and maintain the feelings that will keep your relationship thriving throughout the fall.

Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

ShrinkWrap: J. Lo...Once Betrayed, Always Betrayed?





By Jane Greer, Ph.D. for GalTime.com

J.Lo is back in the news and it isn't because of her music. Once again it is her love life that is getting attention. The three-time divorced megastar might be having romantic troubles, something she has dealt with many times before.

It was recently revealed that her boyfriend dancer Casper Smart walked into an "exotic massage parlor" and gay porn shop in New York City. Smart said he didn't mean to go there, that he was lost, but there is talk that his journey – mistaken or otherwise – is already taking a toll on their still relatively new relationship.

Jennifer is not new to betrayal, so the question is: if you are once betrayed are you destined to repeat it? Can you learn from a betrayal so it doesn't keep happening?

To begin with, you have to understand your own personal limits and boundaries. In order to do that, you must determine for yourself what is forgivable and what isn't. In my book, *How Could You Do This To Me? Learning To Trust After Betrayal*, I

talk about the fact that there are many nuances to betrayal and what might be perceived as infidelity. For some, a tiny indiscretion such as flirting with or texting someone else might be enough to cause a great rift in a romantic partnership, while for others that might not even rock the boat. Knowing your boyfriend or girlfriend watches Internet porn might not seem like a problem at all to some, while for others it might be a deal-breaker. There are so many scenarios out there, each couple must decide together what is okay and what isn't, and if one partner exceeds those limits, then that is a betrayal.

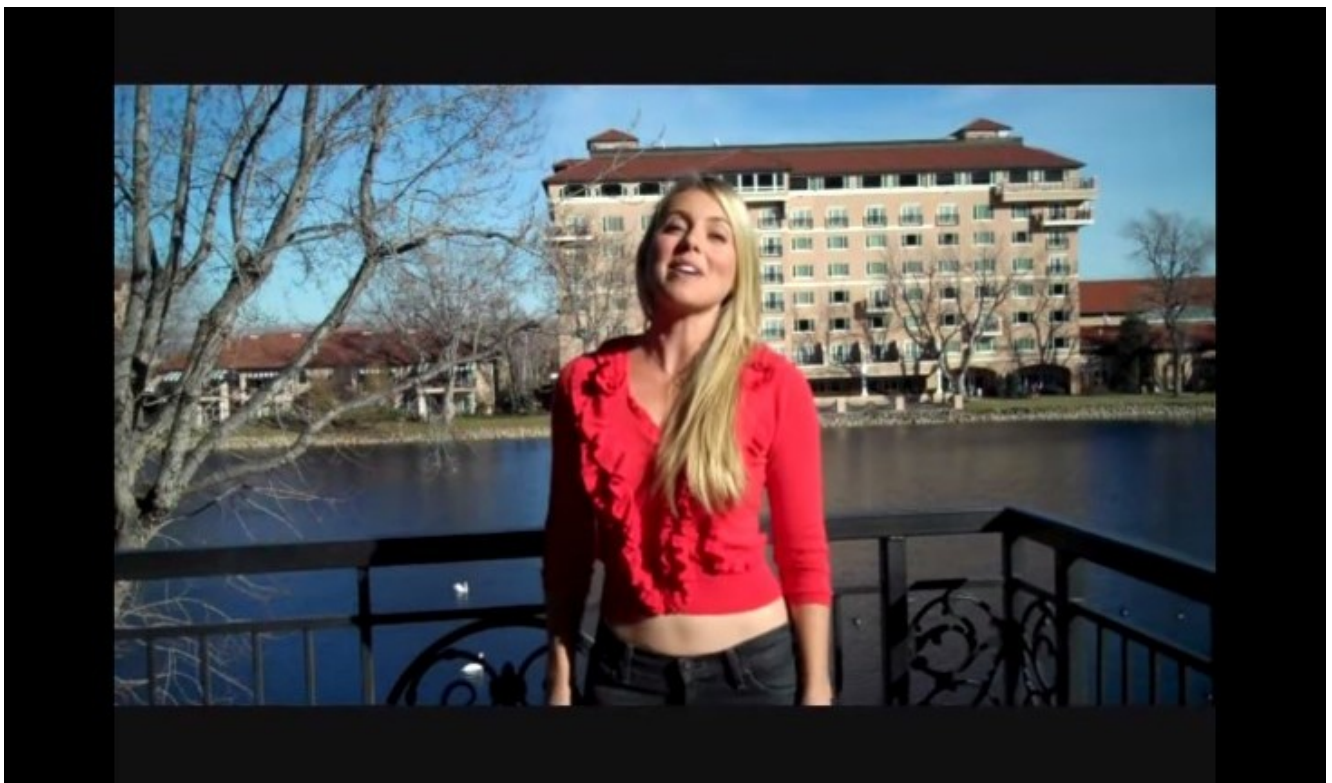
The biggest question between Casper and Jennifer, and between any two people dealing with an issue like this, is what is acceptable and, therefore, forgivable in their relationship. This answer will be different depending on who you ask. If, in fact, Casper entered that store to satisfy unmet needs, and Jennifer is aware and accepting of those needs, then the tabloids are wrong: It wasn't a betrayal and this won't cause the downfall of their relationship. If she didn't know about these needs, however, and he was sneaking around, then it is possible that her readiness to invest trust in her relationship with Casper is not fully warranted.

It is hard to know if Casper has betrayed Jennifer, maybe we'll learn more as the story unfolds, but if he has then she will benefit from stepping back and taking inventory. So often people who are trustworthy simply believe their partner will be by default. They assume that their partner will put them first, just as they tend to do. Instead, the other person puts their own needs first, and when they are sexual or romantic, inevitably it spells betrayal.

If you are looking to trust someone, you want to base that trust on what your partner does, not on what they say. Pay attention and make sure their actions are consistent with what they are telling you. If Casper has been open and honest and has shared his desires and needs with Jennifer, even if they

don't always include her, they can make it work. In the end, from where we stand, only time will tell for the celebrity couple. In your own relationship, you don't have to be so passive. If your lover's actions and words don't mesh, or if you know they are keeping secrets from you, no matter how much you want it to work, unless you deal with your doubts, you will be at risk of being betrayed.

Does Your Womb Have A Vacancy?



By David Wygant

Do you love talking about the potential of having children in the near future? Is your number-one goal to meet somebody, just so you can have children? Quite simply, are you dating because your womb has a vacancy? Well then, you're dating *100% wrong*. Let me tell you something: women that think like this are women that will be raising kids *alone*.

How do I know that? Because I've been through it. Here are some things to think about:

Related Link: [Megan Fox Explains Why She's Waiting to Have Children](#)

All relationships need nurturing: Men, women, we all need to nurture one another. In order to have a great relationship with a solid foundation, the flow should usually look something like this: Man meets woman. Woman meets man. Woman respects man. Man respects woman. Man fulfills woman's needs. Woman fulfills man's needs. These are the basic principles of a relationship. We've learned it since the beginning of time.

When we first came into this world, our mom nurtured us. Our dads made sure all our needs were being met. Unfortunately, as we get older, we run into relationships where our needs are not being met, and that's the problem. There are too many women running around with a biological clock ticking, wanting and desiring a family. So they start marrying men, and once the child comes, they are doing nothing to nurture their relationship because a *child* was the number one desire in the first place.

Are you one of those women?: Are you one of those women whose number one desire is to have children, because your biological clock is ticking, your womb has vacancy and all you think about is meeting a man to have a kid? Life doesn't work that way. You can't—even if you're now in your 30s—*rush* a relationship for the sake of having children. What happens is simple: you won't be laying a solid foundation, and you will

get exactly what you wanted—a kid—but you will be with a man that you don't spend any time nurturing and honoring. There are so many men running around in this world that have not been nurtured, not been honored and not received the love that they needed because they met a woman who had a womb vacancy.

Related Link: [Best Celebrity Moms \(Who Also Make Great Wives\)](#)

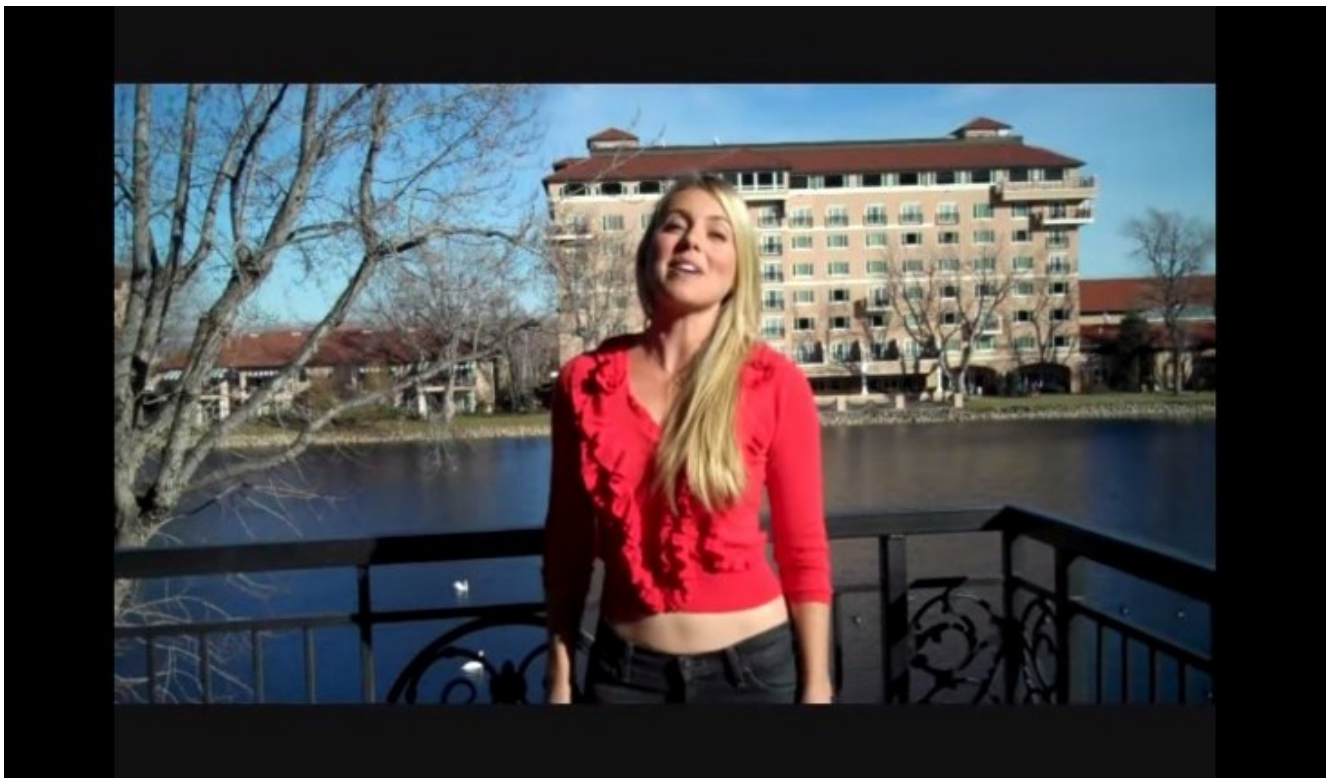
It's time that you got honest with yourself: What part of a relationship do you really desire? Do you want a *relationship* or do you want a *kid*? If you want a *family*, then you have to put your relationship first—you have to build roots. A family is rooted. It starts when two people love each other, honor one another and nurture one another. Too many times—in all my years of coaching—have I seen women bamboozle men. The woman gives him great things, promises him the world and then all of a sudden the child comes and guess what happens: the man no longer gets attention, no longer gets nurtured and it becomes all about what the woman really wanted in the first place. She wanted that vacant womb to be fulfilled. She wanted to be a *mother*.

This is an open letter to every single woman out there: Make sure you realize that it's not *just* about having a baby. This is your wake-up call: be honest with yourself and who you are as a person. There are too many kids running around in this world that don't have a mom and a dad. Or maybe they have a mom and a dad but they don't have a mom and a dad that live together. Or they live together but they don't love each other. And one reason for this tragedy is that there are too many women out there that are selfish and on a biological clock. Don't tell me I don't understand a biological clock—I understand what human emotions are and I understand what priorities are, and I understand that if you've got this clock ticking you may not be making the best decisions. You may just be thinking about one thing: filling that vacancy. But if you really want to fill it right away, call Priceline. They're masters at filling vacant hotel rooms, maybe you can get them

to fill your womb! Just don't think finding a man will solve that problem as easily.

David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked and speaker. Through his boot camps, personal coaching and his at www.DavidWygant.com, his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.

How to Make Sure Your Divorce is Amicable, Fair and Fast



By Amy Osmond Cook

Thanks to Kris Humphries and Kim Kardashian, we have the celebrity divorce spectacle to which we've become accustomed. There are no kids (and apparently no deep feelings) involved, but oh, do we have drama! This divorce, like so many others, is all about money. Consider the top ten biggest divorce payouts in history below:

Related Link: [Five Celebrity Divorces We Really Weren't Expecting](#)

- Rupert Murdoch's divorce from Anna Murdoch; estimated at \$1.7 billion
- Adnan Khashoggi's divorce from Soraya Khashoggi; estimated at \$850 million
- Bernie Ecclestone's divorce from Slavica; estimated at £750m
- Craig McCaw's divorce from Wendy McCaw; estimated to exceed \$460 million
- Mel Gibson's divorce from Robyn; estimated at \$425 million
- Michael Jordan's divorce from Juanita Jordan; estimated to exceed \$260 million
- Charles Edgar Fipke's divorce from Marlene Fipke; estimated at \$200 million
- Neil Diamond's divorce from Marcia Murphey; estimated at \$150 million
- Harrison Ford's divorce from Melissa Mathison; estimated at \$118 million
- Greg Norman's divorce from Laura Andrassy; estimated at \$103 million

Most of us won't have a divorce settlement in the millions, but there are a few things you can do to make sure that any future split with your partner is amicable, fair, and fast:

1. Write a prenup. An ironclad prenup is the easiest way to speed up the divorce process. In 1985, Steven Spielberg and Amy Irving wrote a prenuptial agreement on a cocktail napkin. Four years later, Amy contested the agreement—and won. As a result, she received a settlement of about 100 million, or half of her ex-husband's earnings, after just four years of marriage. The reason? Her attorney wasn't present, allowing her to contest the prenup on the grounds of fairness, full disclosure, and duress. In the absence of an ironclad prenup, husbands and wives usually split their assets equally.

Related Link: [Prince William and Kate Middleton: To Prenup or Not to Prenup?](#)

2. Don't cheat. Rudy Giuliani's public affair with Judith Nathan cost him dearly when he and his wife, Donna Hanover, divorced. When they separated in October 2000, he was making a modest income as a government official. Then the 9/11 tragedy happened, and his popularity soared. Because they were already separated, Donna wasn't legally entitled to the money he made following the date of separation, including an estimated \$8M in speaking fees alone. But because Giuliani wanted to keep some of the more salacious details of his personal life out of the public record, he settled—paying an estimated \$6.8M, a substantially higher amount than he was legally obligated to pay.

3. Don't forget about intellectual property. Sometimes the greatest assets are the intangible ones. In 2000, Michael Douglas agreed to pay his first wife, Diandra, half of the acting earnings he accrued while they were married, including money from any future "spinoffs." In 2011, Diandra filed suit, stating that she was entitled to half of Michael's earnings from *Wall Street: Money Never Sleeps*, because it is a spinoff

from the original *Wall Street* (which was filmed during their marriage). Michael claims is that the new movie is a sequel and *not* a spinoff, so Diandra isn't entitled to anything. The case revolves around one point: Is the new movie a spinoff or a sequel? If it's a spinoff, she gets half. If it's a sequel, she gets nothing. In this case, a judge will decide. But you can learn from Michael's potentially costly mistake by shoring up your intellectual property rights.

The key to an amicable split is to decide money matters before it gets ugly. Whether you are happily married or contemplating divorce, considering a prenup, keeping your actions blackmail-proof, and dealing with your intellectual property will serve you well.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.