


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.

Q&A: Is it Okay to Break Up With Someone via Text?



✘ Question from Lauren A.: *I was dating a guy for a month when he broke up with me via text. I thought this was extremely impersonal and I deserved at least a phone call, but my guy friends said that because we were only dating for a short length of time, breaking up with a text message is fine. What are your thoughts? Is there a certain length of time you have to be dating someone to receive a more intimate break-up?*

Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: That's like asking if there is there a certain length of time you should know someone to be just plain polite to them! Call me old-school, but I believe in a thing called respect. I think you should treat people the way you want to be treated, and only spend time with those who reciprocate in kind. Although the breakup undoubtedly stings, you dodged a bullet with this guy. After all, if he would breakup with you over a freaking text, you could probably count on him proposing via email. Hardly a guy worthy of your love! Onwards and upwards!

Suzanne Oshima, Matchmaker: In this age of technology, a break up can be done through any of the following forms of communication: in person, a phone call, an email, or a text message. An in person break up is the most intimate, a text message is the most impersonal and a phone call or an email is somewhere in between. The fact of the matter is that you weren't really in a serious relationship after only a month. Since you were only dating, he probably felt a text was acceptable. It's important to understand the reason why most guys break up with someone this way; it's the easy way out. He doesn't have to face you, your emotions or your questions as to "why." While I know you feel you deserved more, just remember, a text is still much better than him just disappearing and leaving you wondering what happened.

Paige Wyatt, Reality Star: A break up via text message makes me think that the other person never really cared about the relationship, no matter how long it may have been. When someone wants to break up, it means there was some kind of problem in the relationship. A text message does not give the other person the chance to defend themselves and it closes the door to working through the issues and figuring out your differences. If the guy truly cared about you, he would want to at least try to work it out, and if he doesn't care enough to do that, he's not worth it anyway.

For more information on our three relationship gurus, visit our Experts page!

If you have any questions you would like answered by our experts, please submit them on our Contact Page.

Have you ever been broken up with over a text message? Share your story below!

Blake Lively's High-Fashion Style



 By Ann Csincsak, Vintage Sweet & Chic

Blake Lively has given us something to gossip about for years, between her hit drama TV show on the CW and her high-fashion style. Whether she is hitting the streets of NYC as Serena from *Gossip Girl*, or grabbing a coffee at The Grove in LA, she always looks show-stopping. Her style is high fashion with a mix of sexy sophistication. She shows ladies in their 20s how to take their wardrobe up a notch. With a new major movie at

the box office , *Savage*, she is a star we can't take our eyes off.

1.Suno Wide Leg Pants, \$420 SPLURGE!

2.H & M Tank, \$7.95

3.Fendi Peekaboo Bag, \$695 Actual, SPLURGE!

4.BDG Classic Belt Urban Outfitters, \$29.95

5.Forever21 Romantic Lace Floppy Hat, \$12.80

The next look is for all the city girls who are looking to stay with this summer's Maxi trend – while making it look effortless, of course! Some people have a hard time thinking of a long skirt as casual, but Lively shows us that you can be casual and bold with the addition of strong summer colors. Keep this look simple by mixing material like the python bag with a bold-red color, but leave your top and accessories neutral.

1.Rag and Bone Feather Red Skirt (Barney's), \$395 SPLURGE!

2.H &M Basic Tank, \$7.95

3.Towne and Reese Ellie Marie Bracelets, \$45

4.Koret Handbag Python, \$278

You don't have to spend a lot to look fabulous on a weekend away or on date at a super-chic restaurant. Look to this blonde bombshell for fashion inspiration and wear head-turning colors with a variety of accessories to leave a lasting impression.

'The Bachelorette' Season 8 Finale: Tips for Lasting Love



 By Marni Kinrys, Ultimate Wing Girl

I have to say, I was shocked at 'The Bachelorette' finale. Well, kind-of shocked. For some reason, I *knew* that Emily was going to pick Jef, but I was still surprised that she didn't choose Arie. It goes to show you that physical chemistry does not equal partnership for life and that you can make the right choice if you take your time and really evaluate what relationship is best for you.

I have to give Emily so much credit for being able to see that difference between her two final suitors. Throughout this season, she has been a strong and steady Bachelorette, working hard to not let her heart solely dictate her decisions. She has been smart about her choices, and when it comes to love, we all know how challenging that can be.

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

Thinking back on past episodes, I remember when I started to see the potential for Emily and Jef to be a successful couple. When they were lying on the floor in Prague, kissing, giggling and talking easily about the future, I knew that Jef had won her heart. They didn't just have chemistry; they had a best friendship. That's the primary distinction between relationships that fizzle and relationships that last forever.

Now that Emily's found love, I want to help all of you do the same! Here are my tips on how to decipher if someone is a good choice for you for the long haul. Ask yourself the following questions:

1. Does this person challenge me in a good way? The best partnerships are with those that help us grow and see the world in new and interesting ways. Yes, it's always great to have a lot in common with a person, but too many similarities can get old and dull pretty quickly. Someone different from you helps you see sides of yourself that you didn't know existed. The saying that "opposites attract" *really* is true.

2. Does this person turn me on physically *and* mentally? YES, I know physical compatibility is important, but stimulation of the mind and emotionally understanding each other is equally important.

3. Does this person get me? In relationships, you don't always have to agree with one another, but it's essential to *get* one another. The couples with the strongest survival rates are the ones where they really work on getting to know one another. You need to understand who your partner is and what he or she is all about – and appreciate him or her because of this uniqueness.

Related: [Jef Holm Refuses Fantasy Suite With Emily Maynard on 'The Bachelorette'](#)

4. Does this person have the same values as I do? I know so many people who say that they have the same values as their significant other, but when I ask them what those values are, they draw a blank. Knowing your own core belief system and understanding your partner's morals is so important to a successful marriage. If you want a guide to discovering your values, email me at marni@winggirlmethod.com and let me know that you read this post.

5. Does this person make even the hard times seem fun? If you are going to be with someone the rest of your life, you better be able to have fun with that person. Life will be tough sometimes, and it's important to keep that in mind when selecting a partner.

I think Emily and Jef seem like a great couple. I am so happy for the two of them, and I know that they are going to have a fulfilling relationship based on love, admiration and open communication.

New Advice Column: Dating in the Age of Technology



Have you been dating your guy for a few months, but he *still* hasn't changed his Facebook status to "in a relationship"? Or, does the new man your dating text you saying he misses you and then you don't hear from him for days? These are common scenarios in our new technology-driven dating world. If you are challenged with how to navigate all of this, don't despair.

On Thursday, August 2nd, CupidsPulse.com will be launching a new advice column focused on this very issue. From texting to emailing to Twitter and Facebook, each month we will highlight a social media scenario and engage three experts (all from different areas of the country and different stages of life) to provide their perspective on how best to handle the situation.

Our advice column experts will include Paige Wyatt, the reality star of Discovery Channel's 'American Gun's'; Tristan Coopersmith, a "love stylist" working on her degree to become a psychotherapist; and Suzanne Oshima, a matchmaker and dating coach. Dating in the digital world is difficult – let us make it a bit easier for you!

If you have any questions you would like answered by our experts, please send them to cupid@cupidspulse.com.

Photo Courtesy: Datingsites.org

Can a Rebound Relationship Turn into True Love?



 By Melanie Mar

When embarking on a new relationship, having some residual emotional attachment to your ex is not something I generally advise. Having said that, there are times when a “rebound relationship” is just what the doctor ordered. The end of any serious relationship can take its toll on your personal and sexual self-confidence and you might no longer be feeling attractive, feminine or sensual. Embracing someone whom you actually feel excited about might be exactly what you need to feel better. Though you shouldn’t count on a new romance to magically eradicate all your insecurities, once in a while you will find the joy that was lacking in your last doomed coupling. Can these rebound relationships lead to true love? Absolutely! I married the man who was my rebound relationship. Here are some simple tips to help you do the same:



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

Relationships

1. Be honest: Be completely honest with your new partner and, most importantly, yourself. Being truthful about where you are in the process of moving forward and letting go of the past is key.

2. Be vulnerable: A secure man who truly cares for a woman will not be not deterred. Hitting slight bumps in your relationship will only inspire him to protect and support you more. It's okay to be vulnerable, as that will often only make your relationship stronger.

3. Be open: Don't be closed-off to the potential of what this new relationship could be. If you're not open, you could be letting someone wonderful pass you by. Remember, rebound relationships can be successful. If you're still afraid to open yourself up, consider hiring a relationship coach to help you.


Related: [Rachel A. Sussman Helps Us Recover After A Breakup In 'The Breakup Bible'](#)

4. Be relaxed: Remember, stay relaxed, have fun, enjoy the courting phase and just let things take their natural course. Being nervous will only make things harder.

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.

'The Bachelorette' Season 8, Episode 9: The Dos and Don'ts of Masculinity



 By Marni Kinrys, of WingGirlMethod.com

OMG I was totally shocked last night when Emily Maynard did not pick Sean Lowe. I totally thought that Jef Holm was going to be sent packing. My husband and I were watching the show (he will deny it if ever asked), and both of us thought that it was going to be Arie Luyendyk and Sean for sure. I actually think my husband has a crush on Sean based on how disappointed he was that this "solid man" was not selected.

After the show ended, my husband and I got into a discussion about masculinity and what it means. The conversation was sparked from my husband commenting on Sean being so solid and then telling me how his exit speech would go. Strange, I know.

In the past, most people would define masculinity as being the Alpha Male: strong, aggressive, fearless, dominant. Today, though, the definition is a little different. And thank goodness for that. Today's modern masculinity includes balanced men. Men that can listen but also speak. They can be assertive and not aggressive. They can express emotion without being emotional. I like to call these men "nice guys with an edge."

Related: [The Bachelorette Season 8, Episode 7: How to Express Your Love](#)

During last night's episode, I have never seen more amazing examples of the modern masculinity – especially when dealing with the whole "forgo your fantasy suite" scenario.

Jef

I loved it when Jef literally took the words out of Emily's mouth and nobly said, "Out of respect for our families, I don't think it's a good idea to use this key." It was not a tactic to get Emily to want him more. It was genuine and real and masculine. A non-masculine man would have had his sex goggles on, unable to think about the full picture. But Jef is a solid, good man that knows what's important and is willing to wait so that everyone is comfortable. Amazing!

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

Sean

Sean also displayed his modern masculinity on his date when he opened up to Emily about what he wants and what he envisions for their future together. He had the perfect balance of being vulnerable and strong. His words were precise and real. You could tell that he had actually put serious thought into the potential scenario. In fact, he even stated that he did in his exit ride.

Arie

Now, I know Arie didn't get a chance to turn down his fantasy suite offer, but his statements on how to form relationships with children won me over last night. Again, a man who has taken the time to think about the full picture. He is not just thinking about getting the girl. He's thinking about starting a life together as a family.

Seeing these three guys makes me even happier that guys like Ryan are no longer suitors on 'The Bachelorette.' Emily has landed herself two solid and strong options for a future husband, and I know this final decision will be especially tough for her.

For all the men that are reading this blog, watch the next episode of the show and take note of the two finalists. These guys are examples of modern masculine men – they’re what all women want!

Is Kanye West Daddy Material?



By Amy Osmond Cook

All signs point to a third marriage for Kim Kardashian, after she revealed her strong feelings for grammy-winning artist Kanye West in a recent interview with Oprah. Kim stated, “I want babies; I want my forever; I want my fairytale.” Kanye appears to be equally smitten. But is he daddy material?

As Dr. David L. Hill describes in his new book, *Dad to Dad: Parenting Like a Pro*, a father’s role in his child’s life has no equal. Premature babies gain weight better if their dads are involved in their care. Children with involved fathers have better language skills, make better grades and enjoy better self-esteem than those without them. Children whose fathers are involved in their care are less likely to wind up in jail, use drugs and alcohol or become pregnant in their teen years. Fathers are monumental.

Especially considering her recent snafu with Kris Humphries, Kim will want to take her time deciding if Kanye is the right man for her and her future reality stars. Here are three ways to tell if Kanye is ready for Kim’s fairytale life with babies:

Related: [Four Ways to Tell If He’s ‘The One’](#)

1. How does he treat his mother? Does your guy respect his mother or talk down to her? Does he compliment her or criticize her? The first rule of good fathering is to love and respect his child's mother, and a boy's relationship with his mother is usually the model that he will follow in subsequent relationships.

2. Can he go with the flow? As every parent knows, the best-laid plans are often foiled by a baby who won't sleep, a child who gets sick or a teenager who needs some reassurance. Before you walk down the aisle, a trip to Disneyland with someone's little terrors may be warranted. If it's still the happiest place on earth at the end of the day, chances are that your guy is flexible enough to be a good father.

Related: [Five Top Tops on How to Find "The One"](#)

3. You are more important to him than his party plans. If your guy is out partying with the guys every night, chances are he's not ready to settle down and have a dozen kids. Any parent knows that babies determine their own schedules—which (if you're lucky) consist of twelve hours of sleep. So, unless you plan on getting a night nurse, you're going to be watching a lot of movies at home.

Only time will tell whether Kanye and Kim will have little fashionistas of their own, but Kanye's storybook relationship with his mother, who has now passed, bodes well for his future parenting skills. This relationship is memorialized in his song, "Hey Mama": "Hey Mama, I wanna scream so loud for you/ 'Cause I'm so proud of you/ Let me tell you what I'm about to do ... I appreciate what you allowed for me, I just want you to be proud of me."


Maybe the third time is a charm.

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.

‘The Bachelorette’ Season 8, Episode 7: How to Express Your Love, Bachelorette Style



 By Marni Kinrys, of winggirlmethod.com

That’s it! I’ve decided that, if things don’t work out with my husband and if I ever have to look for love again, I’m going to have a baby first. There must be some hormone that’s released when you have a child that allows you to be more open, real and honest. It’s amazing how I continue to be impressed by Emily Maynard. She definitely knows how to date and make sure she’s getting what she wants.

Her final four bachelors are truly a solid group of men. They definitely proved themselves last night with their ability to express themselves and communicate with Emily, something that is essential to any great relationship. As I always say, in order to get what you want, you have to ask for it – and last night, the guys asked for it!

Hopefully, you have heard of *The 5 Love Languages*, an amazing book that everyone should read, especially if you are looking for a relationship. The book says that there are five ways for humans to express their love: words of affirmation, quality

time, receiving gifts, acts of service and physical touch.

Once an individual understands their love language, it makes relationships easier for them because they know what is needed for them to feel loved and appreciated.

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

It's always interesting to see which language people use most often. For example, Arie is definitely about physical touch. Whether it's a hug or something more subtle, he is always trying to get close to Emily. For him, touch re-connects him to her – and based on her attraction to him, it's definitely working. I'm a touch girl myself, so any touch that Arie gives literally makes me feel warm inside.

Sean, on the other hand, is all about quality time. He makes a point to pull Emily away and ensures that they have good quality time together. His sub-languages (those languages that he uses less often) may be physical touch and words of affirmation.

Related: [Towne & Reese Jewelry Giveaway – As Seen on 'The Bachelorette' Star Emily Maynard](#)

The surprise of the night for me was Jef. I was having trouble getting a read on this guy, and last night, I suddenly felt excited and gushy for his relationship with Emily. Jef's love language is a combination of receiving gifts and words of affirmation. I think words dominate for him because, once he got that verbal affirmation from Emily, he immediately loosened up and was able to give her what she needed. So cute! I want to hug him.

Knowing how to express your love is so important, both in the real world and on television. Hopefully, every man who was forced to watch last night's episode learned a valuable lesson: do NOT hold back when it comes to expressing yourself.

If you really feel it, express it!

3 Ways to Know He's Just "That Into You!"



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

Once you're in a relationship, it can be hard to tell if you and your partner are on the same page as far as your wants and needs for the future. You may question the strength of his feelings toward you, even if he's quick to say, "I love you." It's one thing to take a first date and move it into a relationship, but how do you know when your partner is ready to move even further forward?

As a woman, you most likely want more time and more involvement from your mate. You're ready for a commitment, whether that means moving in together or perhaps marriage. Regardless, the bottom line is that your relationship now comes with a view to the future as opposed to plodding along day-by-day. It's time to connect in a way that you can't put into words, so here are three ways to know he really *is* "all that into you":

Related: [What Attracts Us to Bad Boys?](#)

1. He can't bear to be without you.

If you find your partner refusing to go a day without talking to you and he is always making future plans, he's probably feeling that his life isn't complete without you. If you want

a celebrity comparison, think Matt Lanter and Angela Stacy. The *90210* star just popped the question to Stacy in June, and the two have nothing but smiles on their faces.

2. He invites you to travel with him.

When a man invites you on a trip with him, he wants to spend quality time with you. The fact is, men don't invite women they won't want to be with to travel with them. Think Blake Lively and Ryan Reynolds in this situation. The two have been spotted all over the world, even in Vancouver where Lively met Reynold's family.

Related: [The 5 Most Traveled Celebrity Couples](#)

3. He's showing more than lust after the third date.

After the third date, if communication between you is still great, he should be making a point to create a space for communication and bonding. Despite the spanx and Victoria's Secret lingerie, he is ready for emotional intimacy and no distractions. Just look at the happiness that Joshua Jackson and Diane Kruger bring to the celebrity world. Although the pair are notoriously private about their relationship, you can tell they're in love even when they're not all over each other in public.


So, if your beau seems to fit the above characteristics, chances are that you don't have to question his feelings about you. Although they may not be able to overtly express their feelings the way that you do, it's time to let loose and trust his motives. It's time to go all in and see what happens!

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.

'The Bachelorette' Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut



 By Marni Kinrys, of WingGirlMethod.com

If there is one thing I can say about Emily Maynard, it's that she has a super human strength for trusting her gut, instead of listening to her heart. This is a skill set that most women do not have but should definitely work on developing.

Just as the men on 'The Bachelorette' rewarded her for seeing through Ryan's suave exterior, I want to do the same. Emily is a woman who knows what's best for her long term and I can't help but have extreme respect for her, if not a little crush.

This super power that Emily possesses, is learnable and something that all women need to focus on. It will stop them from falling for jerk's and d-bags.

Here is my list of Do's and Don'ts for Trusting Your Gut:

Do Not – Keep a man in your life because you think they're awesome. One of the worst things for men is being stuck in the friend zone. It's basically like kicking them in the balls day after day after day. I am so happy Emily was honest with Travis and let him go before his feelings got more intense. I

know it hurt Travis in the moment, but in the long run it will help him tremendously. His heart was blocked and closed off for two years. I think it will now be open again.

Related: ['The Bachelorette' Season 8, Episode 5: The Dos and Don'ts For Taking Your Relationship To The Next Level](#)

Do – See past a few insecure flaws. I wanted to yank Doug out of my TV, give me 30 minutes of coaching and then sit him back on that couch with Emily. I'm not 100% of this but I think Doug is the kind of guy that's a gentleman, until given permission not to be. I am so happy Emily kept him around, to explore who he is for one more week. But, if he does not get his act together next week, she's going to have to set him free. Which will be a shame, because he is a solid man that I think would make Emily very happy. Show her the Grrrrr..... Doug!!

Do Not – Be swayed by words of persuasion. I was so nervous for Emily when Ryan kept talking to her, using persuasive tactics, after she said she would not be giving him rose. YES there was some sincerity from Ryan's end, but I believe those emotions were driven from the pain of losing the competition rather than losing Emily. You could tell she was so torn, but fighting what her libido wants vs. her heart. I'm glad she chose to let him go. It will give her more space to let the other men into her life.

Related: ['The Bachelorette' Season 8, Episode 1: The Dos And Don'ts of First Impressions](#)

Do – Ask the tough questions. Emily is the queen of understanding that if you want to know something, you gotta to ask to hear it. I know I was not alone when I was shocked by her interaction with Doug. Wow!! She asked for him to open up and he did. Every day women may be missing out because some great men don't show you their greatness until you deserve to see it.

Emily is helping women see the importance of selecting a GOOD,

solid partner. A message that I feel is lost in most Bachelor seasons. Keep up the good work Emily. I truly believe you are on your way to finding a great love!

Jennifer Aniston's Simple Style



 By Ann Csincsak, Vintage Sweet & Chic

Jennifer Aniston has been a fashion icon since the first day she stepped on to the set of 'Friends.' She always pulls off effortless red carpet looks, often wearing a flowing gown and loose waves in her hair. Sure, some people prefer to get a little more dolled up, but we can take a few simple tips from her everyday wardrobe and add it to our own sense of style.

This first look is ideal for a daytime date or for any on-the-go woman. She makes us believe that white jeans can actually stay white! Paired with this gorgeous mauve vest, this outfit is a definite must for summer.

1. **Hudson Skinny Crop Jeans** \$165
2. **Urban Outfitter Metal Aviator** \$14
3. **Tulle Mohair Cardigan** \$120
4. **American Vintage Grey Tank** \$24

5. Jessica Simpson Suede Virnica Boots \$89.95

6. Michael Kors Rose Gold Watch \$295 MUST HAVE!

The next look (image at top) is from Jennifer's recent vacation in Paris, looking better than ever with her new man by her side. This style is easy to copy with a pair of jeans that you already own – just add a classic blazer and simple gold accessories. This outfit is a signature look for one of America's Sweethearts.

1. Sperry Bahama Boat Shoe \$75

2. Ralph Lauren Crown Crested Navy Blazer \$119

3. Nila Anthony Satchel \$77

4. H&M Aviators \$6.95


5. Target Floral Scarf \$20

6. Guess Spectrum Oversized Gold Tone Watch \$125

Jenifer Aniston knows how to look classic and chic everywhere she goes. Just remember: whether this outfit is for a date with your new crush or one with your long-time man, always keep your look fresh with great accessories and simple style.

4 Ways To Know You're Dating a 'Man-Boy', Not a Man



 By David Wygant

So you've met this great man who seems like a lot of fun, but

you can't help having doubts. "God, I hope that this guy is a man and not the dreaded man-boy," you think to yourself. You know how man-boys are: they're the guys who show up on dates, dressed a little on the boyish side. Maybe he wore jeans that were a tad outdated. Maybe he sported a pair of running shoes on his feet. Or perhaps he actually wore a ball cap on a lunch date. It's always fun at first, but if you overlook it, you'll find that a month into the relationship, he's still drinking with buddies every Saturday night instead of spending time being romantic with you. No one wants to end up there, so here are some ways to tell you're dating a man-boy:

Related: [Where Did Macho Go?](#)

1. He has roommates past the age of 30: Any man over 30 who still lives with a roommate is simply afraid to give up his college lifestyle. He still likes the idea of living in a mini-fraternity: even without all of his friends, he still has a brotherhood of at least one. He might say he's just saving money, but it's more likely that he doesn't want to grow up, which will keep him from important parts of adult life like commitment.

2. He's a mama's boy: This guy's the worst, but luckily he'll expose himself immediately. Even on the first or second date, he'll tell you that he spoke to his mom about you. Whoa! Put the brakes on, man-boy, we don't even know each other yet. Throughout your partnership, he'll be constantly seeking validation and approval from his mother. Keep a look out for men like this: they'll constantly be comparing you to their mothers, and you'll never be able to measure up.

3. He doesn't have a plan: A true man-boy will lack focus in many ways. Does your beau always tell you about the things he wants to do, but never actually does them? Does he have any specific ambitions? If he still seems confused about his career and life path by age 30, it's pretty likely that he's a

man-boy: not the sort of guy with whom you want to connect. Find a man who at least has a game plan, and you'll find the relationship will go much better.

Related: [5 Types of Guys to Dump](#)

4. He still wants to be a weekend warrior: The fourth and final thing about man-boys is that they can never give up a weekend night. They're constantly drinking with their fellow man-boy buds. Sure, a man-boy will set dates with you, but even then he'll wind up talking about his friend Jim's barbeque. Or worse, he's talking about a man-boy's favorite pastime: the strip club. This guy can never give up his plans, which rarely involve you. If he can't skip watching the game for a night with you, he's not worth your time.


You deserve to meet a manly man—a man who's ready to break away from the pack and get to know you on a deeper level. Avoid the man-boy and pursue the real man.

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](#), his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.

'The Bachelorette' Season 8, Episode 5: The Dos and Dont's

For Taking Your Relationship To The Next Level



 By Marni Kinrys, of WingGirlMethod.com

We've made it! We're finally to the halfway point when the superficial, made-for-TV drama must go away and make room for the real connections to bloom on 'The Bachelorette.' Emily Maynard is now in falling-in-love mode, so it's time for the guys to get serious and show her they're ready to fall in love too.

As you know, I work with thousands of men, and one of their biggest challenges is connecting. Connection is something that comes really naturally to women, especially to a woman like Emily. As a single mother, she is even more open to love. But for men, the ability to share themselves with a woman can be a daunting task.

Honestly, I have been surprised this season because most of the contestants have it figured out. But there are still some who struggle with opening up, which may hurt their chances of taking their relationship with Emily to the next level – especially as the number of men gets smaller and smaller every week.

Here is my list of dos and don'ts for taking your relationship to the next level and truly connecting with your partner.

Do: Create trust and protection in a relationship. Whether you're a woman or a man, you need to feel safe in a relationship. I love the way that Sean is so willing to share his feelings with Emily. He's expressing his emotions *without* being emotional, a skill that few people are able to pull off. His behavior provides Emily with the security to always know

what he is thinking, allowing her to never question their relationship. Safety!

Related: [Bachelorette Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard](#)

Don't: Never put down, belittle or betray a date, especially in front of others. What the hell was Kalon thinking? For someone who cares so much about what others think, you would think he would be more discrete about his true feelings for Emily. He basically made a mockery of the Bachelorette process, and I couldn't have been happier when Emily told him, in her squeaky, sick voice, to get the f*&k out. Loved it!

Do: Have fun! Being able to laugh at yourself is the ultimate sign that you are open to developing new relationships and nurturing old ones. No one wants to be with Mr. or Mrs. Serious. Being uptight and well-spoken all the time is no fun. For instance, on the group date, Doug, Arie and Travis really stepped up to the plate. They showed Emily that, no matter what crazy situation she threw at them, they could handle it and laugh their way through it.

Don't: Sit there and say nothing when someone talks smack about your partner, especially if you have built a strong bond with each other. I am sure that this situation was a tough one for Arie. If he watched previous seasons where contestants would cause a disconnect when they tattled on one another, then it would've been easy to second guess his instinct. But Emily was starting to see Arie as her protector, and in this instance, he failed her. Hopefully, they can get over that hump and rebuild their strong connection.

Related: [The Bachelorette Season 8, Episode 1 Recap: The Dos and Dont's of First Impressions](#)

Do: Listen to the Queen of Pop and EXPRESS YOURSELF. When Emily was on her date with Jef, she kept mentioning how hard he was to read – and I wholeheartedly agree, which is why it

was so essential for him to put into words what he was feeling and thinking. As much as we like to think we are mind readers, we are not. Expressing yourself is the one sure-fire way to boost a connection and move your relationship to the next level.

Don't: Wait for others (in this case, Emily) to come to you. The only way to get what you want is by asking for it. Alejandro got the boot because he didn't ask for what he wanted. He wanted to get to know Emily better, but he never took the initiative to make that happen. In a room full of 25 dudes, you have to step up and be an Alpha male in order to be noticed.

Connection is the toughest part of any relationship. You can't fake it, but you can open yourself up so that it happens more easily. I can't wait to see what happens next week. Be sure to tune in as these men fall harder for Emily and attempt to take their relationship to the next level!

Kate Middleton's Royal Style



 By Ann Csincsak, Vintage Sweet & Chic

Kate Middleton has not only captured our hearts with her sweet disposition and charm, but also with her show stopping royal style. Prince William's wife is arguably one of the luckiest women in the world; she not only gets the everyday luxury of wearing amazing one of a kind designers, but she is also the future queen of England. For those reasons, we should take a few tips from her flawless look.

The first look (image above) has been on the cover of quite a few magazines in the last few days, but there is a way to take this royal red dress and make it a dazzling date dress. Her actual dress is a one of a kind Alexander McQueen, but I have found a great alternative for the neckline, and the price just for our readers.

1.Amanda Uprichard's Red Silk Wrap Dress \$89.95 SALE

2.Ada Handbags Red and Gold clutch \$ 94

3.Stella and Dot Paradise Brooch \$39

4.Aldo Suede Nude Heels \$69 SALE

5.Hair This Loose wave look is so easy to do with a large barrel curling iron!

The second look is ideal for the classic, easy style of The Dutchess, but can also make for a great going out outfit for any girl looking to up her status in the dating scene. Keep it clean and classic without adding too many bells and whistles with accessories. Kate is keeping with the spring and summer trends without over powering the pop of color in her jeans. *Fashion tip, always let your colored jeans be the main focus of the outfit, never try to pair color with the same, or a different color!

1.J Brand Coral Skinny Jeans \$164

2.Nordstroms Fishtail Blazer \$98

3.OPI 'Sweet Memories' Nail Polish \$8 (MY NEW FAVORITE!)

4.Towne and Reese Maybelle Earrings \$15.50 SALE

5.BCBG Low Wedge \$88

6.Mac Lip Lacquer \$19.95

7. Vintage Hermes Silk Scarf \$295

Kate Middleton's look will always be regal and effortless! Take your cues from her when it comes to sleek style, without losing your fashion edge and personal flair.

3 Dating Mistakes That Prove It's Time to Use a Matchmaker



 By Melanie Mar

Dating is certainly much more challenging than it used to be. For example, in the good old days, boy meets girl and off they run into the sunset together- cue screeching sound as the movie comes to an abrupt halt and fast forward to the 21st century and today.

Why is dating so difficult now? Although there are many reasons, here are just a few examples:

1. Women are more independent now, than ever before: Being a housewife is becoming less and less the norm. While working is great for financial independence and self confidence, it can also make you too tired and overly stressed to have the energy and high spirits needed to get yourself out socially, in the hopes of meeting your 'Mr. Right.'

Related: [Why Amazing Confident Women Remain Single](#)

2. Online dating sites: The internet is saturated with these. While we've all heard the success stories, the reality is that the success percentage is very low, and the time and effort needed to sift through all the profiles may feel like a full time job. But, the real problem here is, if the first date isn't fabulous, then there are another 20 people in your "inbox" allowing you to just move onto the next, without giving one person a real fighting chance.

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

3. The 'bigger is better' syndrome: This is most frequently recognized in the more cosmopolitan cities. A midst all of the swanky bars and hotels in town, women are hunting men. There's this feeling of having a constant itch that needs to be scratched. There's an insistent desire to find someone younger, richer, smarter, better looking and better bodied. So, what used to be a nice night out has become an extreme sport with everyone competing for the gold medal (the hot guy), which doesn't necessarily mean the right one.

Could a matchmaker make it easier for you to find a substantial suitor?

A lot of people are curious, and ask me about the match-making process and how it works. In simple terms, a good matchmaker takes all the guess work, time, energy and effort out of the whole 'meeting new people with potential' scenario. I screen my clients and make sure they are who they say they are, look the way they do in their photographs and then check their real age. I gauge people's energy, code their body language, listen to the words they use to communicate and find out what their requirements are for a mate.


There's an art and skill to true matchmaking, and my advice is to go online, find three in your area and make appointments with them all. See who you have a connection with and who can assist you with your particular, unique needs. There really is

no a downside in seeking a little professional assistance, only the possibility of finding that person with whom to walk down the aisle.

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.

'The Bachelorette' Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard



 By Marni Kinrys, Ultimate Wing Girl

Well, I think we found Doug's imperfection: he has a vagina. "I never make the first move." Come on, Dougy! No wonder you have not been kissed in months. Don't you know women rarely make the first move? They should, but that would be unladylike.

This issue kept popping up over and over again in last night's episode of 'The Bachelorette,' and I could tell Emily was getting frustrated with the guys. Doug turned bright red, and you could see him internally fighting the urge to kiss her, trying to respect his self-imposed rules. And then, there was the young, skateboarder Jef. This was the second time he had

her on the beach and he didn't lean in for a kiss. Instead, he opted to cut their time together short. Obviously, Emily felt rejected because these guys wouldn't just go for it.

Related: [Bachelorette Season 8, Episode 1: The Dos and Dont's of First Impressions](#)

As a woman who has worked with thousands of men and helped them learn how to attract, date and be with the women of their dreams, I know how high-pressured and challenging making that first move can be. Just like us ladies, men don't want to get rejected and they don't want to be jerks. One of my clients said to me, "I'm not sure how to balance being a respectful gentleman and being aggressive sexually. I know women want both, but it doesn't feel right to push myself on a woman." This fear is pretty common. Especially in *good* men.

I know Emily was doing her best to help the guys out by giving them "kiss me" signals, but sometimes, these signs were a little too subtle for men to pick up. If she were one of the boys on 'The Bachelor' she would have seen the signs instantly, but men are different. Ladies, you have to step it up a notch and help men understand when you're ready and want a kiss.

I have put together a list of not-so-subtle things you can do to maintain your dignity and *still* let your date know that you want to be kissed:

Not-So-Subtle Signal #1: Touch a man. My sister-in-law called me a few weeks ago from the bathroom while on a date. She said, "Marni, you gotta help me. My date won't stop talking. I really like him, but he won't stop. What do I do?" I told her that he is probably nervous or worried about having awkward silence. I recommended that she go back to the table, and while he is talking, put her hand softly on his forearm, making eye contact and smiling. She called me after the date and told me that my advice worked. They are now a couple!

Not-So-Subtle Signal #2: Open up. Many women stop themselves from being kissed because of their body language: arms crossed, lips pursed, not talking a lot. I understand that this behavior can be caused by nerves, but imagine how that appears to a man sitting across the table from you. He's not a mind reader. So show him you are open to being kissed by uncrossing your arms, making eye contact, smiling and leaning towards him. If you are nervous, announce the elephant in the room and just tell him how you feel.

Related: [Bachelorette Season 8, Episode 3: The Dos and Dont's of Dating a Single Mom](#)

Not-So-Subtle Signal #3: Step into his space and tell him what you're thinking. I know we all dream of a strong man assertively grabbing and kissing us, but with really good guys, that is rarely going to happen, especially in the beginning of the relationship. At the end of the night, if you want a kiss, step in close to him and rub his upper arm. Flutter your eyelashes and lick your lips; tell him that you like him and want to get to know him better. This approach takes out all the guesswork for a guy. With this move, you have stroked his ego. He knows he won you over, and now, he can make his move.

Not-So-Subtle Signal #4: Truthfully, this one is not so obvious, but you should give it a try: tell him you want to kiss him. Say it in a feminine, soft tone, and you'll still feel like the woman in the scenario. He'll probably be nervous, but he'll make it happen for sure.

To make it easier on the lovely men you date, follow these guidelines, and I guarantee you will leave feeling more fulfilled and less frustrated after a date. Instead, you'll be in the afterglow of the first kiss. Let's hope Emily starts to use these tips as well!

Kim Kardashian's Daytime Date Looks



 By Ann Csincsak, Vintage Sweet & Chic

Although Kim Kardashian has had her share of ups and downs in her love life, she definitely can rock an outfit on any date. Kim has a great sense of style and always knows how to dress her curvy body to make it look great. Take a few fashion tips from her on her bright color choices and use of accessories!

In this first look (image above), she is wearing her signature stacked platform heels with a pop of orange, which is great for spring and summer fashion. The look works for any daytime date, keeping it casual while still looking polished. Finish it off with some soft waves in your hair and a light polish on your nails, and you will be ready for a day out with your favorite man.

- 1. Blank Denim Vegan pants \$78**
- 2. Christopher Kane Jacket (actual) \$1900**
- 3. Urban Outfitters SkarGorn Female Tee \$58**
- 4. Kimchi Black Platforms \$68**
- 5. Trina Turk Tortoise Cuff \$75**

Kim's next look is great for a baseball game, lunch date or any other spontaneous afternoon activity. Keep accessories as the main focus, and your outfit with look effortless.




1. Asos Workwear Blazer \$44
2. Aldo Fones Sunglasses \$12
3. Big Buddha Palm Bag \$78
4. Bertie Kasses Tribal Sandal \$112
5. Sanctuary Cargo Pants \$78.90
6. Essie Nail Polish "Sheer Bliss" \$7.95

No matter what the occasion, take a cue from this gorgeous reality star and showcase your assets while looking simple and stylish!

5 Ways Facebook Can Help Mark

Zuckerberg Keep His Marriage Strong



 By Amy Osmond Cook

On May 19, Mark Zuckerberg married longtime girlfriend, Priscilla Chan, in a private ceremony the day after Facebook went public. She wore a traditional white wedding gown, and he even put on a suit for the occasion. As the [Washington Post](#) reported, fewer than 100 guests were in attendance, and they all arrived thinking they were celebrating Chan's graduation from medical school.

Mark and Priscilla are famously low-key and grounded. For the past nine years, their relationship has grown right along with Facebook. In fact, Mark and Priscilla can use principles learned from Facebook to strengthen their personal relationships. Below are five Facebook-inspired ways that the couple can keep their marriage strong:

Related: [7 Ways to Flirt in a Web 2.0 World](#)

1. Keep your relationship status public:

No one wants to be left wondering what about his or her relationship status. Experts agree that communicating your feelings is a vital component of a good relationship. Nothing is worse than coming home to a spouse who is angry but won't tell you why. A person who withholds his feelings to manipulate a partner is similarly despicable. So whenever possible, Mark and Priscilla need to check in with each other and keep their feelings out in the open.

2. Don't invite strangers into your inner circle:

When you're married, you have to be each other's biggest fan and keep any naysayers at arms' length. Mark does this well. He recently gave ABC News a glowing report about how hard Priscilla worked to make sure her pediatric patients were well cared for: "She'll see them getting sicker and then all of a sudden an organ becomes available and she comes home and her face is all lit up because someone's life is going to be better because of this." Clearly, Mark is proud of his wife, and the feeling is mutual. No matter who you are, there are always going to be haters who criticize your spouse or your relationship. You just have to have enough sense not to "friend" them.

3. Don't waste your time looking at other people's profiles:

There is no such thing as a perfect relationship. Most people don't like to air their issues out in the open, and serious problems can exist underneath the gloss of a perfectly touched-up family portrait. A friend of mine had long-term problems in her marriage. When it finally ended in divorce, people were stunned. "I had no idea there was a problem," friends said repeatedly. This couple kept their problems private, but they were still there eating away at the relationship. So the next time your frenemy posts an Instagram photo of herself and her movie star husband vacationing in Italy, remember that appearances can be deceiving.

4. Block the games:

There are endless ways to waste your time on Facebook. Messages, comments, causes, alerts, Farmville—so many ways to become distracted. My personal nemesis is Words with Friends. The same holds true in a relationship. Whether it's working long hours or going out excessively with the girls, anything that distracts a couple from their relationship is a threat. Priscilla knows this. *The Daily Beast* reports that she is mitigating the workaholic tendencies of her husband by laying down some ground rules for the relationship: 100 minutes of

alone time and one date per week.

Related: [Don't Just Drop Hints When You Want Commitment](#)

5. "Like" everything:

It's easy to get bogged down in what is wrong with a relationship instead of what is right. When your three-year-old clogs the toilet with a Barbie and the boss is making extreme demands at work, it's hard to look at your partner with the same starry-eyed perspective as you did when you were dating. But keeping a positive attitude is one of the best things you can do for a relationship. As Norman Vincent Peale outlines in his famous book, *The Power of Positive Thinking*, the key to becoming a positive, happy person is to be aware of your thinking patterns and replace negative thinking with positive thinking. For example, instead of saying, "My husband is so messy," look at the flip side: "I'm so glad my husband doesn't bark at me about every little household chore." Whenever possible, give your relationship a big thumbs-up.

Mark and Priscilla are off to a good start. The Facebook founder is famously low-key (still donning his hoodie from college), and his new wife is focused on humanitarian causes. As Priscilla's former science teacher said to the *Daily Mail*, they want to change the world together and are blessed to have the resources to do it. With a few Facebook-inspired relationship reminders, this royal couple of the tech world can beat the odds and establish a secure foundation for a happy, healthy marriage.

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.

'The Bachelorette' Season 8, Episode 3: The Dos and Don'ts of Dating A Single Mom



 By Marni Kinrys of www.winggirlmethod.com

Now, I am not a single mom or even a mother for that matter, but during last night's episode of 'The Bachelorette,' I got a good sense of how it may feel. I had no idea just how much parents put their children before them. It was beautiful.

I really believe that this season is no joke. They are getting down right serious. If this keeps up, Emily Maynard will come out of this experience with a good, solid man and a great relationship. How do I know that? Because this season has one thing that has been lacking from every other season: reality!

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

Last night's episode was kind of like a roller coaster for me. One second, I was falling head over heels for guys like Sean, Doug and Arie. The next second, I was ready to punch the screen and throw up. Like when Ryan basically said to Emily, "I won't do you if you become a fatty." I get what he was trying to say, but that man does not know how to sensitively deliver a message and communicate with women. Not a good sign if he wants to be a father to Emily's daughter. He would give the kid an eating disorder in less than a year. Hello, Dating Red Flag!!!

Lucky for Emily, there were numerous men who showed their true

colors last night and made those flags very easy for her to spot and eliminate.

Here are my Do's and Don'ts of Dating A Single Mom based on what I learned last night:

Do: Show a single mom that you know how to comfort and take care of another person. For this reason alone, I freaking love Arie. On his date, he checked in with her, touched her, asked her questions. Then, at the Rose Ceremony, he could sense that something had gone wrong, and he pulled her in close to comfort her. That shows leadership, strength and warmth. A great combination for success with any woman, especially when dating a single mom.

Do Not: Wait for a woman, especially a single mother, to bring up "the talk" if you're not feeling it. Like Tony, the single dad who was emotionally breaking down. It was hard for me to watch; I kept thinking, "If you really felt a connection with her, you would push through because that would be the best thing for you AND your son." I could tell that he just wasn't feeling it, which is why he was latching on so tightly to his son. Sweet but not attractive. He was afraid to admit "defeat." Better to be honest with yourself rather than hurt a single mom when so much is at stake.

Related: [The Bachelorette 8; Episode 2 Recap: Soccer, Cookies and Muppets: Emily Maynard Keeps it Real](#)

Do: Calmly express what you are thinking and picturing to a woman, while touching her at the same time. I love when Sean sat down with her, touched her forearm and communicated how a life with him would look. SEEEEXY!!! He did such a great job telling her who he was, what he was ready for and who he hoped to be for Emily.

Do Not: Tell a single mother that falling in love with her and gaining a child is a huge compromise. When Alessandro said that to her, I could feel my chest tightening up. The nerve of

that man! Not to mention that he honestly seemed like a buffoon while he was talking to her. He wasn't like that last week, was he? Buddy, leave at week one if the girl's not right for you. No one should ever feel they are compromising BEFORE they get into a relationship.

Can't wait to see what happens next week! Hopefully, Ryan and Kalon will show more of their true colors, and Emily will learn that these guys are NOT father material.

Four Steps for Stress Free Dating



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

Everybody experiences some anxiety in dating, whether it's simple butterflies or anticipatory anxiety. Even a super stars like Russell Brand believe that we can find our soulmate and learn to relax through meditation. Meditation and relaxation exercises, major areas of my practice, all help to reduce anxiety. But for most of us, all we need is to follow a few simple steps to have a stress-free experience:

Related: [Reduce Stress and Maximize Romance](#)

Step 1: Prepare. If this is going to be your first date, take time for a “get to know you” phone call before you set out. Find out what hobbies your date enjoys, whether or not their primary focus is work, and explore common interests. Bring up current events and ask for their opinion. This will stimulate conversation on the date and allow you to get to know one

another better.

Step 2: Plan Your Outfit. Ladies, you will feel much better if you are not hiking in stilettos. Guys, wouldn't it be great to know that you are going to need a tie and coat before you get there? We all like a surprise, but let's get real. Jennifer Lopez always knows where she is going and how to dress appropriately. You will both have a much better time with each other if you're comfortable.

Step 3: Be Confident in You. People who are confident and comfortable in themselves are attractive, because they are at ease – not stressed! So, take the time to be comfortable and confident; give yourself time for hair, make-up and nails. Pick out what you are going to wear in advance, and make your favorite outfit suitable for where you are going. The same thing goes for the guys, as both of you should amaze each other. Have fun channeling your inner Brad Pitt or Angelina Jolie. It's better for both of you when you feel as good as you look! Here is a little secret: have some strawberries and a bit of chocolate before you go, because they kick up the positive-relationship-brain chemistry, and your date will notice it in your eyes.

Related: [Relax With a Spa Day at Home](#)

Step 4: Just Breathe. Dating with tranquility means dating without stress. This really comes down to a little pre-planning, a bit of self-confidence and investing some time. Is your date the person you've been searching for, or maybe the person with whom you'll spend the rest of your life? It's too early to tell, so relax and have a good time. As they say, there are plenty of fish in the sea, so allow yourself to live in the moment and remember – *you are wonderful*.

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.

'The Bachelorette' Season 8, Episode 2: Soccer, Cookies, and Muppets: Emily Maynard Keeps it Real



 By Marni Kinrys, Ultimate Wing Girl

Has reality TV suddenly gone real? This season of the Bachelorette is actually shocking me because it's *real* (or as real as reality can get). They're in Emily's hometown. She's living in her own home with her daughter. Friends and family surround her while she seeks romance. Looks pretty real to me. We can only hope that the bachelors match up to that sentiment.

Every time the show wants to veer into la la land, it immediately gets brought back to reality, with Emily. Her life is real and the decisions she makes will not only reflect her, but also her 6-year-old daughter. Things like this completely changes the game for her and the guys on the show.

As dynamic as a date can get, there is huge reality reminder right in front of every guy, at all times. Emily is a mother,

and the winner will end his experience with a new wife and child. That should definitely weed out the competition hungry contestants vs. the sincere men who are there for the girl.

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

I'm loving how assertive and hard hitting Emily has been right off that bat. For her it's essential. But is it reality?

I work with hundreds of thousands of guys all over the world. I tell them how to attract, date and get any woman they want. My first date advice to them is always "keep it light" but keep your eyes open and don't avoid red flags because she's pretty.

When the show ended I turned to my husband and said, do you think those questions would fly in the real world? His first response was "hell no". Then he thought for a second and said, there are some people that are just really comfortable putting it all out there because it's important to them. When you have a kid involved, that intensity is already increased for you. If you're with a guy who can't handle a little serious conversation on the first date, then he's probably not the guy for you. I think it's totally acceptable to get real on a first date as long as you don't let your emotions carry you away.

For Emily, dating is about finding a partner in life not a tennis partner for a match this weekend. In real life, you are free to bring up anything that you want on a first date, second, third, twentieth. But you want to make sure you are bringing it up the right way and for the right reason.

Related: [Do Fairytale Relationships Exist Only in Hollywood?](#)

In open conversation there is no room to get emotional i.e. defensive, angry, moody, aggressive. Open conversation, is meant to be handled exactly as it was shown on last night's

episode. Over a candle light dinner in a beautiful mansion ☐
Kidding. Open conversation, whether it's on the first date or
the hundredth, is about expressing what you think and feel and
then listening to what the other person has to say.

Do: Feel comfortable to talk about real things to pertain to
you and your life. Talk openly and honestly with tact

Don't: Throw up your emotions and insecurities all over your
date

Do: Listen to your date's views/opinions even if they don't
reflect your own

Don't: Let your ego dictate your responses. No ego's allowed
at the mature conversation table.

No ego's allowed at the conversation table.

So far, Emily is far exceeding my expectations. She is in this
for love and family. I'm really hoping she finds her match in
that garden of fine men and will be smart enough to pull out
the weeds as quickly as possible.

The Real Reason He Didn't Call You Back



By David Wygant

So you went out on a great date, or what you assumed was a
great date. You did everything right. You were flirting. You

wore the right outfit. The shirt was low-cut, but not too low-cut. The jeans fit nicely on you. You smelled great. You smiled. You told him you had a good time. You made yourself available, open and honest. When you got home, you called one of your friends. You told her what a great time you had and that you were eager to see him again.

The very next day, you expected the phone call. You thought to yourself, "I know he's going to call. He had a good time. He looked at me at the end. Everything seemed perfect."

But ... the day passed, and the phone never rang. You checked your e-mail that night thinking he might have emailed you—he didn't. The following day, you called your friends about it, reviewed the entire date, everything you said, trying to figure out what his reactions were, and maybe—just maybe—what you said or did that turned him off. You engaged the troops, and that was your first major mistake.

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Oh, I'm sure the conversation was good. You got to obsess for a week about why he didn't call back, because as a woman, you just need to know why he didn't call. You thought he had fun, and you start reviewing the date again, and again, and again.

You're obsessed. And why? You're obsessing over one date, one coffee, one drink, one dinner—that's all it was. So, he didn't call back. And you want to know the real reason why? He didn't feel like calling you back. He didn't like you the way you wanted to be liked. He made a choice. His choice was not to call you back. His choice was to move forward and to go find somebody else for whom he is better suited.

You've done it to plenty of men in your life. You don't seem to obsess over not calling them back when you don't want to call them, or when you didn't want to see them again. In life, we have choices. Just because he wasn't interested doesn't

mean that you're not a great, wonderful, fantastic, sexy, beautiful, incredible woman. It just means that he chose to go another direction. But when you go and you spend all this time and energy thinking about it, what you're doing is you're not allowing yourself to meet somebody else.

Related: [Five Conversations to Avoid on the First Date](#)

Here's the deal: if he doesn't call back within 48 hours, forget about him. It doesn't mean you did anything wrong, so stop driving all your friends nuts. As a friend, it's so boring to hear you obsess over someone for two weeks.

When a client asks me why someone didn't call them back, I say, "Give me their number; I'll ask them." The time that you waste trying to figure out why he didn't call back is time wasted not meeting other men—not meeting men who want to be with you.

So, get out of your head. You've got 48 hours. If he doesn't call you, move on. Live an abundant dating lifestyle instead of a crazed, lunatic lifestyle.

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, www.davidwygant.com, his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.

'The Bachelorette' Season 8,

Episode 1: The Dos and Don'ts of First Impressions



 By Marni Kinrys, The Ultimate Wing Girl

This season of The Bachelorette kicked off last night with a bang. And by bang, I mean the noise that would resonate off all the contestants' abs if you gave them a pat on their bellies. Is it just me, or are these guys extra ripped this year? Last night was all about First Impressions and, as we all know, they can be tough. Join that high pressure with tight competition, cameras and millions of viewers watching and judging. Not an easy stroll on your way to a televised romance.

Some of the guys pulled off their initial encounters with ease and style. Others simply fell flat on their face.

Here is my list of do's and don'ts from last night's episode of the Bachelorette:

Related: [Love Lessons From ABC's 'The Bachelor'](#)

Do: Try to connect on points of commonality, like First Impression rose winner Chris did. But if you try too hard to find common grounds it will feel fake. At first, I was not sure how genuine Doug was with his "point of connection." But all doubts dissipated when Emily read his 11-year-old son's letter. From the look on his face, you could tell it was sincere. The guy was beaming from ear to ear. Only a truly proud father would do that.

Do Not: Sweat profusely. There was one guy who, within seconds, was dripping all over poor Emily's beautiful dress. I feel like such a *biatch* for saying this, but I could not

hear a word he was saying to her because I kept concentrating on his sweaty forehead.

Do: Find something eye catching and cute that fits your personality. Loved the grandmother bit but he couldn't hold it after his protective "mask" came off. Mr. Seemingly-Outgoing-and-Fun quickly became Mr. Nervous-and-Silent.

-Skateboarder (Jeff) – Check.

-Prince Charming with the shoe (Tony) – Check.

-Guitar Pick (Michael) – Check.

-Foreign Language (Alejandro) – Double Check.

-Ostrich Egg (Travis) – Could have worked, but flopped and then he was stuck with an egg all night. Half Check.

-Bouncy Boom Box Guy (Stevie) – **NO**.

-Cheesy Poetry said with no sincerity (Jackson) – **EWWW**.

Related: [5 Steps To Turn A Date Into A Relationship](#)

Do: Bring your chopper. I know it's a douche move – if, in fact, you are a douche is another story. This is a game and the game is all about standing out and catching Emily's attention. What better way to do it than arriving via chopper?

Do Not: Be *that* guy who sits and stewes about what other guys are doing right and wrong. Nothing screams "insecurity" more than judgment of others. If you're judging others that crucially, I can't imagine what you are doing to yourself. So calm down, rooster man.

Do: Have impeccable body language and tonality. There were a couple of guys who knew exactly how to be open and own their space when making an entrance. Head high, calm walk, shoulders back and a smirk. Heavenly. And if you can add in an adorable little routine involving a note saying how nervous

you are, to show your balance of masculinity and sensitivity, you are golden. (A.K.A. Ryan, who I love! His hair's a mess... but that can be worked on.)

All in all, I think Emily has a good batch of dudes to choose from. I know I'll be glued to my television every Monday night to find out what happens.

Marni Kinrys, the ultimate Wing Girl is a woman who has worked with 100's of thousands of men all over the world to help them understand women so they can attract, date, seduce and get any woman they want without being a jerk. Marni has been prominently featured in The Los Angeles Times, CNN, The Huffington Post, Fox News, The Chicago Tribune, Marie Claire, Elle, Glamour, Men's Health, BlackBook, Penthouse, Asylum.com, MSN, AOL Personals, Askmen.com & more. For more dating, sex and attraction tips, follow Marni on Facebook and Twitter.