

Bret Michaels Proposes to Girlfriend of 16 Years on TV



Bret Michaels has finally found his rock of love. According to [People](#), after dating on and off for 16 years, Michaels proposed to girlfriend, Kristi Gibson on the finale of his VH1 reality show, *Bret Michaels: Life As I Know It* – and she said yes!

With two daughters, Raine, 10, and Jorja, 5, and Michael's brain hemorrhage in April, the happy couple have faced years by each other's sides. While proposing, Bret Michaels declared, "I love you, and you've been unbelievably a big part of my life...I know we love and respect each other, and I hope that we can find that inner love that we have forever."

What are creative ways to propose for everyone to see?

Cupid's Advice:

Getting creative with a proposal is a bit tricky. Bret Michaels put it best when he said, "Please say yes, or the

rejection will kill me right now.” Cupid has some ideas to make it a public affair:

- 1. On a dinner cruise:** Get all your friends together for a dinner cruise on the closest river or lake that provides them. Splurge for a round of champagne, and pop the question for all of your friends to see.
 - 2. Family affair:** Throwing a summer barbecue or a holiday bash can be a great opportunity to propose. With family and friends in attendance, surprise your loved one by getting down on one knee in what will surely be a party remembered by all.
 - 3. The cheese factor:** Yes, this is your time to shine – but who says you can’t borrow a move from the classics? Act out a scene from your beloved favorite romantic comedy, such as *Love Actually* and *Stepmom*. Involve those close to you to play the extra parts.
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Cameron Diaz Gets to Know A-Rod’s Kids in Mexico





It looks like there's far from trouble in paradise with Cameron Diaz and Alex Rodriguez. The accomplished actress and Yankee's third-baseman are on vacation in Mexico with his kids Natasha and Ella. According to [RadarOnline](#), this is the second time this month that the inseparable couple have been found on the Mexican beaches. The two haven't even been together for a year, and already the four of them seem like a one happy family!

What are ways to bond with your partner's children?

Cupid's Advice:

When you're dating someone who already has children, it's extremely important that you make a connection with them. Cupid has some suggestions:

1. Take them on a date: Just like you and your partner go on dates to get to know each other better, you can go on a date with his kids to get closer with them. This gives you all a chance to get comfortable with each other without their father being there. Have them choose a place they like, and let the bonding begin.

2. Swap stories: Make sure you're showing an interest in the children's lives. Simply asking them questions will show them

that they're important to you. Then, to make them feel more comfortable with you, be sure to share stories about yourself in return.

3. Tuck them in: A more intimate way to bond with the kids is to be there when it's bedtime. Reading them a bedtime story and tucking them in is a very precious way to get them to feel safe with you. If you and your partner ever do get married, you're not just gaining a husband; you're gaining a family

Shania Twain and Frédéric Thiébaud Are Engaged



Shania Twain is once again feeling like a woman, according to [People](#). After going through a painful divorce in 2008, the country singer is now happily engaged to Swiss executive Frédéric Thiébaud, and she

has a three-carat diamond ring to prove it. Ironically, their relationship began when Twain's ex-husband, music producer Robert "Mutt" Lange, left her for her now fiancé's former wife, Marie-Anne. It looks like these two couples pulled a switch, but everyone involved seems happy with the results. According to a close source, "Shania and Fred are a couple that fit together."

Is it OK to date your ex's new partner's ex?

Cupid's Advice:

Pulling such a switch is a little strange and unconventional, but that doesn't make it wrong. Cupid has a few tips on how to best handle the situation:

- 1. Be respectful:** If you and your partner end up pulling the ultimate switch, always be respectful of and happy for your ex.
- 2. Enjoy life with your new partner:** Regardless of the circumstances of how you connected with your current love, remember how lucky you are to finally have found true love.
- 3. Ignore the critics:** Some may judge you for dating your ex's partner, but as long as you're happy, it's none of their business.

Rascal Flatts' Jay DeMarcus

Welcomes a Baby Girl



Country singer and Rascal Flatts member Jay DeMarcus has officially joined the “dad club,” according to [People](#). He and wife Allison DeMarcus, a former Miss Tennessee and CMT personality, welcomed their first child, daughter Madeline Leigh DeMarcus on Saturday. He joins bandmates Joe Don Rooney and Gary LeVox in the world of parenthood. In fact, LeVox had a word of advice for the new dad: “Gary told me to strap in and hold on for the wildest ride of my life,” said DeMarcus. “I didn’t get much sleep last night. I kept waking up and thinking ‘Oh my gosh, I’m a father!”

How does the relationship with your partner change after a baby?

Cupid’s Advice:

Bringing a child into the world is bound to change your life, there’s no doubt about it. The relationship between you and your partner may take a different form as well:

1. No free time: The time you had to spend quality time together before has now been reduced significantly. Between feedings and diaper changing, you must work harder to squeeze in alone time.

2. No idle conversation: When you have your first child, you're bound to be consumed with caring for him or her. Try not to let your conversations solely revolve around the new addition to your family. Discuss things that were important to you before the birth of your son or daughter, too.

3. Upbringing disagreements: Chances are that you aren't going to agree about everything when it comes to raising your children. Don't let the conversation get in the way of remembering your love for one another. Prioritize and compromise.

Scarlett Johansson and Ryan Reynolds Get Together for Friendly Meal





Who says you can't be friends with your ex? Recently divorced Ryan Reynolds and Scarlett Johansson announced right after their split that they wanted to remain kind with each other. Well, they stayed true to that commitment last Friday! The ex-celebrity couple was seen sharing a "friendly meal" at Blue Ribbon in New York, and sources tell [People](#) that they were "smiling and laughing the whole time." The pair grew apart because of their demanding schedules, but they're not giving up on friendship! **To what degree should you remain friendly with your ex-partner?**

Cupid's Advice:

Ryan Reynolds and Scarlett Johansson are proof that you can remain friendly with your ex-partner. The question is, how friendly is too friendly? Cupid has some guidelines to follow:

- 1. Drop the pet names:** Some couples find it hard to get out of the habit of using pet names. Don't make this mistake! If you must use them after a breakup, try "bud" or "pal."
- 2. Keep gossip to a minimum:** When you're hanging out with your ex, make sure you know your boundaries when it comes to the "inside scoop" on your life. In other words, keep the details of your new love life to yourself.
- 3. Don't be touchy:** When you go out with your ex for a

friendly get-together, be sure to keep your distance: literally. If you're constantly hugging your past love, some past feelings are bound to make their way to the present. Try a friendly handshake as a healthy alternative!

Bristol Palin's Ex Levi Johnston Has New Girlfriend



His Facebook status makes it legit: Levi Johnston is “in a relationship.” Bristol Palin’s ex-fiance is dating Sunny Oglesby, an Oregon native currently residing in Johnston’s hometown of Wasilla, Alaska. The question on everyone’s mind is, what does his *Dancing With the Stars* alum ex think? According to [Us Weekly](#), Palin is happy about this newest development. “I have to be happy for Levi’s new relationship,” she says. “Because it sounds like his new girlfriend is influencing him to want to

actually spend time with Tripp.”

How do you know if your partner is a good influence?

Cupid’s Advice:

You may think you’re independent and aren’t susceptible to outside influences, but you’re probably wrong. Cupid has some ways to tell if your partner is having a good impact:

1. Ask your friends: If you’re having a hard time figuring it out yourself, consulting outside observers is your best bet. Your close family and friends can often times see things you can’t about your relationship. Ask them if they’ve noticed any good or negative changes in you lately.

2. You feel passionate: The worst thing that can happen in a relationship is that your partner takes away your desire to do what you love. If you feel even more inspired and passionate about your goals in life, your significant other is probably a good influence on you.

3. You’re confident: Negative influences can lead to a lack of self esteem. Your partner should be your ultimate champion and should build up your confidence like no one else can. If this is the case, he’s a keeper!

Julianna Margulies’ Husband is ‘Good’ With Her Celebrity Kisses



The Good Wife star

Julianna Margulies has kissed her share of desirable Hollywood men throughout her career. The list includes hunks such as Chris Noth, George Clooney, Pierce Brosnan and Matthew McConaughey. According to [People](#), however, her husband, New York lawyer Keith Lieberthal, has nothing to worry about. As Julianna Margulies revealed, none of her on-screen escapades compare to her real life leading man. “My husband is very secure in himself. He knows he has nothing to worry about. To me, none of them compare to him – he’s really rather yummy.”

Are celebrity crushes OK to have while you’re in a relationship?

Cupid’s Advice:

Celebrity crushes are for the most part harmless. Of course, your real life partner should always be your first priority. Here are some guidelines:

1. Star struck: It’s okay to joke from time to time about your celebrity crushes, but always let your partner know that

he is the priority and will always will be your main squeeze.

2. Role play: It's not for everyone, but you may want to act out a scene from your favorite film starring your Hollywood crush. Cast your partner as your celebrity flame to make it interesting!

3. Don't be hypocritical: If you can have a celebrity crush, then so can your partner. Double standards never help a relationship.

Prince William and Kate Middleton Attend First Event as Engaged Couple



Becoming a princess doesn't happen overnight. After announcing a royal

engagement, Prince William assured the public that “he wanted to learn from lessons done in the past to give [Kate Middleton] the best chance to settle in and to see what happens on the other side.” Middleton believes, “William’s a great teacher, so he’ll be up to help me.” It was evident Middleton was practicing her royal etiquette, accompanying Prince William to a cancer charity event in Norfolk, England, according to [People](#). A royal source confirms, “Between now and the wedding there will be occasions when Catherine does shadow Prince William, to learn the ropes and see how things go.”

How do you prepare your partner to handle your career?

Cupid’s Advice:

You might not be preparing your partner to join the royal family, but a hectic career can feel just as foreboding.

Cupid has a few helpful hints:

1. Opportunities: If your career leaves little time for leisure, spend parts of your day with your partner by involving them in everyday activities like working out at the gym. Engaging in quality time will strengthen your relationship for the time you’re apart due to your job. It will show your partner that even though you enjoy your job, you don’t intend to throw him by the wayside.

2. Company: When you’re keeping busy hours, make sure your partner isn’t waiting late into the night for you to come home. Introduce him to your co-workers’ spouses, and hold joint gatherings to keep your group closely knit.

3. Practice: Just like Prince William gave Kate Middleton time to get used to the royal lifestyle, make sure to give your partner the heads up as to what he has coming for him when it comes to your career. While you’re dating, bring him to events and get him accustomed to the routine.

Is Denise Richards Dating Rocker Nikki Sixx?



Talk about picking the same kind of men. [People](#) reports that Denise Richards admitted she had “gone on a couple dates” with rocker and radio host Nikki Sixx, 52. Richards, 39, has had her share of experience with bad boys, including a complicated marriage to Charlie Sheen and a relationship with Bon Jovi guitarist Richie Sambora. With her new bad boy, who recently broke up with Kat Von D, Richards admits, “The God’s honest truth is we’re taking it very slowly.” **Why are women attracted to bad boys?**

Cupid’s Advice:

Cupid has some ideas on why it’s so hard to stay away from a bad boy:

1. He's confident: Bad boys attract women because of their rebellious nature and self-confidence. Many women find the combination irresistible. But keep in mind that a guy can be confident and not bad.

2. He needs to be rescued: If you love the idea of a fixer-upper, you may flock to a bad boy because you think he's damaged and needs to be rescued. That said, it's not always the best idea for a stable relationship.

3. He doesn't like commitment: Some women may not be ready for a long-term relationship and will sabotage the relationship from the beginning by dating a heartbreaker. There's nothing wrong with dating around, but when you're ready for a relationship, cut it out with the bad boys!

Vanessa Hudgens Confirms Close Relationship with Ex, Zac Efron





Actress Vanessa

Hudgens is not too distressed over her recent breakup with boyfriend of four years, Zac Efron. The actress spent Saturday night at Pure Night Club in Las Vegas, celebrating her 22nd birthday with BFFs Brittany Snow and Ashley Tisdale. When asked about her current relationship with Efron, the young actress told [People](#), "We're good." **How do you stay on good terms with your ex-partner?**

Cupid's Advice:

Staying friends with your ex after a breakup can be awkward, but it's much healthier (and easier to move on) if the two of you can remain on good terms. Here are a few tips to help continue a friendship:

- 1. Don't rush:** It's best not to strike up a friendship immediately after your break up. Give each other some time and space. Start to rekindle your relationship after you've both had time to heal.
- 2. Date other people:** Try dating around for a bit, even if it's nothing serious. This will help you avoid the temptation to get back together with your ex-partner. If you wish to remain close, make sure you keep it strictly platonic.
- 3. Avoid talking about the breakup:** Never bring up the past or

your breakup with your ex. This conversation will only bring pain and possibly anger. It will strain your new friendship. Keep your conversations focused on the present and future.

Former 'Hills' Star Lo Bosworth Splits from Boyfriend of Two Years



It's the end of the line for another Hollywood couple. According to [People](#), former *Hills* star Lo Bosworth and her boyfriend of two years, Scott Hochstadt, have decided to call it quits. A source close to the couple says, "They realized they are in different places in their lives. The timing was just off. The breakup is hard for both of them, but it's the most realistic thing at this point." Hochstadt and Bosworth had been living together,

and Hochstad was supposedly planning on proposing before the two decided to end things.

How do you know if the timing is right for a relationship?

Cupid's Advice:

As much as you might love each other and want the relationship to work, sometimes two people are just in different places in life. Cupid has some ways to tell if the timing is right for your relationship:

- 1. You have time for one another:** If you have too much going on in your individual lives to make time for one another, it might not be the right time to be together.
- 2. You are genuinely interested in and respect what the other person is doing:** If you don't respect or appreciate the path that your significant other has chosen for his life, it might be a sign that you're going in different directions.
- 3. You're constantly looking for an excuse to end things:** If every time the two of you have a problem or an argument you use it as a way out of the relationship, it might mean it's not the right time for a relationship. Only say you want to break up when you truly do.

Gwyneth Paltrow Dishes on New Couple Jake Gyllenhaal and

Taylor Swift



Jake Gyllenhaal and Taylor Swift's budding romance may be partially thanks to Gwyneth Paltrow, reports [Us Weekly](#). Paltrow hosted a private dinner party for Swift and Gyllenhaal during their quiet trip to London on November 13th. "Jake and Taylor were driven from the Dorchester hotel to Gwyneth and Chris Martin's house in Primrose Hill for dinner," explained an insider. "Gwyneth seems to have played a role in their relationship." When asked about the dinner party, Paltrow replied playfully, "I've just known Jake for a long time and he's a great guy, and Chris has a friendship with Taylor." Paltrow's matchmaking seems to have paid off, for over Thanksgiving Swift and Gyllenhaal had many a coffee date. **Who should be your matchmaker?**

Cupid's Advice:

Every relationship needs a good matchmaker, someone to help test the waters when things get heated (or cold). Here are a

few tips to help choose your matchmaker:

- 1. A mutual friend:** It's always nice to have a matchmaker who knows the two of you. This way, your confidante will be able to talk more closely with both of you without either of you feeling awkward.
 - 2. Somebody trustworthy:** If a person is going to interfere in your relationship, that person needs to have your trust. You should keep your relationship personal, and be very cautious when opening up the relationship to another individual.
 - 3. A professional:** There are those who choose to make their careers about matchmaking. Make sure the professional you choose has a legit background and high success rate!
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Drew Barrymore Is Not My Type



By David Wygant

I get emails all the time asking me, "You live in Hollywood. You must meet famous people, right?" Let me tell you a little bit about the way I think about famous people.

I don't see them; I see dead people. Oops! That's the wrong movie. That's from "The Sixth Sense." I really don't see famous people. I mean, I do see them, but people have to point them out to me.

A few months ago when I was walking down the street with my black Labrador, Daphne, this cute blond was walking towards me with three other black dogs. She said, "Look at all the black dogs!"

I thought, 'Wow, she's observant. She is flirting with me.' So I said, "Look at those three dogs! Are they yours?" The cute blond said "No, I'm working at the rescue place today."

The blond was wearing a sweatshirt, tennis shoes and a pair of jeans. She had no makeup on, and she had her hair pulled back. She looked really cute. The voice sounded really familiar. The face looked familiar. The only thing missing was E.T. What I realized then was that I was standing face-to-face flirting with Drew Barrymore.

So, we started talking. We talked for about 10 minutes about dogs, about birthdays ... It was a random conversation. She was really friendly, really cute, and really flirtatious, but I just wasn't feeling it on my end. Now, granted, it would have been fun to hang out with Gertie from E.T. I'm sure she had some great stories to share!

So here was the end of our conversation:

Drew: What's your name?

DW: David. [Then playing dumb] What's your name?

Drew: Drew.

DW: Oh, I thought you looked familiar. It's nice meeting you,

Drew.

Then, I walked away.

It doesn't matter to me whether a woman is a celebrity or not.

If I'm not feeling the chemistry on my part, I don't care who the woman is or what she does. I don't care if it's Drew Barrymore or Jennifer Aniston . . . well, maybe I'd care if it were Jennifer Aniston.

The publicity would have been great. I can see it now. Drew and I photographed by the paparazzi in Hawaii. Drew and I walking our dogs grabbing a couple Starbucks. I would finally make it into the "Stars Like Us" page in US Weekly.

Living here in L.A., I've had plenty of interaction with celebrities. I've flirted with Naomi Watts. I have chatted up Dennis Quaid in line at a coffee shop. I sat for 20 minutes with Michael Richards from *Seinfeld* and had a conversation. I've even had some fairly famous clients from the entertainment business. Honestly, they are all just people like you and me.

Nivea Enlists Help of Rancid Couple to Host New Year's Eve





TV personalities

Bill and Giuliana Rancic will be ringing in the new year on top of the Nivea Kiss platform in Times Square. The celebrity couple also helped Beiersdorf's Nivea beauty brand launch the "Kiss the One You Love Contest" on Facebook, which invites couples to share their love stories for a chance to win a trip to New York City to join the Rancics for Nivea's third annual celebration. This year, no lip will be left unattended, as Nivea will touch the lips of many people with "A Kiss of Smoothness."

Should celebrities tie their images to a product?

Cupid's Advice:

Celebrities have been known to endorse many a product and all sorts of national and international causes. The question is, should they? Cupid has some thoughts:

1. They support a cause: If you're going to be famous, you might as well utilize your notoriety for a worthy cause. For instance, David Good is giving part of the proceeds from his recently released book to cancer research. Consider buying products which have been endorsed by celebrities for more than personal gain.

2. They believe in products: There are so many different

products on the market today that it's sometimes impossible for us to know which brands to trust. Those in the public eye have the chance to support products in which they really put faith. If you respect a celebrity, the products they endorse might be just what you need.

3. They want money: Of course there are those in the limelight who are simply in it for the green stuff. Be careful about which celebrities you blindly follow.

Jersey Shore's JWOWW Releases Dating Advice Book



The Jersey Shore empire is once again expanding. According to iVillage, Jenni "JWOWW" Farley is now doing her part to advise the ladies on love with the release of her new book, *The Rules According to*

JWOWW. The book contains her self-proclaimed shore-tested secrets to landing a “mint” guy. For those looking to “smoosh” or to find true love, *JWOWW* just may hold to secrets to success. The reality star describes her debut book as “empowering advice for a new generation of self-assured women.”

What makes a reliable dating expert?

Cupid’s Advice:

A dating expert can really be anyone. Cupid has some suggestions on what to consider when you’re looking for relationship advice:

- 1. Who knows you best:** Trust the advice of the people who know you well, such as family and close friends. At least you know that they always have your best interests at heart.
- 2. Credentials:** Bloggers, authors and talk show hosts have usually gotten to where they are by proving their understanding of relationships. Consider their resume before trusting their advice.
- 3. A gut feeling:** Your own gut is probably the best dating expert to consult!

Ryan Reynolds and Scarlett Johansson Split



Another prized Hollywood couple has decided to call it quits. Ryan Reynolds and Scarlett Johansson have officially separated with the intent to divorce, according to [People](#). In a joint statement they say, “After long and careful consideration on both our parts, we’ve decided to end our marriage. We entered our relationship with love, and it’s with love and kindness we leave it. While privacy isn’t expected, it’s certainly appreciated.” Although the pair were just seen out in NYC together last month, a source close to the situation says that it was Johansson who initiated the split. The two wed in 2008 in a private ceremony in Reynold’s hometown of Vancouver.

How do you start over after a divorce?

Cupid’s Advice:

There’s no doubt about it: divorce is devastating. Here are some tips on how to transition from living with your partner to living alone:

- 1. Get some “me” time:** First and foremost, take some time out for yourself before dealing with the “media” of your family

and friends. Grab a close friend and head south a la ScarJo-style for some down time.

2. Indulge in a hobby: Spend some time doing things that make you happy before your divorce. The familiar routine will keep you sane for a little bit longer.

3. Work it out: Try exercise as a form of stress release. Endorphins will make you feel better, as they are natural pain and stress fighters.

Blake Lively's 'Gossip Girl' Mom Weighs in on Ryan Gosling



Rumors have been swirling, but it's still unclear if Blake Lively and Ryan Gosling are a couple. The two were seen getting close at Gosling's *Blue Valentine* premiere after-party, reports [People](#),

but they have not confirmed a relationship yet. “[Blake is] an incredible actress; she’s a good friend,” said Gosling. Despite the uncertainty, Blake Lively’s *Gossip Girl* costar and on-screen mom, Kelly Rutherford, approves. “It’d be great [if they were dating],” said Rutherford. “Blake’s an amazing person. She’s so gorgeous. He’s a lucky man if they are!”

Is it important that your friends approve of your partner?

Cupid’s Advice:

It’s always nice to go into a relationship knowing that your friends approve, but is it a necessity? Cupid has some things to consider:

- 1. Your friends can see things you can’t:** If your friends do not approve, then it is very likely that they feel your partner is not worthy of you. Take what they say into consideration, even if you don’t agree.
- 2. Your friend’s intentions:** While it’s nice to believe that all of your friends want what’s best for you, it’s also possible that a few of them have ulterior motives. Be careful about who you trust.
- 3. What you want:** Despite what your friends say, the choice is yours alone. Be sure not to let your friends make your decisions for you.

Leighton Meester Hopes to

Find True Love Someday



Leighton Meester has high hopes for true love. According to [People](#), the *Gossip Girl* star is looking for the kind of relationship that her character on the show, Blair, shares with onscreen love, Chuck Bass (Ed Westwick). “Because the way they love each other is very real, and not for the sake of being dramatic,” says Meester. Though 24 and single, the accomplished actress is far from giving up. “It’s okay if you don’t find him and you’re 24. You can find it someday.”

How do you know when you’ve found “real” love?

Cupid’s Advice:

Leighton Meester says, “Real love is not for the sake of being dramatic.” If you’re not sure whether you’re in love or not, Cupid has a few telling signs:

1. It goes deeper than looks: Make sure you enjoy talking to your partner just as much as you like looking at him. If you

find yourself constantly fixated on your partner's physical appearance, you may be confusing love with lust.

2. It's not just physical: If your relationship is more physical than it is emotional, it's probably not love. You should be getting to know your partner inside and out. When it's time to say, "I do," you should be looking forward to more than the honeymoon.

3. You make sacrifices: The biggest sign of love is putting your partner's needs before your own. Sometimes you have to make sacrifices, even if they're small. If you're always thinking what this person can do to help you instead of what you can do to help them, you're probably not in love yet.

Lauren Bush and David Lauren Are Engaged





Another high-profile engagement was announced this week, reports [NYPost.com](https://nypost.com). David Lauren, son of fashion designer Ralph Lauren, proposed to Lauren Bush, niece of the former president, last Friday. David Lauren proposed at the Metropolitan Museum of Art, the place where the two first met six years ago. "David told Lauren that he was taking her to see an exhibit, then got down on one knee," explained a source. "He had a beautiful ring ready. It was a total surprise to her, and they are both so happy."

What do you do if your fiancé's last name doesn't flow with your first name?

Cupid's Advice:

Lauren Bush will be in a bit of a dilemma following her marriage to David Lauren. Will she become Lauren Lauren? Here are a few tips to help you with your name-related woes:

1. Use a nickname: If you wish to take your husband's name, but feel uncomfortable with the sound of your new name, try using a nickname. Try Tina Christensen instead of Christina Christensen.

2. Hyphenate: You can have the best of both worlds by keeping both your maiden name and adding on your husband's name. Your

new last name may be on the longer side, but hyphenated names allow for much-needed compromise between you and your husband.

3. Keep your last name: There are also many women who wish to keep their maiden names. If you identify with these women, then stand strong. Keep your last name. It's your name, and nobody can force you to change it.

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



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

By [Lori Bizzoco](#)

David Good got a bad rap when he appeared on *The Bachelorette: Season 5* (Jillian Harris' Season) in 2009. Most infamous for his altercation with former contestant Juan Barbieri and the negative way he used the phrase 'Man Code', Good had the opportunity to redeem himself earlier this year on the all-star, spin-off competition Bachelor Pad. Not only did Good surface from the show as the house favorite (and leader), he won the grand prize of \$250,000 with partner Natalie Getz. Now, the 29-year-old first-time author is using a portion of his winnings to set the record straight about the true meaning of "Man Code" in his new book, *The Man Code: A Woman's Guide to Cracking the Tough Guy*.

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

What was your objective for writing "The Man Code"?

The whole point of the book is for women to realize how much power they have over how men in our country act. We conform to act the way you want us to in order to get your attention.

Think about this: 80% of women get the children after a divorce, so there is a high percentage of single women raising sons. Women have control right from the beginning.

What is one way a woman can tell if she's with a "Man Code" man?

Honesty and truth. A Man Code man will start out a relationship with nothing, but honesty. He won't lie about anything. Nothing. There's no reason to. If a guy's lying

to you from the beginning, ditch him. It's fine not to disclose your deepest thoughts and secrets right away. But when those things do come up, it's important to be honest.

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

Don't break his trust. If a guy opens up to you and he confides in you and you run and tell your friend that he shed a tear or got emotional about something and it gets back to his buddies and they laugh at him, he's going to emotionally shut down from you for a long time. Once he confides in you, you don't want to embarrass him or break his trust. If your guy is finally opening up to you and showing his sensitive side and you run and tell your friends that he was crying in your bedroom and he hears that, he will not open up to you for years to come.

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

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

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

How did the "Man Code" originate?

It started when I was 23 and working with my father. I was in a grocery store in a small town where I'm from. I saw a guy who was manhandling his wife out loud and in front of other men in the store. Nobody was doing anything. So, I walked over to this guy and just deconstructed the guy right off his feet. The lady that he had pushed down on the ground got up and started screaming at ME. I was so surprised, I didn't know what was going on. So, I left my groceries because I

didn't want to get in trouble, and I walked out. I told my dad what had happened, and somehow we started talking about Man Code. And that's kind of how it all originated. We would always kid around about writing a book about it.

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

Yes. Last year, I was at my best (girl) friend's house on vacation, and I was asleep when she woke me up because her doctor just called saying that she had cancer. She was only 29 (she's 30 now), and to go through that experience with her really hit home. Then a few weeks ago, my grandfather was diagnosed with stage III cancer. A percentage of every book sold will go to cancer research.

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

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

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

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

Brooke Burke Shares Love Life Secrets



What's the secret to keeping the romance alive in your relationship? According to Brooke Burke, exercising regularly is a big part of it, reports [People](#). The *Dancing with the Stars* host told *Shape* magazine, "First, you need to be healthy ... That means exercising to relieve stress and build energy." Even with four kids at home, the 39-year-old former model and her partner David Charvet, also 39, still make time for each other. "Sometimes we're so tired, it's just a glass of wine and a good night's sleep. But the point is that we're making a commitment to each other and saying, 'We love the kids, but we matter too.' "

What can staying healthy do for your love life?

Cupid's Advice:

Staying healthy is great for your physical and emotional well-

being. Cupid has some ideas on how it can also improve your love life:

1. Self-confidence: When you eat right and work out, you feel better. The confidence you gain from being healthy will make you even more attractive to your partner.

2. Energy: If you constantly feel exhausted, try exercising to relieve stress and get an energy boost. Now use that extra energy to reignite the spark in your relationship!

3. Group effort: Work out with your partner, and cook healthy meals together. Not only are you more likely to stick to a healthy lifestyle that way, but it also provides a lot of great bonding time.

Zac Efron and Vanessa Hudgens Split





Just like the end of the *High School Musical* saga, so ends the famous relationship that grew from it. After three years and multiple duets, Zac Efron and Vanessa Hudgens are calling it quits, according to [Us Weekly](#). A source explains, saying, “They have been together for so long. It just ran its course. They are still talking and still friends. There’s no drama. No one cheated. They just grew up.” Some good things really do come to an end.

How do you tell when a relationship’s run it’s course?

Cupid’s Advice:

Sometimes, no matter how much you work at it, you can’t make a relationship work. Here’s how to tell when it’s time to call it quits and move on:

- 1. The butterflies are gone:** If you never get excited to see your partner anymore, even after you’ve been apart for long period of time, it may be time to move on.
- 2. You don’t have anything to talk about:** If you find yourself searching for things to talk about or feel like the two of you have nothing in common anymore, then you may have outgrown each other.
- 3. You can visualize a future without him:** If you can look

ahead at your life and it doesn't include your current partner, it's probably a sign that it's just not meant to be.

Is Brad Pitt Ruining Your Love Life?



We know how effective media is in shaping our perspective and even our values, including our self-image. We know that being bombarded with images of beautiful men and women molds our vision of attractiveness. As we mature, we know it's fantasy, and that even Hollywood beauties don't look that stunning without professional hair, make-up, wardrobe and lighting.

By now, you've probably seen the Dove video called "Evolution." It shows how an attractive woman morphs into a fabulous knockout through professional hair, make-up,

lighting, and yes, even Photoshop.

How do these unrealistic images affect your dating life?

1. They can influence your expectation of a man's looks. Very few men, especially middle-aged men, look anything close to George Clooney, Brad Pitt, Johnny Depp, Colin Firth or Pearce Bronson. While we realize these men personify an unattainable ideal, some small part of many women want – and perhaps expect – their guys to look as yummy.

2. The Photoshopped images of pencil-thin people on magazine covers and in movies exacerbates women's feelings of inadequacy. Actresses like Cher, Teri Hatcher, Vanessa Williams, Julia Roberts, Helen Mirren, Glenn Close and Ellen Barkin are sparkling in their perfection – with personal trainers, private chefs, and perhaps a bit of nip-tuck. How many real-life middle-aged women do you see looking like that? Just as women have unrealistic expectations of a man's looks, so, too, men have an idealized expectation that women should look like these air-brushed fantasy females.

So it seems like a lose-lose for both genders.

We think (hope?) that as one matures, people realize that these movie star looks are really just fantasy. But unfortunately, I've found both men and women hold themselves and their potential dates to standards that nearly no one meets in real life.

So what can you do?

1. Play up your own physical attributes: Got beautiful eyes? Don't hide them behind glasses. Get a makeover if you haven't had one in years, or make an appointment with a free personal shopper at a department store to help you dress to look your best.

2. Realize that there are many good people underneath a few

bags, sags and extra pounds: While we know that goodness has nothing to do with outer appearances, we sometimes get caught up or put off by what we see. I've gone out with many wonderful men who aren't gorgeous. The thing is, they got more attractive as I got to know their kind hearts, senses of humor and caring natures.

Dating Goddess is the author of the 13-book Adventures in Delicious Dating After 40 series. For information on her books and her blog, go to <http://www.DatingGoddess.com>.

Jon Gosselin and Girlfriend Go Christmas Tree Shopping with Kids



Dashing through the snow, Jon Gosselin brought his new girlfriend along as he and

his eight kids picked out their Christmas tree this past weekend. Despite negative criticisms earlier this year, Gosselin has seemed to settle down a bit, and he and Ross are looking forward to making the holidays this year about the kids. Although Gosselin doesn't have a huge amount of money to spend on presents for his kids this year, a source told [RadarOnline](#), "He wants to get them gifts that mean something and that tap into their interests."

What are affordable yet romantic gifts for your partner?

Cupid's Advice:

Holiday gift shopping can be stressful, especially when you're on a tight budget. Cupid has some tips:

1. The enhanced coupon: A coupon for a free back rub maybe too cheesy, but giving your partner his favorite movie along with a coupon for his favorite homemade dinner is personal and special. You can always make a surprise out of the back rub afterward, too!

2. Utilize the five senses: Pick a small gift to stimulate each of your partner's senses. For example, pick up his favorite artist's new album, one of his favorite snacks and a framed picture of the two of you. It's affordable *and* creative.

3. Exchange promises, not presents: Agree or vow to do something that will improve your relationship together, like setting aside one night a week devoted solely to you as a couple. It won't cost you a thing, and will keep giving all year long.