

# Ali Fedotowsky Says Emily Maynard “Deserves to Find Love” on ‘The Bachelorette’



Having previously starred on *The Bachelorette*, former contestant Ali Fedotowsky knows what it takes when it comes to finding love. Although she and her love match, Roberto Martinez, recently called it quits, Fedotowsky is hoping that the new leading lady of *The Bachelorette*, Emily Maynard, will have a better shot. “Emily is amazing! She’s such a sweetheart,” Fedotowsky told [UsMagazine.com](http://UsMagazine.com). “If anyone deserves to find love, it’s her.”

Fans were first introduced to Maynard on Brad Womak’s season of *The Bachelor* when she fell for the bar owner, however, Fedotowsky believes viewers can expect something different this season. “Emily told me she likes guys with tattoos, so we’ll see what kind of guys she has on this season,” Fedotowsky said. “It should be interesting, I’m psyched.”

**When you have many suitors, how do you choose which one to date?**

**Cupid's Advice:**

In many situations, having options can be a good thing. However, when it comes to your love life, this can become a bit stressful, especially when you have a few great choices to settle on. So what do you do when you're faced with such a difficult decision? Here are some ways to help pare down your list of potential lovers:

**1. Personality:** This is one of the most important factors to consider when getting to know your list of suitors. Do you have a blast when you're with them? Are they charismatic? If so, this person sounds like a winner.

**2. Meet the parents:** Mama knows best and so does dad; usually they can be spot on when it comes to knowing the right fit for their son or daughter. If your hopeful mate can get along well with your family and they adore them, this makes it even easier to seal the deal.

**3. Genuine only:** You may not be able to easily be yourself around everyone, but when you find that one person who you can completely let your wall down with and they can do the same when they're with you, you may have found "the one."

**How do you know how to choose the right person when you're dating? Share your comments below.**

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# Giuliana and Bill Rancic Are Expecting a Child



E! News cohost, Giuliana Rancic, 37, and hubby, Bill Rancic, 40, are expecting their first child. After struggling with infertility, miscarriage, and cancer the couple are using a surrogate mother. According to [People](#), the little bundle of joy is due in late summer and the Rancis are keeping the baby's gender a secret. Congratulations, Giuliana and Bill!

## Cupid's Advice:

### How do you bond with your baby if you didn't carry him/her?

Carrying a baby for nine months is a bonding experience that many mothers who use a gestational carrier miss out on. Check out some alternative ways to bond with your newborn:

- 1. The power of touch:** After bath time, gently massage your

new addition with baby oil. You can even look up some baby and parent massage classes that are dedicated to bonding.

**2. Tummy time:** Tummy time is important for your little one's muscle strength and it's a great way for you to have face-to-face contact with your newborn.

**3. Swaddle:** Swaddling reminds your baby of his/her time spent in the womb. It is extremely calming and can be easily recreated with a blanket.

How have you bonded with your baby if you didn't carry him/her? Share your comments below.

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## Top 10 Sayings that Can Destroy Your Love Life Before It Begins





By Nisha Ramirez

Whether you're on a first date or in a new relationship, the things you say can play a huge role in finding and keeping love. They say that "actions speak louder than words," but we're here to tell you that sometimes certain phrases can destroy your love life before it even begins. Check out these 10 expressions you should avoid when you're looking for Cupid's arrow to hit your target:

### **1. My biological clock is ticking.**

Okay, we know women have to think about time when it comes to having a baby, but asking your new beau what day you should schedule a visit to the OBGYN together is just crazy. Let time run its course, and then the two of you can begin to talk about children. Rule of thumb: If you haven't discussed moving in or adopting a puppy together, chances are he is not ready to talk about babies.

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### **2. Do you find that guy attractive?**

It happens: you see a cute guy or television star and ask your

boyfriend if he thinks the guy is good looking. If you occasionally do this just because there isn't another female around, we understand. However, if this is your way of finding out if your guy is gay, stop it now! The more you question a man's sexuality, the less attractive you will become to him.

### **3. Do you think that girl is cute?**

Asking a man if he finds another girl attractive can really make things awkward. Besides coming off as insecure (a huge turnoff), you look like you don't trust him. Don't worry about him checking out another girl unless you see him doing it. If that's the case, you have our permission to use some other sailor mouth "sayings."

### **4. You remind me of my father/mother.**

What? No one wants to be reminded of their date's parents. Comparing your partner to your mom or dad can cause major problems in a relationship. Your significant other may begin to feel like they have to live up to be like your parent, and expectations often lead to disappointments.

### **5. What's the passcode to your phone?**

Asking for a person's passcode is equivalent to asking for the key to a person's privacy and not their heart. Having your partner's phone can lead to constantly checking their emails, text messages, Twitter and Facebook. This unhealthy habit can really make you paranoid and might make your partner actually give you a reason to have to look through his things.

**Related:** [Five Bad Relationship Habits and How To Break Them](#)

### **6. How much do you make?**

Unless you're about to make a huge purchase with your partner, such as buying a house, this question is off limits. What if you make more money than him? That could really cause some self-esteem issues. Or if you make less than him, that could



make you look like a real gold digger, when you should be looking for love.

## **7. Do you believe in God?**

Religion and politics should be off limits. They can really cause unneeded tension and can make the both of you feel uncomfortable. In a diverse society, we still tend to categorize people based on their religion and for whom they vote. Don't put a block on potentially meeting your soul mate.

## **8. This is going to be a great story to tell our kids, after the wedding of course!**

Letting a guy know that you want to marry him early on can really be a turnoff. You shouldn't be talking about children if you haven't made big life decisions together, and choosing what movie to go see after dinner does not count. Still don't understand? Telling a guy that you want to marry him on a date is like a guy saying he just wants to hook-up with you.

## **9. You look better in pictures.**

In our world of tech dating, sometimes we first meet our date through an online profile picture. If you ever meet someone for the first time, don't say that they look different in pictures. You're basically saying that they look worse in person. We're all for being honest, but not when it comes to hurting someone's feelings and self-esteem right after you meet them.

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

## **10. I loved being intimate with my ex.**

Conversations about exes and intimacy should not happen on first dates. Your date will think that you are not over your ex and that will definitely stop potential love in its tracks. If you stay away from this subject, you'll have a much better chance of the relationship surviving another date.

Have you ever said or been told any of these expressions?  
Share your comments below.

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## Lady Antebellum's Dave Haywood Ties the Knot



Country musician Dave Haywood, 29, from the band Lady Antebellum has finally gotten hitched. The lucky lady? Kelli Cashiola. The couple has known each other for five years and dated seven years before getting engaged this past December. How was the wedding? According to [UsMagazine.com](http://UsMagazine.com), a source said, "The whole thing was straight out of a movie." Hopefully their fairy tale wedding leads to a happy marriage.

**How do you incorporate aspects of movie weddings in your big day?**



## **Cupid's Advice:**

It's your wedding day and you want to feel like a star. Cupid shares how to make your wedding like a movie:

**1. Grand entrance:** In the movies it's all about how you start off the wedding. Imitate your favorite movie by making the entrance as fantastic as possible before you say your vows.

**2. Food:** The food can make the reception. Have delectable dishes straight out of a movie scene to have your guests feeling like they've dined like celebrities as they watch you tie the knot with your love.

**3. Decor:** Whether you opt to make your guests feel like stars or feel like they're in an actual movie, the decoration should match the goal. Go all out, because it is your perfect wedding day after all.

**How would you make your wedding day like the movies? Share below.**

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# **Is Brad Pitt's Son Maddox Crushing on Celebrity Ex Jennifer Aniston?**





It looks like [Angelina Jolie](#) may be having a case of the celebrity exes. Jolie's 10-year-old son Maddox has reportedly developed a crush on Brad Pitt's celebrity ex [Jennifer Aniston](#), the *Enquirer* reported. Sources say that Maddox's fascination began after he and his nanny watched *Marley & Me* and has since caused the youngster to put posters of Aniston on his bedroom walls. "Maddox is infatuated with Jennifer, and Angelina is fuming," a close source told the tabloid. "Maddox simply likes Jen's sweet face and look."

**With her child's room filled with pictures of Pitt's celebrity ex, Jolie can't seem to get away from her. What do you do if you can't avoid hearing about your partner's exes?**

#### **Cupid's Advice:**

As if working at the same company with your partner's former flame isn't awkward enough, can you imagine having posters of

your husband's celebrity ex in your house? Having to constantly hear about an ex can make for an uncomfortable situation. Here is some relationship advice to help you in that situation:

**1. Don't let them see you sweat:** It's no secret that hearing people say that your mate and their ex were the picture perfect couple is uncomfortable. As annoying as that may be, you can't let talk of old relationships and love get to you.

**Related Link:** [Kevin Federline Reminisces About Celebrity Ex Britney Spears](#)

**2. Be confident:** While people may constantly compare you to your arch nemesis, remember who you are. Hold your head high, put on two coats of mascara, and keep smiling.

**Related Link:** [Is Wiz Khalifa Bashing Celebrity Ex Amber Rose in New Song?](#)

**3. Ignore it:** People will always have something to say, and unfortunately, it's inevitable. But at the end of the day, all that really matters is how you and your love feel about each other.

**How did you combat hearing about your partner's ex all the time? Share your experiences below.**

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## **Four Ways to Tell If He's "The One"**



By Johanna Lyman,

the JOY Professor, for GALtime.com

*Finding your soulmate may take longer than you think. Take some time to get to know your partner, then ask yourself the following questions to decide whether he/she is truly “the one”.*

How do you know when you’ve found “The One?” Allow me to first dispel a common myth. Most of us have more than a single “The One” in our lives. With few exceptions, we will all experience more than one great love in our lives. Each person who shows up as a great love is there to teach us a lesson (or two) and to bring us closer to unconditional love. Everyone who shows up as love in your life is one of your soul mates.

Another common myth is that you can discern true love within the first 3-6 months of a relationship. I’m sorry to say, it just ain’t so. What you’re feeling in the first 3-6 month (aka the honeymoon period) is a potent cocktail of hormones designed to make a man and a woman want to copulate to

propagate the species. It feels sexy, but it's really about the survival of the species. Please do yourselves and the population a big favor by not falling for it. I don't mean to sound negative. There are lots of great things about that potent combination of oxytocin, serotonin and other chemicals.

I'm just saying that if you think you're thinking clearly while under the influence of the honeymoon hormones, you're mistaken.

After the honeymoon phase begins to wear off, here are some things you can look for to help you determine the staying power of this relationship.

**Related:** [Fishing For Mr Right- Types of Guys to Throw Back](#)

**1. Are you truly yourself around him?** Does he understand (or at least humor) your handbag obsession? Does he really know how much you drink, smoke, shop, or eat Twinkies, and is he truly comfortable with it? Do you act the same way with him when you're around each other's friends?

**2. Is he truly himself around you?** Do you know about his "Three Stooges" fetish? Do you know how many hours he spends gaming and are you comfortable with that? One way to gauge how authentic he's being is to check out if your friends see him in the same way you do. Obviously they won't know him as intimately as you do, but they should have the general same impressions. Also, does he act the same when you're alone together as he does around your friends?

**3. Do you trust him?** Not just about monogamy (if that's your agreement together) but do you trust him with your secrets, desires and ambitions? I believe that trust is a lot harder to come by than those emotions we call love. Trust is the number one barometer of longevity in relationships, in my experience.

**4. How do you fight?** Do you, or does he, bring up old wounds, or do you fight in the present, about the current hurt? Can

you disagree without attacking each other? Are you comfortable with disagreeing, or do you try to smooth things over? Couples in healthy relationships learn how to fight productively. If you weren't having being intimate with him, how much would you still like him?

**Related:** [When It Comes to Dating, How Long Is Too Long?](#)

Believe it or not, you will not always be wildly attracted to your partner. Even if he is an Adonis, familiarity tends to take the spark out of the eroticism in relationships. And while I have lots of remedies for bringing back the spark, the more you like about each other outside the bedroom, the tastier those remedies will be. People tend to think that love just happens. I hate to be the bearer of bad news, but long-term love takes effort. It doesn't just happen, but if you focus your time and energy on keeping your relationship healthy, the results will bring you a lifetime of JOY.

These are good questions to ask yourself, whether you've been in a relationship for three weeks or thirty years. If you don't like your answers, you can always choose again. When you change your mind you change your attitude and when you change your attitude you can change even the most worn out relationship.

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## Can Being A Sibling Teach You To Have A Good Relationship?







By Steven Zangrillo

My sister and I grew up in Suburbia, which affords bored, middle-class children multiple opportunities for creative mayhem. My sister, therefore, functioned as a guinea pig of sorts. For instance, picture a 10-year-old and his friends chasing you around with Super Soakers filled to the hilt with pickle juice. You'd have hated me, too. When we both hit adolescence, we grew up a little bit. We went to high school and started to test the dating waters. As if being a 14-year-old, pimple-faced fat kid wasn't enough, I had to come home to the chiding laughter of my older, hotter, more dating-tested sister whenever I failed. Good news of failed romance spreads fast in Suburbia. My immaturity blinded me from taking in the romance lessons that are now so clear to me. Let's break them down:

**Related:** [10 Love Lessons From Bruce Springsteen](#)

**1. People will always aggravate you, but how you react is dependent on how you want this situation to end.**

On Easter we would have an Easter egg hunt, followed by a trip to the Sunday car show downtown. My sister would wake up extra early and find out where the eggs were, leave them there and go back to bed. When our parents woke us up a little

later, Samantha would rifle through the house and snag every egg. Me? I was left in bitter tears and tuxedo pajamas (they were sweet, don't judge). She won the battle, and I didn't complain. I won the war later when I, not she, got to sit in the cars first at the show. Karma comes back around.

The lesson here is that your significant other will purposefully or unintentionally do aggravating things, just like your sibling. Whatever habits, issues, or situations you're faced with, remember that you can either continue to stamp your feet and cry while everyone goes to the car show, or you can calm down and hop your little tush into the front seat of a '72 Corvette.

## **2. Everyone is equally accountable under the same roof.**

I had a Sega Genesis; she had a boom box. Montel Jordan was particularly popular at the time. You're already singing it in your head, "*Thiiiiis is how we doooo itttttt...*"

I was busy freezing people and knocking their heads off in *Mortal Kombat* when Samantha came bounding down the stairs, asking if she could play. I shrugged and, since I was bored anyway, surrendered the game console to her. I began to aimlessly prance around the house as quickly as my 7-year-old body would allow me to move. I stumbled upon her glistening, gorgeous new Sony boom box. Somewhere between the chorus and the second stanza I managed to scramble up the tape deck. I was left with a mangled mess of what once was a cassette. Needless to say, my sister and I brawled that day.

The lesson here, of course, is to communicate. Want to borrow his toothbrush? Fine, just say so. The idea that "What's yours is mine, and mine is yours," is great up until that last drop of orange juice is gone and someone is forced to adjust their routine because you didn't say anything. It seems mundane, but little things add up. Give yourself few chances to be accused of things.

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

**3. Be a softie- it's okay, seriously. If you don't know how to be one, open yourself to learning about it.**

My sister and I have spent 24 years being absolutely obnoxious towards each other. Between the passive-aggressive verbal assaults, physical encounters, finger pointing, name-gaming nonsense, we've seen some real and palpable tough times. There have been days where I've been called on to be her little brother. That's a role that I relish and will always take seriously.

The same thing goes for relationships. It's easy to be a fun, happy boyfriend or girlfriend. Life is great when you're out on the town having drinks and dinner, going to your favorite club, seeing a movie, or whatever the case may be. The next day that person may be in need of something more concrete.

You might be called on to be there for support and you better be ready for it. If you aren't, then just listen to everything they have to say to you. Be a softie. Listen, understand and appreciate. That's your job as a sibling, significant other and a person in the world.

**Do you think being a sibling has helped shape your relationship? Share your comments below.**

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## **Kim Kardashian Says Her Divorce Changed Her for the**

# Better



Kim Kardashian

wasn't married long, but her divorce has made all the difference in her life. According to [TooFab.com](http://TooFab.com), Kardashian saw her divorce with Kris Humphries as one of the "toughest" things she's had to go through. "It's changed who I am as a person, I think for the better, and the things that I care about in life have completely changed because of this," she said. "I really think everything happens for a reason."

Apparently the split has changed the priorities in Kardashian's life.

**What are some ways that divorce can help you grow?**

## **Cupid's Advice:**

Divorce is never an easy experience, but difficult situations can help you grow. Here's how:

**1. Prioritize:** Like Kardashian, divorce can make you

reevaluate what you find important in life. Things that seemed critical may not seem so daunting after divorce.

**2. Strength:** Divorce can help you find strength from the most unlikely sources. Your family and closest friends will be important relationships in this challenging time. You'll also find strength in yourself that you might not have realized was there.

**3. Love life:** It may sound weird, but a split will ultimately help your love life grow. As you leave one unhealthy relationship, it leaves room for a healthier and more mature relationship in the future.

**How has divorce helped you or a loved one grow? Share your thoughts below.**

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## **5 Ways Playing Hard to Get Can Damage Your Love Life**





By Ashley

DelBello with contributions by relationship expert, Melanie Mar

“You value the things you have to work hard for, not the things that are handed to you,” says a mid-twenty something male friend of mine when discussing if a woman should play hard to get when she first meets a guy. While that may seem to sum up the answer to this ultimate singleton question, it’s a bit more complex than that. A guy may think a girl is really cool, but if she’s too available at first, then he will question it. The opposite is true, too. If a girl plays too hard to get and is unavailable, then he will lose interest.

So, throw out the “dating rules” – you don’t have to wait three days before calling or texting back, but you do need to consider each situation and act accordingly. For instance, don’t be available every time he asks you out, but be sure to offer an alternative day to meet up. Celebrity life coach and relationship pro Melanie Mar chimed in on what women should do when they first meet a guy and how to keep his interest:

**1. Understanding men:** “I do not advocate any game playing, but there is certainly an element of truth to the theory that men ‘like the chase,’” said Mar. “Nature is that reason, as



men are built to compete, conquer and control.” Mar goes onto say that there is a big difference between women playing hard to get and men enjoying the thrill of the chase. That said, there does come a point when the chase has to stop. It’s important to keep it fun and light in the beginning, but if after a while it starts to seem that the relationship’s not going anywhere, then you might want to move on.

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

**2. If we’re not into playing the game, but men like the chase – what do we do?:** “Well, you let him chase you,” says Mar. “But if you don’t show a man some acknowledgement, he will move onto someone who does. Always respect and respond to his efforts, but remember easy is not interesting to a man. He wants to pursue you as it is in his innate, natural design. Remember the sperm chases the egg!”

**Related:** [How to Master Being in a Relationship](#)

**3. Dropping the hanky:** To subtly let a man know that you are interested in him, hold his gaze for a few seconds and smile. It’s not easy for men to approach women, so give him an opening signal to put him at ease and prompt him to come to you. Be engaging by playing ping pong with the opening.

**4. Showing interest beyond the first interaction:** It’s simple – if he contacts you, return his call. If he asks you out and you don’t have other plans, then go. Ladies, do the 3 to 1 ratio: if he takes you for dinner three times, return in kind by cooking him dinner once. “If a woman is being non-responsive in the beginning of a relationship when a man is actively engaging and pursuing her, she definitely will experience a feeling of control, but it will be short-lived. Eventually he will grow tired of chasing someone who acts as if she’s not interested – even if she truly is – and he will stop the chase,” said Mar.

**5. Finding that balance:** As my guy friend said, men question

if a woman is always available to hang out, so you need to show that you have your own life, too, and quite frankly that others think you are the amazing person that you are. While this may seem a bit ridiculous, men are ego driven and do want that validation that you are someone worth investing time in.

Mar added, "Men don't want you perfectly presented on a silver platter – they want to get to know you. Their focus in the early stages of a relationship is chemistry; there has to be something about you that makes him want to see you more.

Maybe in the way you touch his arm when you laugh or the way you hold eye contact when he's talking to you – these are the things that make a man stay interested in YOU, not your unavailability."

**Getting Physical on the First Date:** And as for the other question that all women want to know – if you get physical with a guy the first time you meet him or on the first date does it ruin your chances of a relationship forming from that?

There's no right answer and every guy is different from what I've been told. If there is a real connection there, then for most guys it won't matter. But, there has to be a pretty strong connection for that to not matter. So again, read each situation before you decide how far you will go with a guy and trust your instinct.

Playing hard to get is all about balance – because if you play it too much, you'll end up having relationships that won't go anywhere past the first interaction; but if you don't succumb to human nature and play it a little, well you'll mostly likely end up in the same boat – single.

**Do you think a woman should play hard to get? Share your comments below.**

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# Chris Harrison Invites Tim Tebow to Be the Next 'Bachelor'



If the highly publicized dinner date with singer Taylor Swift comes to fruition as merely a friendship, Denver Broncos quarterback Tim Tebow may have 25 hopeful women vying to win his heart instead. The NFL star has been approached to be the next *Bachelor*, host Chris Harrison revealed on *Access Hollywood Live* Monday, according to [People](#). Although Harrison apparently joked stating Tebow has already agreed to do the gig, Tebow hasn't confirmed whether or not he will sign up to pass out roses instead of passing pigskins.

**How do you pick and choose a mate when there are a lot of options?**

**Cupid's Advice:**

Having a variety of options to choose from is rarely a bad thing, except maybe when you're choosing your significant other. Whether you're looking for your lifelong partner or wanting to take things slow, choosing can be difficult. Cupid has some advice:

**1. Figure out similarities:** This is probably one of the most important factors to determine when looking for a mate. Of course you would want to spend a lot of your time with a person who has similar interests with you; so select someone who enjoys watching *Star Wars* movies just as much as you do.

**2. Consider attraction:** Granted, looks aren't *everything*, but you definitely have to be attracted to your potential partner. While she or he may not be dubbed as *Maxim's* 'hottest person of the year,' as long as they look good to you, then that should be all that matters.

**3. Introduce to your loved ones:** While your partner may be the most gorgeous person your eyes have witnessed, if they don't get along with those closest to you, that may create an issue for you and your relationship, resulting in an uncomfortable situation.

**What are some things you consider before dating someone? Share your preferred qualities below.**

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## **Five Bad Relationship Habits and How to Break Them**



By Marianne

Beach, GalTime

We've all heard the infamous break-up line: "It's not you, it's me!" But what if it really *is* you that's been sabotaging your relationship— without even knowing it?

Psychiatrist Rebecca Gladding, MD, co-author of *"You are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life,"* offers us the top five bad relationship habits we slip into...and how to break them once and for all.

### **Bad Habit #1: Pointless arguments**

**How to Break it: Stop, assess and refocus**

**Gladding says:** If you find that what started off as a legitimate difference of opinion over something specific has devolved into either of you bringing up old issues or simply trying to make a point to win the fight, you need to stop the conversation and take stock of what's happening.

Rather than blame either person, simply note what just happened, take a breath if you need to and refocus the conversation on the original point. Say something neutral, like “I think we got off track, you were saying before that you thought/felt,” or “I think we got off track, what I’d really like to talk about is...” By not placing blame and keeping to the original topic, you can avoid saying something that you both might later regret.

**Related:** [3 Habits Guys Find Most Annoying](#)

### **Bad Habit #2: Making assumptions**

**How to Break it: Ask instead**

**Gladding says:** We’ve all done this. He does or says something that you take one way, when he really didn’t mean what you thought he just implied; or, he doesn’t do something in the way you expected him to.

Rather than assuming his intentions, thought process or feelings, ask him to help you understand where he’s coming from. You might be surprised to learn he had actually thought something through more than you assumed, was planning to do something later or didn’t realize how you might take his comment. So, when it’s not clear, ask him.”

### **Bad Habit #3: Endlessly seeking reassurance**

**How to Break it: Ask once (or twice), and then move on**

**Gladding says:** Although it’s important to ask him how he feels or what he’s thinking, there is a limit to this. For example, if you repeatedly ask him the same questions to get reassurance or more information about a prior event or conversation, he might begin to think you did not believe or trust him the first time.

Rather than asking him about the same topic/event several times, ask once or maybe twice, get the answers you need, say



what you need to say and then move forward.

**Related:** [What to Do When He Pulls Away](#)

**Bad Habit #4: Checking his email/texts**

**How to Break it: Have a talk about trust**

**Gladding says:** This is very tempting– and people do it for all kinds of different reasons. Is he talking with an ex? Is he cheating on me? Is he getting me that ring? Invading someone’s privacy in this way almost never leads to a good outcome and often results in mistrust and resentment. Rather than snooping, look at his behavior. Is he acting like he normally does or has something changed? For example, is he coming home at night at the usual time? Is he following his usual routines? Is he attentive and loving with you or is he distracted?

The bottom line is that if you do not trust him, checking his email and texts is not going to improve your relationship. You might need to have a conversation with him about your concerns and/or consider whether you trust him enough to be in a relationship with him at all.

**Related:** [Can We Have TOO Much Communication and Honesty?](#)

**Bad Habit #5: Having serious conversations via electronic media**

**How to Break it: Wait to say it face-to-face**

**Gladding says:** Although emoticons have helped some people, having a serious conversation via email/text is a big mistake. Not only are you unable to tell his tone, you are missing eye contact, body language and other vital information. And, while the phone or Skype might be an alternative in urgent situations, it’s still not the same as being in the same room with someone.

I can't tell you how many fights get started this way when really it was a misunderstanding in how someone read the text and assumed subtext. In most cases, the entire misunderstanding could have been avoided if the two people talked in person. This is why I always recommend meeting in person if you need to discuss something important, especially if there is a chance one of you might misinterpret what's being said.

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## 3 Ways Date Therapy Can Help You Connect



By Dr. Tranquility-

Lydia Belton Ph.D.Ct.H.A.

Treating ourselves and others with love is the most important aspect to dating. That said, it can sometimes be difficult to

bond in a loving manner when you're nervous in a dinner date environment. Date Therapy can help! It's a new protocol that helps people connect in three very important ways. People like Demi Moore or Kim Kardashian, who have both very publically just fallen out of high profile relationships, should take note.

## **1. Set Healthy Boundaries**

Love yourself enough to begin your relationship with healthy boundaries. Understanding what our realistic wants and needs are helps us to set these boundaries and to understand what we absolutely cannot tolerate. It's important to remember that we have worth and deserve a loving relationship that we feel safe living within.

I am very proud of Demi Moore and so many other people who recognize when it's time to apply the brakes, hit the reset button on our boundaries and set out to live full lives. Date Therapy empowers us to take the steps to find out if we've found "the one" by asking the correct questions from the beginning and not being afraid of the response. Because we love ourselves enough to say "no" when something's not right, Date Therapy helps you find your true criteria and your ideal mate.

**Related:** [Demi Moore Proves There's Hope After Divorce](#)

## **2. Insist on Self Full Existence**

Love yourself enough to insist on a self full existence. This means acknowledging that we have the right to include ourselves in our wants and needs list without stepping on the wants and needs of others. We need to allow ourselves to realize that we exist for ourselves as well as for our partners.

How many of us have been surprised when "the one" turns out to

be “the awful one,” and we ask ourselves, “What was I thinking?” Somewhere along the way, the healthy boundaries where your needs and wants exist were either not set or were overlooked in the [passion](#) of the moment. At one point, you had a wonderful amount of comfy space, and now this partner is standing on your toes. A fantastic example of this is Kim Kardashian and Kris Humphries’ 72-day marriage. Really, you can ask the right questions by the second date, but you just have to be open to the answer.

**Related:** [What Kim Kardashian Taught Me About Marriage](#)

### **3. Apply Tools**

Now that you’ve set healthy boundaries and insisted on a self full existence, it’s time to bring the tools of Date Therapy and your subconscious mind to find your ideal mate. You now have the recipe for success, and you will soon find the life and love of your dreams!

People often ask me, “Can I reset my feelings so that I fall for someone I feel that I *should* like if I am not really attracted to them?” The answer is “no,” and you also can’t your force others to modify their behaviors, so don’t try to force it or make it fit. If you are just coming out of a relationship, have fun with phases 1 and 2 before taking on phase 3. Watch your favorite comedy or read a book. Take a bubble bath with your favorite fragrance and drink a glass of champagne. Go out with your pals if you’re not quite ready to date. You’ll still have an amazing time, and you will find that Date Therapy + healthy boundaries = The relationship of your dreams.

*DrTranquility-Lydia Belton is a mental health expert with a background in Psychology, Relaxation Physiology for Mind-Body Medicine from Harvard University’s Mind- Body Institute, and Columbia University’s Rosenthal Center in Botanical Medicine. She is known for her exclusive B Well TV productions which*

*have aired on Current and various Internet TV platforms, including on the B Well TV channel. She's also the co-author of the book Let the Sun Shine In.*



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## What Does Astrology Tell Us About 'Bachelor' Ben Flajnik and His Quest for Love?



By Lori May

Benjamin Flajnik, also known as "Bachelor Ben," is the latest contestant on The Bachelor to go looking for love. With the

season drawing closer to the final episode and live special, more and more fans of the series are perplexed by who Benjamin Flajnik is—and what is he really looking for in a Lady Love?

### **What does Astrology tell us about Benjamin Flajnik and his quest for love?**

Benjamin Flajnik is a Virgo (Sun Sign placement), based on the public information of his birth date being September 10<sup>th</sup>, 1982, in California. As an avid fan of The Bachelor, I have tuned in since the beginning of Ben's season only to be repeatedly amused by just how much of a "typical Virgo" Ben seems to be. Below are a few highlights of the traits, interest, and behaviors of Bachelor Ben's that led me to apply the "typical Virgo" stamp of approval.

#### **Virgo Man traits Ben exhibits:**

**Need for Flexibility:** Ben has repeatedly commented, both to the camera and to various female contestants, about how much he values and appreciates flexibility. The ability to "go with the flow" seems very important to Bachelor Ben, which is typical not only of Virgos but also the other Mutable Zodiac Signs (Gemini, Pisces and Sagittarius, specifically).

**Desire for the Outdoors:** Several of the girls have stated that they enjoy how rugged Ben is, and how outdoorsy or hands-on his dates have been. Virgo men are typically very good with their hands, have an affinity for the outdoors, and love to take a chaotic situation and make sense of it. Taking the girls fly fishing, paddling down the Panama Canal, or on a scenic picnic during a one-on-one date are all extremely appropriate endeavors for a Virgo.

**Guarded Emotions:** Many viewers have been concerned that Ben Flajnik seems too reserved, even shy, to be a successful Bachelor. Virgo men tend to keep their emotions in check, not only because of their Mutable nature but also because—like



fellow Earth Signs Taurus and Capricorn—emotions are often confusing and even overwhelming to the very logical, practical Virgo man's mindset.

**Related Link:** [The Bachelor Season 16 Episode 7: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize](#)

**Emphasis on Activity:** Ben puts a lot of emphasis on physical activities during his dates, even one-on-one adventures, such as his deserted island date with Kacey B. The women's ability to be productive with him during these physical activities seems very important to Ben, which is very true to Virgo's hands-on nature. The ability to work as a couple and accomplish something tangible is extremely appealing and possibly even mandatory in Ben's potential wife.

**Dislikes Being Questioned:** The women that have challenged Ben's decisions and actions do not seem to receive a very receptive response. For example, Emily's decision to approach Ben about fellow contestant Courtney on two occasions caused Ben to visibly "draw back" from the conversation. Virgo men do not appreciate having their decisions and opinions questioned by others—a very Earth Sign trait—and more than most men, they have a tendency to respond to such questions as though it's a slight towards their manhood.

**Avoids Emotional Outbursts:** The women who have consistently seemed overly emotional or unstable have not lasted long this season (i.e., Jenna and Blakely). Alternatively, the more reserved, laid-back ladies seem to put this Virgo Bachelor at ease. One exception to this rule is Courtney, who is consistently intense and even romantically aggressive towards Ben during their alone time.

**Related Link:** [The Bachelor Season 16 Episode 6: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

**Attracted to Physical Qualities:** On the subject of Courtney,

Ben seemed to be immediately intrigued by her after first seeing her during the introductory segment of the premiere episode. This spark of chemistry and physical attraction seems to have Bachelor Ben very much under Courtney's spell, which is one weakness most Virgo men share when in love: A tendency to be blinded by physical attraction and chemistry, and to value those connections above a more practical, logical assessment of partners.

What do you think of Benjamin Flajnik's Virgo behavior? Check back with us here at [CupidsPulse.com](http://CupidsPulse.com) for further explorations into Bachelor Ben's Astrology, and our theories about who will go home next—and which girl should stay!

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## Valentine's Day Advice: 5 Love Languages Defined





By Top Dating Sites

Do you remember that special moment? You know, the time you put down the artificial midge-fly you were tying so that you could spend time with your husband, and you rubbed the back of his neck while telling him how special he was? Meanwhile, he was giving you the pair of mittens he knitted for you, after he heard you say your arthritis was kicking up. Well, congratulations, because you two were speaking *all five* languages of love at once.

This harmonious convergence of events speaks to all the communication tools that noted relationship expert and author, Dr. Gary Chapman, extols in his series, *The 5 Love Languages*.

Dr. Chapman, also a Baptist minister, has achieved world-renown as a Biblical scholar in the field of personal relationships. His best-selling series concentrates on ways that people can convey their true feelings to others in ways that are easily accessible to all parties. In the condensed form above were elements of what Dr. Chapman teaches. A few notes about these “languages” appear below. These techniques apply not only to spouses, but to all interpersonal relationships:

**1. Words of Affirmation** – Find something nice to say to

somebody. It really isn't difficult; it just takes a little bit of effort. Show that you notice something positive about another, whether it's an endearment, or "seeing" a new hair-do or a hobby achievement. Some people call it giving "strokes" because it is a verbal "petting". To understand it better, turn the tables and imagine the feeling you get when somebody sincerely says something nice to you. That's what we're talking about.

**Related:** [Communicate This – Signs that Kim and Kris Were Doomed](#)

**2. Quality Time** – Quality time *doesn't* mean giving anything up. It *does* mean creating time together. What you do or don't do isn't important. What *is* important is that you are together.

**3. Gifts** – It isn't the size of a package or the gleam of a gemstone that matters in gift-giving and gift-receiving. The important thing is that it lets people express positive emotion in a tangible way. Those who prefer to communicate in the 'gift' love language, put a lot of thought into the gifts they give.

**Related:** [10 Holiday Gift Ideas for that Special Someone](#)

**4. Acts of Service** – When you oiled the hinges on the screen-door that was driving your mate crazy you were "speaking" a language of love. When you finally notice that you haven't tripped over a pair of shoes on the stairway in quite some time, it's because someone else was "speaking" to you in a language of love.

**5. Physical Touch** – Unless you are both professional alligator-wrestlers, physical touch probably doesn't need to be more than an unexpected touch or small caress to speak loudly in one of the least-developed "languages" of love.

One of the aspects of Dr. Chapman's teachings that has been

most helpful for couples is learning how to identify one another's preferred love language. We often try to show love to others in ways that we appreciate, instead of in their own 'love language' and then are baffled by their lack of appreciation. When one person's primary love language is 'gifts' and the other's is 'words of affirmation', they are each speaking a foreign 'love language' to their partner. Understanding this can be very helpful in any relationship, but especially in the ongoing relationship of marriage.

Dr. Chapman isn't exploring deep mysteries. His observations and teachings involve everyday people, living everyday lives. What people do within that context is what ultimately decides how many "languages" you are fluent in.

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## Top 10 Whitney Houston Songs Inspired by Love





By Daniela Agurcia

The beautiful 48 year-old, Whitney Houston was found unresponsive in her Beverly Hills Hotel bathtub on Saturday, February 11. The six-time Grammy-winning legend's tragic death took our country by surprise, and only one-day before the 54th Grammy Awards. A tribute was paid to her last night by Jennifer Hudson. All around the world, people are mourning and celebrating the life of Whitney and her songs that will forever be remembered as some of the greatest of all time. She lived her life with an open heart and sang about love and passion. She wrote about love, all kinds of love more than any other artist we have come to know.

Here are Whitney Houston's top ten songs inspired by Love:

- 1. I Will Always Love You:** Houston's "signature song" and number one on the singles charts in almost all countries.
- 2. Greatest Love of All:** Houston based this song on family to represent the love and appreciation she has for those who has supported her throughout her singing career. The greatest love of all is family.
- 3. Saving All My Love for You:** A dramatic song about a love affair with a married man, and the singer is saving all her love for him.

4. **You Give Good Love:** A sensual R&B groove for the one you love.
5. **My Love is Your Love:** During a time of marital difficulties for Houston, she sings this to reassure us that she will remain strong with love.
6. **Love Will Save the Day:** A fast tempo song, filled with love and excitement.
7. **Nothin' But Love:** A reminder that there's nothing but love for anything positive that has come out of the difficulties in life.
8. **For the Love of You:** All about the greatness of being in love.
9. **Love is a Contact Sport:** These lyrics will veer you towards making the right moves towards the one you love.
10. **I Was Made to Love Him:** A song about how special people can fill your life with the inspiration and love.

Do you have a Whitney Houston song that has always been a love inspiration for you? Share below.

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## 4 Ways to Exorcise Your "Ex" This Valentine's Day







By Marianne Beach,

**GalTime.com**

It's a new year but you're still stuck on that old guy. And now the most romantic holiday of the year is fast approaching. Wouldn't Valentine's Day be the perfect time to exorcise that ex and move on for good?

Kelly McGonigal, psychologist at Stanford University and author of the new book *The Willpower Instinct: How Self Control Works, Why It Matters, and What You Can Do To Get More of It*, thinks so. "Valentine's Day is all about declaring who you care about most," she declares. "And if you've thrown away enough time on a go-nowhere relationship, the person at the top of your V-Day list should be *you*."

Sounds good, right? But maybe easier said than done. After all, an "ex" habit can be hard to break.

"Anything that reminds you for your ex can bring back a flood of feelings," says McGonigal. "You may look back with 'euphoric recall,' remembering only the highs and none of the lows. Even if the relationship was a disaster, you may not want to believe that you wasted your time and heart on a jerk."

**Related:** [Celebrity Couples Who Called It Quits in Summer 2015](#)

So what does it take to break the “ex” habit once and for all? McGonigal says you’ll need a good dose of self-control with a dash of self-compassion. And she has four great tips, based on the latest science of willpower to help you move on.

## **4 Ways to Exorcise Your “Ex” this Valentine’s Day**

### **1. Find a Role Model.**

Science shows that we can catch willpower from people we admire, and strengthen our resolve just by bringing them to mind. Look to your own life, pop culture, or the news for a “ditch-the-ex” role model. Who’s your favorite example of a strong woman who kicked a man to the curb, and is doing just fine on their own (or on the rebound!)? Think of yourself as following in her footsteps, and bring her to mind when you’re tempted to stalk your ex on Facebook.

### **2. “I Won’t” Is Easier When You Have a New “I Want.”**

The best way to make an old habit less tempting is to find a new addiction. The bad news is you can’t order a new crush from Zappos. So how do you replace the longing for an ex without jumping into a new relationship? Find a new goal – like running a race for charity or writing your own romance novel – or return to an old passion you’ve left behind, like cooking, bellydancing, or blogging. When that “something’s missing” feeling comes up, get busy on your goal instead of fantasizing about getting back with your ex.

**Related:** [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

### **3. Take Care of Yourself.**

Stress is the #1 trigger for any addiction, including old flames. Feeling overwhelmed, exhausted, or anxious triggers a physiological need to connect, and you crave what

psychologists call “contact comfort.” Stress also makes your brain focus on potential reward, and ignore potential risk. So you’re likely to imagine the warm embrace of a romantic reunion, and forget the shame or regret you felt after the last hook-up. Pre-empt stress-induced longing by treating yourself to some serious self-care. Schedule a girls’ night, pull out that yoga DVD, get a manicure and massage, or whatever calms your nerves and lift your spirits.

#### **4. Beware the White Bear.**

There’s one guaranteed way to make sure you *never* forget your ex: try to push him out of your mind completely. Psychologists call this the “White Bear Effect.” If you try not to think about a white bear, one will pop into your mind. This is true for all kinds of temptations. Dieters who try not to think about chocolate become obsessed with it, and eat more of it. Smokers who try not to think about cigarettes only end up smoking more. One study even found that if you try not to think about an old flame, you’re more likely to dream about him! So when an ex comes to mind, don’t panic, and certainly don’t take it as some kind of sign! Remind yourself why he’s an ex, then put your attention back on someone you really care about – *you*.

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# **Five Signs Your Relationship Won’t Make It Until Valentine’s Day**



By [Whitney Baker](#)

For many couples, the lead-up to Valentine's Day is an exciting time filled with promise and possibility. The cold weather offers an excuse to snuggle up, while the holidays are the perfect reason to shower each other with love and affection. Unfortunately, many relationships aren't so lucky.

According to a recent study in *Men's Health*, the time span from Christmas to Valentine's Day is one of the most common break-up times of the year.

Regardless of the month or season, when your relationship is over, you just *know*. But if you're still on the fence, unsure what to do about your love interest, here are five red flags you should watch for in your relationship. Otherwise, you probably won't make it to Valentine's Day:

**1. Too much fighting:** The holidays are a special time to share with your significant other; they should be filled with fun, [food](#) and family, not fighting. If you find yourself unhappy more often than not, it may be time to [call it quits](#).

**Related:** [The Holidays: 8 Ways to Ruin Your Relationship](#)

**2. Finding other priorities:** New Year's Eve marks the start of a new year and the chance for a new beginning. That said, who better to kick things off with than the one you love? If you'd rather hang out with your friends or spend a low-key night with your family, you need to consider why. Spending time with your partner should be a priority, especially on such a fun holiday.

**3. No connection left:** Lack of similarity emerges over time, and these differences can either bring you closer together or tear you apart. You need to feel connected to your partner, and something as simple as an impersonal present or thoughtless holiday card can be enough to make you feel distant and misunderstood.

**Related:** [10 Holiday Gift Ideas for That Special Someone](#)

**4. Nothing to say:** When your relationship is new, you always have something to talk about, but as time goes on, conversation may become stale and forced. Remember that communication is key for every successful relationship. With nothing left to say, it may be time to start looking somewhere else for love.

**5. Making plans alone:** The beginning of January is typically a time to reflect on the year behind you and plan for the year ahead. If you and your partner have a strong and stable relationship, then the two of you will make plans *together*. Thinking about events, vacations and getaways that take you away from your significant other could mean you're ready for a fresh start in more ways than one.

**Cupid wants to know: How did you know when your relationship was over?**

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# Katherine Heigl Falls For A Bad Boy in 'One For The Money'



Katherine Heigl is back in a romantic comedy with an edge: *One For The Money*. Based on Janet Evanovich's sixteen-book mystery series, Heigl plays Stephanie Plum, a newly divorced and unemployed New Jersey girl. Stephanie talks her cousin into giving her a job at his bail bonding company as a recovery agent to get gain some cash. Stephanie agrees to catch Joe Morelli (Jason O' Mara), a former cop, murder suspect and the [ex](#) who dumped her in high school. With no idea how to handle a gun and pay back on her mind, she begins to fall for Joe all over again.



**How do you get over a bad boy?**

**Cupid's Advice:**

Women love rebels, but sometimes they can be a bad idea. Here are some ways to get over your bad boy tendencies:

**1. Personality:** It's okay to like a guy who can hold his own, but it can be bad if he uses his strength against you. Look for a nice guy with the positive qualities of a rebel.

**2. Become a bad girl:** Bad boys do what they want to do. You need to find your inner bad girl, and leave the relationship if you're not happy.

**3. Illusion:** Bad boys are all about portraying an image to the world. Once you see through the act, say goodbye to the false relationship, and find a real partner.

**How have you gotten over a bad boy? Share your comments below.**

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# **Is Facebook Destroying Your Love Life?**





By Jennifer

Harrington

Popular social networking sites, such as Facebook, are great for many things. Re-connecting with old classmates, checking out your best friend's vacation photos and sharing the news that you had an exciting celebrity sighting, are some of the best reasons to log on. But when it comes to your love life, is Facebook your friend... or foe?

Social media provides access to all of the key information about the object of your affection. Status updates revealing their whereabouts, wall posts indicating updates from their friends and photos that can point to previous romantic partners, offer you a glimpse into their private world. If relationships are about getting to know the other person better, it's easy to see how checking your better half's page many times per day might be justified.

With newspapers like *The New York Times* dedicating articles to teaching kids how to break-up nicely online, it is apparent Facebook has changed how we interact with each other.

Therefore, Cupid advises you that when it comes to Facebook and your love life, Facebook is a relationship mine field that must be navigated carefully. So, before you hit the "refresh"

button on your sweetie's page again, ask yourself a few questions to figure out if Facebook is destroying your love life:

### **Are you using Facebook as a window into another person's life?**

If so, get off the computer immediately. Pick up the phone to chat with your special someone, or make a date to catch up over coffee. Nothing takes the place of live interaction when building and maintaining a relationship.

**Related:** [5 Ways Technology Is Ruining Your Dating Life](#)

### **Do you get upset about things you see on Facebook?**

There's a lot of room for misunderstanding; from old pictures being posted to comments from friends taken out of context.

If you see something that upsets you, take the time to talk it through with the other person. Don't draw conclusions solely based upon what you've seen online.

### **Does your honey know you are stalking their page?**

If you have found yourself slipping and mentioning to your significant other things you've noticed on their page, this is a warning sign. People like to be noticed, but not stalked online. If your partner knows you are snooping, it may make them feel like you don't trust them.

### **Have you de-friended your significant other (or their friends) out of anger?**

Always avoid de-friending in a moment of fury. Reports suggest that *The Jersey Shore's* Sammi "Sweetheart" Giancola has de-friended her on-again, off-again boyfriend, Ronnie Ortiz Magro's friends in moments of rage – and everybody knows that is not a model relationship.

**Related:** [Are Jersey Shore's Sammi and Ronnie Back Together?](#)

While it's hard to imagine life without Facebook, don't lose sight of the fact that relationships are built on love and trust and not what appears on Timeline. If you're interested in learning more about maintaining healthy relationships both online and offline, check out a recent article from The Huffington Post titled "6 Tips for Healthy Relationships" which highlights relationship advice from experts including Dr. Drew and Dr. Phil.

**Has Facebook destroyed your love life? Share your stories below.**

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## **Newly Engaged Jessica Biel Wears Bridal Style Dress at Golden Globes**





We don't need to see an engagement ring to know that Jessica Biel is excited about getting hitched to Justin Timberlake. After rumors of an engagement were confirmed, the pair have been lying low ... that is, until Biel stunned at the Golden Globes without her fiancé. There to present an award, Biel wore a white lace Elie Saab that resembled a wedding dress. Could the actress be giving us an idea of her bridal style? According to [UsMagazine.com](http://UsMagazine.com), the bride-to-be was glowing and very happy.

**What are some ways to channel your excitement about your engagement?**

### **Cupid's Advice:**

Getting engaged is exciting! Whether you are planning to get married right after the engagement or plan to wait awhile, wedding details can be hard not to think about. Here are some ways to tell the world that you are happy:

**1. Style:** Try out different wedding gown fabrics with your everyday clothes. Lace, tulle and satin are always fashionable and romantic.

**2. Manicure:** Bridal manis and pedis, anyone? Trying out french manicures and pretty pink nail polish hues are always

in style and great paired with a new engagement ring.

**3. Technology:** Wedding apps and magazines are so much fun to read. Why not rip out pages or save pics and post them around your office for wedding bliss inspiration?

**How have you channeled your engagement excitement? Comment below.**

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## Backstreet Boys Singer A.J. McLean Ties the Knot



Backstreet Boy, A.J.

McLean is married. The boy band cutie wed his longtime girlfriend at the Beverly Hills Hotel in Los Angeles. The couple is all about putting a spin on tradition. According to [UsMagazine.com](http://UsMagazine.com), McLean proposed to Rochelle Karidis on stage



at a live concert in Vegas, and Rochelle walked down the aisle to Guns N' Roses. Way to make it unique, you two!

**What are some ways to incorporate your favorite things in your wedding?**

**Cupid's Advice:**

Weddings are meant to be fun, but can sometimes become too traditional and you lose sight of who you are as a couple.

Here's how to celebrate your likes and dislikes, without being tacky:

**1. Music:** If Rochelle can do it, so can you. Walk down the aisle or make your reception playlist full of songs that you and your partner love groovin' out to.

**2. Reception:** Don't be afraid to mix in something you like with tradition or skip tradition all together. Love the idea of belly dancers? Go for it, because receptions are your time to shine.

**3. Theme:** Why not make your wedding all about you? Pick a theme that you love and incorporate it in everything, from decor to food.

**How did you incorporate your style in your wedding? Share your experiences below.**

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# **10 Love Lessons from Bruce Springsteen**



By

[TopDatingSites.com](http://TopDatingSites.com)

When it comes to the ups and downs of love, The Boss has shared some valuable lessons with us over the years. Here are some of the most important points in a romantic education, Springsteen style:

**1. Love Makes it Impossible to Sleep** – In the oft-covered “I’m On Fire,” Bruce rumbles the line “at night I wake up with the sheets soaking wet/ and a freight-train running through the middle of my head/ but you/ you cool my desire.” Anyone who’s ever felt the pangs of a complicated love affair can immediately identify with this exhausting sentiment.

**2. You Can Be Your Own Worst Enemy**– We’ve all done our share of damage to our love lives, but the gravelly voice of the Boss can make us feel the pain of those regrets when he pours his heart into the apologetic “Back In Your Arms.” His plea for forgiveness is wrenching with lines like “All the love I’ve thrown away and lost/ I’m longin’ for again/ Now darlin’

I just wanna be back in your arms.”

**3. Love Isn't Easy** – Even the best relationships come with their share of struggles; few songs capture the reality of love on a day-to-day basis like Springsteen's "If I Should Fall Behind." This plainly stated, touching ballad is a mature realization of the ups and downs that come in any love affair, especially during the last verse: "Now everyone dreams of a love lasting and true/ But you know and I know what this world can do/ So let's make our steps clear that the other may see/ And I'll wait for you/ If I should fall behind/ Wait for me."

**4. Lost Love Can Be Haunting** – This 2003 gem is a great example of how lost love can haunt you, long after it's gone. The atmospheric backing sounds paired with the edgy, effects-laden guitar serves as a perfect vehicle for lyrics that show The Boss at his tortured best; it's almost impossible not to think of a love gone wrong when he says, "There's nights I still hear your footsteps fall/ Your key in the door, your voice in the hall/ Your smell drifts through our bedroom/ I wake, but I don't move."

**5. Love Really is All You Need** – Despite his frequent pessimism, "This Life" finds Springsteen in a point of contentment. The toe-tapping rhythm and doo-wop vibe is infectious; when he sings "This life and then the next/ With you I have been blessed," it's easy to believe that sometimes, love really is enough.

**6. Being in Love Means You Never Fight Alone** – The straightforward folk sound of "When You Need Me" might bring Townes Van Zant and even Gram Parsons to mind, but the message is pure Boss: life is hard, and everything goes wrong, but love gives you strength. The pared down arrangement is a far cry from the arena-anthem hits that most people associate with Springsteen, but lines like "And when those mean days come along/ We'll stand together and we'll take 'em on" still bear

his trademark blue collar, ready-to-fight fingerprints.

**7. You Have To Be Willing To Take a Chance** – The rollicking, sing-along chorus of “Countin’ On a Miracle” perfectly captures the moment of throwing caution to the wind and hoping for love to work out against all odds. From the first verse promise of “If I’m a fool, I’ll be a fool/ Darlin’ for you,” to the shouted ending of “I’m countin’ on a miracle to come through,” this 2002 track shines.

**8. Love Gone Wrong is a Kind of Prison** – This synth-driven track builds from an almost somber first verse to a bombastic chorus that perfectly frames the feeling of an ill-fated, inescapable love affair. As he almost whispers, “I know someday I’ll walk out of here again” before the passionately shouted “Well, now I’m trapped,” he paints a painful picture of the kind of captivity that only comes from loving someone who will never treat you well.

**9. A Broken Heart Leaves Scars** – The bluesy “All the Way Home” from Springsteen’s 2005 album *Devils & Dust* tackles the fear of giving love a chance after being burned one too many times. The aw-shucks appeal of the second verse, “Now you got no reason to trust me/ My confidence is a little rusty/ But if you don’t feel like bein’ alone/ Baby, I could walk you all the way home,” is the Boss at his best: honest and unflinching.

**10. Love Never Really Fades** – Everyone has a love they can’t quite let go of, even if it’s long gone. “Hearts of Stone” is a perfectly executed boardwalk ballad about those late-night phone calls, after you’ve both moved on. When he wails “I can’t talk now, I’m not alone/ So put your ear close to the phone/ ‘Cause this is the last dance/ This is the last chance for hearts of stone,” you can almost hear doors to the past slamming shut. “Hearts of Stone” is a testament to the fact that the lines of love are rarely drawn clearly.

With a career that spans more than three decades and over two dozen albums, there are few lessons in life that Bruce Springsteen can't teach.

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## Sources Say Charlie Sheen Paid Brooke Mueller's Bail



Charlie Sheen has taken a break from the spotlight and his 'winning' days, but he hasn't taken a break from his exes. On Saturday, Sheen bailed out his ex-wife, Brooke Mueller, from jail on charges of cocaine possession and assault. According to [RadarOnline](#), Sheen stepped in when Mueller's parents wanted to keep her in jail. Sick of her irresponsible ways, Mueller's parents are fed up with her. Good thing for Mueller, Sheen still cares for her. Could this be a sign of the two starting up a new

relationship again, or just a favor for an old love?

**How do you support your ex without overstepping?**

**Cupid's Advice:**

Helping an ex without meddling in their life or rekindling an old flame can be tricky. Here are some things to remember:

- 1. Ask:** It may seem dumb to ask someone for help when they obviously need it, but asking shows that you want to help instead of making your ex feel incompetent.
- 2. Draw the line:** While helping out an old love is nice, make sure you let them know your boundaries. Don't let your ex use you.
- 3. Stay connected:** Keeping casual contact with your ex and not appearing just when they're in trouble will let them know you care and that you're not there to overstep boundaries.

**Do you still help out your ex in sticky situations? Share your experiences below.**

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## **Lady Gaga Says She May Stay Single Forever**





In a interview for *Vanity Fair*, Lady Gaga opened up about her love life. The singer is known less for her romantic relationships, and more so for her dedicated relationship with her fans. According to [E! Online](#), Gaga thinks that she will never know martial bliss.

With the divorce plague that many stars face, it can be hard to find love in the entertainment business. Gaga told *Vanity Fair* that it isn't the men she dates that are the problem, but herself. Whatever the issue, we hope Gaga finds love. But if she doesn't, her little monsters will still get great music out of it.

**What are the advantages of playing the field and staying single?**

### **Cupid's Advice:**

Staying single can be a lot of fun, but it can also leave you feeling lonely and confused when a new relationship comes around. However, sometimes it can be the best thing for you and your future relationships. Here's how:

**1. You:** Being single means more 'me time'. Not having to worry about a partner's feelings lets you learn what you like or dislike for future relationships.



**2. Networking:** Flying solo can allow you to meet new people in places that you would have visited while in a relationship. It can open up your social circle and teach you how to communicate better in future relationships.

**3. Freedom:** Not having to report to anyone or make decisions based on how it will affect you and your partner will leave you free to become an independent well-rounded person.

**What have you gained from being single? Share your thoughts below.**