

Celebrity Christmas Weddings



By [Whitney Johnson](#)

The holidays are said to be the most wonderful time of the year, so it's no surprise that so many couples – famous faces and everyday folks alike – choose to walk down the aisle around Christmas. Thanks to lightly falling snow, flickering fireplaces, and cozy color palettes, the wedding practically plans itself. Whether they embraced the cold crispness in the air or escaped the winter wonderland and headed somewhere warm, the celebrity couples below ensured that their holiday seasons were all the more magical because of their plans to say “I do.”

1. Cassandra Jean and Stephen Amell: The handsome star of The CW's hit show *Arrow* married the former *America's Next Top Model* contestant during a small sunset ceremony officiated by a close friend in the Caribbean on Christmas Day in 2012. The couple had a second wedding in New Orleans on May 26, 2013, and welcomed their daughter Mavi Alexandra Jean Amell, in

October.

Related: [Stephen Amell Marries Cassandra Jean for the Second Time](#)

2. Katherine Heigl and Josh Kelley: These two lovebirds exchanged personally-written vows in Park City, Utah, on December 23, 2007. The wedding took place at the Stein Eriksen Lodge, and the tent was decorated with white flowers and white candles, both of which complimented the fresh snow. The actress was decked out in a custom-made Oscar de la Renta gown and walked down the aisle to an acoustic song written by her husband-to-be. Bringing in a bit of Christmas spirit, Heigl's bridesmaids wore red.

3. Danielle Deleasa and Kevin Jonas: The pop star made sure that his "Jersey Girl" had a wedding fit for a princess: The couple tied the knot at Oheksa Castle in Huntington, New York, on December 19, 2009. Jonas even gifted his bride, who wore a strapless tulle and Chantilly lace Vera Wang gown, with a pair of glass slippers on the big day. With the groom's brothers, Nick and Joe, serving as the best men and his father officiating the traditional ceremony, it was a family affair – one that most certainly extended into the holidays.

4. Crystal Harris and Hugh Hefner: A tumultuous courtship preempted this couple's big day: Harris began dating Hefner in January 2009 and initially broke off their engagement in June 2011 – only five days before she was set to walk down the aisle. Nearly a year later, the twosome reunited. They became re-engaged on December 1, 2012 and married in a small ceremony at the Playboy Mansion on New Year's Eve of that year. A perfect way to end the holiday season and ring in the new year!

Related: [Hugh Hefner and Crystal Harris Tie the Knot on NYE](#)

5. Perrie Edwards and Zayn Malik: This musically-talented pair, who only got engaged in August, is hoping to say "I do"

before Christmas of this year. The reason for the rushed wedding is quite practical: Edwards, a member of the British girl group Little Mix, is dreading being away from her fiancé when he departs for One Direction's 2014 tour, and she's hoping it'll be easier if they're hitched. Only time will tell if these plans come to fruition!

Cupid wants to know: Would you ever want a holiday wedding? Why or why not?

Cupid's Weekly Round-Up: Make Your Holiday the Best One Yet



By Kerri Sheehan

Snow falls in thick, icy blankets; winter attire adorns every shop window; and a sip of steaming hot chocolate instantly

warms you up. All of this can only mean one thing: The holiday season is upon us! CupidsPulse.com has gathered some of our favorite articles from our partners this week to make your winter the best it can be.

1. Laugh a little: Nothing is better than popping in a nice comedy with your significant other on a cold winter's night and having a good laugh. These comedians will tell you just how funny love can be. (YourTango.com)

Related Link: [Cupid's Weekly Round-Up: Make Your Long-Term Relationship A Success](#)

2. Cuddle up: One of the best parts about the chilly weather is that you and your guy have all the more reason to stay indoors and snuggle with each other. Here are 47 of the cutest love quotes for that person you just want to 'mush.' (YourTango.com)

3. Get the girls together: Staying in isn't just for you and your man; your girlfriends want in on the fun too! See how Melissa Joan Hart and her closest gal pals celebrated the holiday season with a cute "girls only" get together. (CelebrityBabyScoop.com)

4. Winterize your skin: Don't stop at a girls' night when it comes to pampering yourself. The icy temperatures are sure to leave your skin screaming for thirst, so here are some ways to get your skin ready for winter. (GalTime.com)

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

5. Be the best gift giver: Now that you've given yourself a gift (or two), it's time to spread that holiday cheer! Even if you aren't a parent, there are bound to be a child or two on your shopping list. These gender-neutral gifts will have any kid wishing that Santa asked you for gifting advice. (GalTime.com)

What's your best tip for surviving the holiday season? Share below.

This Holiday Season, Give the Indulgent Experience of zChocolat



This post is sponsored by zChocolat.

By Kristin Mattern

From the time when European royals drank chocolate to when chocolatiers formed the delicious candy into bars and truffles, chocolate has always been a luxury treat. Eating chocolate is a sensation, tantalizing taste buds with silky

textures and full cocoa flavors. *Really* delicious chocolate can even excite strong feelings of happiness and sometimes love. [zChocolat](#) knows quality matters most in creating a riveting chocolate experience. When giving that special someone a box of chocolates this holiday season, zChocolat's line of gourmet chocolates raises the spatula and goes beyond the bon-bon wrapper.

zChocolat is created in France by World Champion Chocolatier Pascal Caffet and ships worldwide. Each mini masterpiece is made using high-grade, single-origin chocolate from Venezuela, the Ivory Coast, and Bolivia. The devilishly rich ganache is prepared with top-shelf quality butter and cream from Normandy, and even the nuts are ensured to be nothing but the best, hailing from Spain and Italy. These worldly ingredients combine in 26 different ways to please even the most particular chocolate connoisseur.

Luxury doesn't stop at the wrapper with these chocolate dreams. zChocolat nestles their exquisite creations inside of a gorgeous box for a truly memorable treat. Impress your honey this Christmas by choosing from an elegant handcrafted mahogany box or a holiday-special crimson box. To further customize this stocking-stuffer, you can include a personal photo, logo, or card inside and even have the zChocolate box engraved. Plus, you can hand-select the chocolates to fulfill their coconut cream and chocolate toffee fantasies!

We at CupidsPulse.com had the privilege of indulging in these delectable chocolates, and all we can say is *wow!* zChocolat more than delivers on its promise of offering superb chocolates. Each piece is creamy and well-balanced, and all of the unique flavor notes from almond to red pepper can be tasted in each bundle of chocolate sublimity. All of the girls in the office agreed that if our man got us zChocolat as a gift, we'd be ecstatic. And now, one lucky CupidsPulse.com reader will get to enjoy a box of decadence as well!

GIVEAWAY ALERT: To enter for a chance to win, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest and what you love most about chocolate. We'll contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is December 23rd at 5 p.m. ET. Good luck!

Congratulations Barbara Merrill!

Open to US and Canada residents only.

5 Tips for Enjoying the Holiday Season



By Dr. Tranquility

– [Lydia Belton](#), PhD, Ct. H.A.

As someone who's dating and marriage history would make the United Nations proud, I am all too aware that the holidays can add additional stressors to one's search for love. You have to consider the integration of cultural differences as well as contrasting religious belief systems and traditions. After all, Christmas, Chanukah (Hanukkah), Kwanzaa, and many more important days overlap. It's no surprise, then, that "the most wonderful time" is a great opportunity to create new memories and do some good for others. Whether you're single, dating, or happily married, here are some basic tips for a happy holiday season:

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

1. Don't sweat the small stuff: This time of year means that your friends and family (in-laws included) often want to visit. If you're single, it's a great time to travel and enjoy new cultural experiences. Or perhaps you want stay home and host your own celebration instead. No matter how you decide to spend the holidays, remember that we always stress less when we enjoy each other's company.

2. Get ready for family time: As noted above, the holidays mean traveling for many people (celebrities included – Jessica Simpson and Eric Johnson will be splitting their time between Dallas and Boston this year), which allows for extra bonding time. Know that there will most likely be holiday traffic, so don't forget to load up your computer or tablet with your favorite books, games, and movies. Family gatherings are also a great time to learn more about your partner. Relatives won't shy away from telling stories about your significant other's childhood, even those that they would prefer be forgotten. Utilize your finely-honed listening skills and fall even more love with your beau.

3. Enjoy the ride: Do your holiday shopping together and take

in the holiday decorations of your city. For a more charitable approach, volunteer at a local soup kitchen and drop-off toys for patients in a pediatric ward. Giving back always feels good, and what you receive in return just might surprise you.

4. Take advantage of being single: Now is the opportunity to *enjoy* being single! You can experience the usual party circuit or step out of your comfort zone and volunteer at a homeless shelter; either way, you'll have the chance to bond with old friends and meet new people. Plus, the start of another year is a great time to meet someone special, so keep an open mind and an open heart.

Related Link: [Three Tips to Stress-Free Holiday Dating](#)

5. Give thanks: As the year draws to a close, take a moment to appreciate your life and prepare for a wonderful year ahead. Have fun with your loved ones, old and new. Set your desires and intentions for the next twelve months, and visualize what you want. When we least worry about things, they tend to fall into place.

Follow these tips, and you are on your way to a stress-free holiday. Happy holidays to all of you from Dr. Tranquility!

For more information about Dr. Tranquility, click [here](#).

Reinventing Home for the Holidays





By Joanne Pittman

for [Hope After Divorce](#)

Home for the holidays for a divorced family doesn't often fit into the Norman Rockwell picture-perfect moment mold. I recall my first Christmas as a divorced parent. First, there was the Christmas card photos – do we or don't we? Then, there was seeing the photos and knowing that the smiles just don't look the same, fumbling for what "tidings of joy" I could muster up to include while writing the annual Christmas card "catch-everyone-up-who-we-don't-see-very-often" letter.

One unexpectedly – or perhaps reluctantly – finds themselves embarking on an entire reinvention of what home for the holidays will look like, feel like, and be like. Regardless of whether you have the most optimal circumstances or the messiest of divorces, the reality that some things will never be the same was, in my experience, the most poignant and tangible during this special time of the year. In years past, Bruce Willis and Demi Moore have been a good example of a divorced couple who have still been able to keep life consistent and peaceful for their children, even during the holiday season.

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

Here are a few simple ideas that may help bring some cheer and light to the holidays and begin the process of building new memories, embracing old traditions, and setting the stage for a beautiful season.

1. Sit down and write a positive message of what the holiday spirit means to you. What is so special about the holiday season, and why does this matter to you and your family?

2. Create something visual to display in your home that reflects this true meaning. Involve your children. Keep your focus on the present, positive opportunities. Make or purchase something cheerful that exemplifies hope for a bright future.

3. Begin a new tradition, something that is visual and incorporates your holiday spirit message. It could be a new take on Christmas pajamas or a holiday sweater, how you present your holiday dinner, or an inspired way to decorate your home.

4. Take care of your personal image. Be sure to treat yourself to a nice haircut, holiday bobble, anything festive that reminds you of your positive holiday spirit message. You need not spend a lot of money.

5. Remove things from the “holiday bin” that may hold unpleasant memories and replace them with things that offer new hope.

6. Allow yourself to let go of the sadness and be grateful for what was good. Look forward to what will be even better in your future. Keeping a positive outlook and a soul filled with gratitude will allow your true self to shine. Nothing warms the heart and builds happy memories more than seeing someone’s eyes sparkling with happiness during the holidays.

Related Link: [How to Get Over a Broken Heart During the Holidays](#)

Reinvention of hope is the basis for reinvention of one's image. My occupation as an image consultant and stylist is often viewed by the outside world as materialistic and shallow. However, if one begins to build their image on the foundation of hope, character, and integrity with the objective to present the authentic self in order to live a more congruent life, the building of one's personal image and self-esteem becomes a powerful and deeply meaningful tool.

What a glorious time to start to understand, reinvent, and rebuild who you are! My truest wishes to you for the most joyous and beautiful of holiday seasons.

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



As founder of Pittman, Lamitie & Associates, Joanne has developed their proprietary IMAGE Authenticity™ Training Programs which address the multifaceted work and lifestyle demands on employees and executives in the corporate world today. Her innovative approach has evolved over the past twenty three years in the fashion, fitness, luxury retail and image consulting industries.

Joanne has been writing training curriculum and presenting developmental workshops to large and small audiences for over eighteen years. She is known for raising new questions and expectations which successfully foster authentic corporate and personal brand presence.

Prince William and Kate Middleton Attend Christmas Mass in England



By Jennifer Ross

This year, the royal family was out! On Dec. 25, Prince William and Kate Middleton attended Christmas mass service with the rest of the Middleton family at St. Mark's Church in Englefield, Berkshire, England. Both the Duke and Duchess of Cambridge dressed in festive red, with William, 30, wearing a red tie and Middleton, 30, wearing a red coat and scarf, which also covered her pregnancy. Younger brother Prince Harry was said to celebrate this Christmas with British troops at Camp Bastion in Helmond in Afghanistan. Also not celebrating with the Duke and Duchess, Queen Elizabeth II gave her annual speech in 3D. "For many, Christmas is also a time for coming together. But for others, service will come first.... And those who have lost loved ones may find this day especially full of

memories. That's why it's important at this time of year to reach out beyond our familiar relationships to think of those who are on their own."

What are some holiday traditions you can create with your partner?

Cupid's Advice:

Whether this is your first Christmas together as a couple or your 50th one, making the holiday special by creating traditions together will always strengthen your relationship. So get together and start planning for lots of holiday fun. Here are a few ideas on enjoying Christmas as a couple:

1. Hybrid tradition: Chances are you and your partner will already bring to the relationship your own holiday traditions. This is the perfect time to combine the most important ones together and create a hybrid tradition for moving forward as a couple. Have fun and be creative.

2. Holiday greeting card: A great tradition for a couple to have is to take an annual Christmas portrait of you two and send to family members as a holiday card. To get even more creative, you can even create a new dress-code theme every year.

3. Be a kid again: With so many adult stresses in general, why not spend your holiday season being a kid again. Whether it is spinning the dreidel, taking a photo with Santa or making snow angels together, take the time to remember your best childhood Christmas fun and enjoy them as a couple each holiday season.

What holiday traditions did you create with your partner? Tell us below.

The Perfect Holiday Gift: 5 Celebrities That Need To Go Away Forever



By Joshua Pompey

Some people want a new I-Pad for the holidays. Others want nothing more than a relaxing spa retreat. Me, I'm a little easier than your average receiver of gifts. This holiday season, I just want one present; for the following five celebrities to disappear forever! So please Santa, if you are out there, make this five people go away forever...

1. Justin Bieber.

I know you are a just a kid. I know you have grown up under

the spotlight. But I can't for the life of me understand your popularity, nor do I want to. Please fade into the light forever with your fake picture scams and your on again, off again Disney girlfriend like all the other childhood heartthrobs, so that I never have to see a whiny teenage girl screaming your name again. It's been nice to know you, but see ya later kid.

Related Link: [How to Get Over a Broken Heart During the Holidays](#)

2. Kim Kardashian.

Is America finally coming to its senses, or are the Kardashians just between seasons. It seems the world has finally reached a point where the Kardashians are no longer an inexplicable obsession. We've watched you strut how much talent you don't have on television for years, enjoyed your self-released sex tape, and those of us that managed not to blink for a few days, even witnessed your "fairy tale wedding." Even being with Kanye West is no longer making you relevant. Your time is done, so please, fade away as ungracefully as you came in. However, feel free to give Scott Stap his own reality show in Vegas. Now that is television I'd watch (pending he dumps the world's most awful girlfriend).

Related Link: [How to Communicate with Your Ex Over the Holidays](#)

3. Lindsey Lohan.

Lindsey, I know you need help, and I hope you find it. But one thing is for sure, you could ride an ambulance backwards on a highway, while sniffing cocaine off the dashboard, and nobody will be surprised, or care. Your antics are tired, and more importantly, frustrating to a public that actually has to follow laws with consequences. You had your last shot with a Lifetime movie (has it really come to that?), and it debuted

with a lackluster 3 million views. Its time to retire into a permanent rehab home with your mother of the year.

4. Madonna.

It amazes me that I can still turn on a news channel and see her irrelevant antics. Your self-righteousness is delusional at best, and you are too old to act the way you act. It's time to check into that nursing home, but on your way, please take Lady Gaga with you.

5. The cast of The Jersey Shore.

Ok, I know this is technically more than one person, but I'm going to cheat a little bit. Now that your show is officially ending, please, no more shows, spin offs, or fake and scripted television. You were all cute and funny when you were unaware of how ridiculous you all looked in season one. Now it's just annoying. Please spend the remainder of your days performing public services to Italian groups, attempting to undo the decades of damage you have done to their reputation, not to mention, the entire state of New Jersey.

Joshua Pompey provides online dating advice for men around the world. Check out [GetREALDates Online Dating Advice](#) for plenty of free information. Or check out [GetREALDates Online Dating Profiles](#), for the best online dating profiles.

Rihanna and Chris Brown Spend Christmas Together at Lakers

Game



By Jennifer Ross

It was Christmas in LA for Rihanna and Chris Brown this year. On Dec. 25, the returning duo celebrates Christmas together at the LA Lakers vs. New York Knicks basketball game being held at the Staples Center. An eyewitness tells Usmagazine.com Rihanna, 24, and Brown, 23, were “laughing and chatting.” Also, they seem to look “happy together.” The attire for the evening is all black, with Rihanna bearing her midriff and Brown wearing a leather jacket. Although Rihanna and Brown have spent more time together lately and tweeted photos showing them together, Rihanna still considers herself single. On Dec. 18 she tweets, “Being single sucks.”

How do you know when to give your ex a second chance?

Cupid's Advice:

The fact is, there are many reasons why a relationship doesn't

work the first time. Yet, no matter what broke you and your ex apart, you both are once again ready to rekindle your love for each other. Should you do it or move on? Here are a few clues to tell you whether or not to reconcile:

1. Better timing: Perhaps one of you wasn't ready for a serious relationship in the past. Now, you both are ready and in the right place/right time, mentally and emotionally. Only when you two are on the same path can your relationship have a real chance at flourishing.

2. Things are different: After analyzing your first time around, you and your ex have realized where things went wrong and want to try again in a different manner. Without understanding the past, you and your mate will return to being exes again.

3. Acceptance: At the end of the day, you and your ex partner truly accepted each other in true form. Furthermore, you both realize that the things that broke you two apart weren't really that serious at all. Having someone that loves you for you is a great foundation to start with in a relationship.

How did you know to give your ex a second chance? Share your story below.

Dating Someone New During the Holidays





By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

How should you approach the holidays when you're dating someone new? Or what if you're single and looking for love? Here are three questions that are frequently asked during this festive time of year.

1. What sort of present should I buy someone who I just started dating? The holidays are a time to do something special for the people you care about. Whether you're in a three-year or three-month relationship, it's important to show your significant other that you care.

Think about their hobbies. If your guy likes music, get him a new pair of headphones and an iTunes gift card. If your girl is a foodie, sign her up for a cooking class and buy a new cookbook that the two of you can use on your next date night. Or consider getting your partner something that you can do together, like a private yoga class or tickets to a show. This type of gift shows that you're looking forward to the future and making new memories as a couple.

Related Link: [A Present is Worth a Thousand Words: What a Gift Says About Your Relationship](#)

Remember that your present doesn't have to be expensive. In

fact, things like diamonds or a gold watch can be a turn off when dating someone new. Most people would rather receive something more personal and thoughtful.

2. Should we plan to spend New Year's Eve together? New Year's Eve is a romantic holiday that focuses on celebrating the New Year ahead, having fun with friends and, if you're lucky, getting a kiss at midnight from your special someone. If you're dating someone new, spending this night together is a good test to see how serious the other person is about the relationship.

It's also one of the only holidays that isn't typically spent with family, so it's a great chance to enjoy the time you have together. Integrate your sweetheart into your friend circle, but make sure to give them some one-on-one time with you too.

3. Is it possible to find love on New Year's Eve? New Year's Eve may seem like it's a holiday for couples to dance the night away, but it's still possible to meet someone worth dating. Most celebrations consist of parties or dinners with friends, which is a prime opportunity to meet new people. Tell whoever is hosting the party or planning the evening to invite some single friends that you haven't met yet. If possible, make sure that the party you go to includes people of similar ages and with similar interests. It is important that you feel comfortable so that you will be outgoing and talk to unfamiliar faces.

Related Link: [5 Resolutions That Can Help You Find "The One"](#)

Be sure to avoid going home with a random person to make yourself feel better though. When you wake up the next day, you will feel even lonelier than the night before, and that isn't a great way to start the New Year. Don't overthink the night and feel like you have to do something over the top. Enjoy yourself and remember that it's just another day.

Lori Zaslow and Jennifer Zucher are the founders of Project

Soulmate, Manhattan's premier matchmaking service for elite singles.

Holiday Break-Ups Are Awesome!



By Dudeologist Marcu

s Osborne for GalTime.com

Okay, so maybe that headline is hyperbolic. Unless you're one of those sickos who gets off on hurting people, no one is really thrilled about those soul crushing break ups. You know the kind where you feel the nausea gauge rising the moment one of you begins a statement with, "So I think you and I should..."

Yeah, you know.

And that's just the beginning, right? Your family and friends, whether they're being supportive or just nosy, all want the scoop. Scoop you're not entirely certain you're ready to share. And what's worse, social media has become the Paul Revere of the twenty-first century. The second you change that status update to "single", Facebook jumps on its little horse and starts riding across the internet screaming, "Marcus is single! Marcus is single! Marcus is single!" to your two thousand Facebook friends....fifteen of which I actually *know*.

Not at all awkward.

Whether you were the instigator of the break up or not, someone was mature enough to take a broad look at that situation and realized that it wasn't optimal for either of you.

By euthanizing that relationship you've not only saved yourself from potential long-term emotional disaster, you've created an opportunity for yourself. This is a fresh start. As awful as it is to look into that mirror at the puffy remnants of an hour of crying, there's a dark cloud that's been lifted. Because let's face it, you knew things weren't right before that break up didn't you? Well guess what? Problem solved!

Now you've got the chance to turn your attention to family and friends. Here's your opportunity to inhale life from a whole new perspective. From that of the single, happy, independent, grounded woman. And THAT woman, to us guys, is ridiculously hot.

Crazy hot.

So when you show up at parties and events you own that room. You own the all the potential in that room. Because whether it's a new job, new place to live, or a brand new love interest, the fact that you've only got to answer to yourself

in each new situation makes those choices completely your own. How sweet is that? And from a completely hedonistic point of view, if you're so inclined, you're free to indulge your inner *Samantha Jones*. Don't lie...you've thought about it.

I won't pretend like each break up is like winning the lottery, just merely pointing out that especially during the holiday season, millions of people are going through or are contemplating whether now is the right time to end their current relationship. Just do it. As a guy I'd rather just have the band aid ripped off...particularly before I buy you gifts.

Just sayin'.

There's no "right" time to do it. So you may as well get it over with. And as adults, we've all been through this. It's not easy, but you know you always bounce back. So let's get this thing over with so you can really enjoy this break up and embrace it like the awesome thing it'll turn out to be!

Katy Perry Brings John Mayer Home for the Holidays





By Jessica Simpson

It looks like things between Katy Perry and John Mayer are turning serious! Though the two have only been dating for a few months, they reportedly spent Christmas together, according to [People](#). “They’re happy together and with her family for the holidays,” said a source. “John really likes getting to know Katy’s family better.”

When is it time to introduce your partner to your parents?

Cupid’s Advice:

Taking that next step in your relationship and introducing your mate to your family can be intimidating. Here are some signs that it’s time to take the plunge:

- 1. It’s sure to be long-term:** If you have made plans with your partner months away, it’s probably a good idea to introduce them to those who are important to you.
- 2. You’re past the lust stage:** If that shiny glimmer you get at the beginning of a relationship has dissipated and you still want to be with your partner, consider taking the next step.
- 3. Comfort level:** If you don’t feel comfortable around your

new mate yet, then don't introduce them to your family. That being said, if you've never felt more comfortable around someone, your family is sure to feel the same way.

What are some other signs it's time to introduce your partner to your family? Share your ideas below.

Celebrity Nutritionist and Trainer Jackie Keller Says, "Those Who Exercise With Support From Their Partners Do Better Overall"



By Whitney Baker

You may have heard the saying, “The couple that exercises together, stays together.” But is it really true? We turned to celebrity trainer, nutritionist and NutriFit co-founder Jackie Keller to find out how to exercise with your honey, what’s it’s *really* like to work with the stars and how to avoid that dreaded holiday weight gain.

When it comes to working out with your sweetheart, Keller believes that success varies from couple to couple. There are numerous ways to approach your joint workout routine. “Some strength training requires that couples work together: one lifts, while the other spots,” she says. “Additionally, many runners prefer to run with company to make the time pass more easily. There are also a lot of stretches that are better done with assistance.”

She adds, “One thing we know for sure is that those who exercise with support and encouragement from significant others – friends, family or lovers – do better overall in achieving their goals.”

Of course, if you exercise with your boyfriend or girlfriend, it’s important to remember that men and women should train differently. Even if you have the same objectives, your bodies will respond to cardio work and toning moves in unique ways. Of this dissimilarity, Keller shares, “With women, I will usually work on the process as much as the result. With men, it’s usually the result that overrides any concerns about the process.”

Related Link: [QuickieChick’s Video Dating Tips: Why Hating Your Body is Destroying Your Love Life](#)

Keller, a licensed and certified wellness coach, nutrition educator and Le Cordon-Bleu-trained culinary expert, has worked with celebrities such as Angelina Jolie, Charlize Theron and Penelope Cruz. She has also trained celebrity couples including Zach Braff and Taylor Bagley, Eric Winter

and Roselyn Sanchez, and Jake Gyllenhaal and Reese Witherspoon (before they split). Speaking about her experiences working with these famous twosomes, she says, "I have no complaints about our couples. They have been uniformly delightful. I think that having the support and participation from their significant other helps both of them with the process."

Given that celebrities need to look good for their job, they can tap into a deep level of determination that everyday people have a harder time grasping. "The public does not cut celebrities any slack, and they knew it when they chose that professional path," Keller explains. "They don't fight the need to look good – they accept it and embrace it as part of the package."

Lately, we've all taken note of Matthew McConaughey's extreme weight loss for the upcoming film 'The Dallas Buyer's Club.' According to a recent news spot on 'Good Morning America,' he has lost nearly 25 percent of his total body weight. Despite the medical risks that come with this drastic weight loss, Keller believes that there is a healthy way to make these changes. She cites Anne Hathaway, who trimmed up for 'The Dark Knight Rises' by eating NutriFit meals three times a day for nearly a year, as an example. "She looked fantastic!," Keller says. "It can be done without compromising health or delicious meals."

Perhaps we can avoid any unwanted holiday weight gain by taking a cue from the stars. Keller recommends that you look to exercise as one of your must-do daily tasks, like brushing your teeth and showering. As far as diet is concerned, she says to eat a good breakfast, no matter what your dinner plans entail. "There is no such thing as 'saving' calories to enjoy later," she says.

Related Link: [How to Find Love Amidst Holiday Crazyness](#)

Keller also suggests that you wear snug-fitting clothes,

especially at events with a buffet meal, because you'll eat less if your waistband is tight. And, of course, Keller says you should be aware of how much alcohol you consume, as "drinking uses up calories in a non-nutritive way and loosens up your inhibitions so that you're far more likely to eat badly."

When asked what food she *does* enjoy during the holidays, Keller says that she is a fan of "seasonal favorites," like persimmons, tangerines, oranges, spinach, swiss chard, collard greens and grapefruit. For specific ideas, you can check out the recipe section of Keller's blog at www.Nutrifit.wordpress.com/recipes/.

For more information on Jackie, go to www.JackieKeller.com. You can also keep up with her on Facebook and Twitter.

Date Idea: Christmas Movie Marathon





By Samantha Mucha

Getting cozy with your mate by the fire while watching ABC Family's '25 Days of Christmas' should be number one on your to-do date list this holiday season. Leave the freezing winter weather outside and kick back for an indoor weekend with your sweetheart.

Watching Christmas movies will not only put you and your lover in the holiday spirit, but the price is right – free. Throughout the month of December, there are a variety of holiday themed broadcasts on all of the national networks. The choice is yours, really. Of course, if you're lucky enough to own a DVR, you won't have to choose. You can load up "Miracle on 34th Street," "8 Crazy Nights," and "A Christmas Story" and watch them whenever you please.

To make this into a romantic evening, pour some wine or brew up some hot cocoa. You can even go above and beyond by renting your man's favorite childhood Christmas films. If you are in the mood to get nostalgic, ask your partner's parents to share old home movies of your boyfriend on Christmas Eve or Christmas Day. Watching videos of him as a child can help spark good feelings and could be a Christmas tradition that you decide to continue in your relationship.

It's only getting colder. So, get the popcorn popping and throw on your best flannel pajamas. Cozy up with your holiday honey for the most relaxing moments you'll have for the entire holiday season.

What's your favorite Christmas movie? Share your top pick with our readers by commenting below.

Jane Krakowski Talks Motherhood, Christmas Plans, "Sad Goodbye" on 30 Rock



By Jenny Schafer for

Celebrity Baby Scoop

30 Rock star Jane Krakowski recently partnered with Bank Of

America to raise thousands for Feeding America. The mom-of-one says that “giving back is such a big part of the holidays and Christmas.”

Jane opens up to Celebrity Baby Scoop about her son **Bennett**, 20 months, and hosting Christmas this year in his honor. She goes on to talk about the “sad goodbye” on *30 Rock* that will finish just days before Christmas. “They did a really great job” with the series finale and gave the “characters a beautiful send-off,” she says.

CBS: How is Bennett doing?

JK: “He is doing really well. It is so awesome to be a new mom; it’s absolutely great. Obviously this holiday time is a crazy time, because we’re juggling getting Christmas ready and wrapping up *30 Rock*, and being a new mom and wanting to make it all special for Bennett.”

CBS: Can you tell us all about the recent charity event you attended for Bank of America?

JK: “I’m was happy to work at Bank of America and have access to all these mobile apps and online tools that help me get everything done, and also make donations to charity as well. It’s a great time to be giving to people who are in need.

Bank of America very generously donated a lot of money to the charity Feeding America. Through the very easy mobile app and online banking system, we had people come to the Bank of America, put a Christmas ornament on the tree, and by the touch of a button on their iPhone, iPad, or tablet, donate \$250 each.

Bank of America donated \$25,000 just on the day of the event, which was a larger part of a \$2.5 million dollar donation to Feeding America over the whole holiday season.”

CBS: How do you juggle your busy career and family life?

JK: "I do it through organization, multi-tasking, being able to do a lot of things at once. It takes a village with lots of friends and family to help along the way. We're really lucky; Bennett is a great kid and he brings us so much joy every single day. We feel blessed every day that we have all these things to juggle at the moment."

CBS: What are your upcoming holiday plans? Is Bennett showing signs of excitement for the holidays?

JK: "This holiday season, we are hosting Christmas at our house for the first time in Bennett's honor. He is the youngest child now, and I figured that the person who has the youngest child gets to throw the holiday get-together, because that is where all of the spirit of Christmas is. Christmas is, like, three days after we finish wrapping *30 Rock*, so it is all a bit crazy right now.

We had fun getting the Christmas tree and we recently brought Bennett to Santa and got the classic screaming photo on Santa's lap [laughs]. I also plan to get all of my Christmas shopping done. I am very excited about the mobile transfers, because I have nephews who at this point really just want cash. I am excited that I can just send them cash wherever they are, because they are all grown and at college or touring America with bands. There comes a point where they really don't want the pajamas anymore, or the perfume they haven't worn since they were twelve [laughs]. They would really just like to receive cash.

In regard to whether Bennett is showing signs of excitement for the holidays, I think he is. I think he is not sure what all the festive decorations in the house mean."

A Present is Worth a Thousand Words: What a Gift Says About Your Relationship



By Rachel Seliger

The holiday season has finally arrived, and with it comes festive parties (hello, candy cane cocktails!), delicious fare (potato latkes, anyone?) and glee-filled gift-giving (who doesn't love a white elephant party?). Yet, while giving gifts can fill your heart with warmth and joy as you watch your loved ones tear open those carefully-wrapped presents, it can also bring anxiety as you try to decipher what to give everyone on your list. And it only gets harder when it comes to giving a gift to a new love interest!

Rachel Seliger, Community Manager for JDate.com, the leading online community for Jewish singles, is here to help with advice on what gifts *really* mean when they're coming from a

significant other. Check out the gifting-pedia below for definitions of what certain gift choices may say about your relationship:

Related Link: [What Gifts Say About Your Relationship](#)

A Jacket = “You’d look much better in this cut.” While giving clothing is fun, it may come off as though you’re saying, “You’d look much better in this cut/color.” If you don’t give your new mate clothing that matches their personal style, you’re saying you want to see them in something different, which may signal that you’re trying to change them. Whether there’s any truth to it or not, it’s best to stick to nondescript accessories when giving gifts. Perhaps something like...

Mittens = “You warm my heart.” Mittens are a sweet and thoughtful way to say, “I like you... a lot!” Unlike jackets, sweaters or boots, mittens typically come in just a few styles (meaning you can’t screw up and get your hipster boyfriend a pair that looks like it belongs on an investment banker). And if you are lucky enough to receive a pair, it means the object of your affection wants to warm your fingers like you’ve warmed their heart.

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

Candles = “I know nothing about you.” I once got a wrought iron candle holder from my college boyfriend. I opened it and wondered “What about me screams candles?” Unless you’re some kind of candle-maven, this gift basically screams unoriginal and may mean you don’t know each other well enough to pick out something more personal.

Concert Tickets = “You make my heart sing.” If your mate surprises you with a pair of concert tickets for a big show they knew you would love, you’ve found a keeper! Not only did they think about what you would actually like, but they’re

also making fun plans with you in the future, so you can be sure they're in this for the long-term)!

Gift Cards = "I didn't care enough to actually go out and buy you a present." The gift card is the relationship kiss-off. Giving this gift basically says you are either lazy or just didn't care enough to put any thought into your present. Do not give this gift! You can do better.

A Box of Chocolates = "You're the sweetest thing I've ever laid eyes on." Giving sweets to your sweet signals your relationship is so yummy that your mate's love is about to give you a sugar rush! If your partner is associating you with the deliciousness that can only be found in a box of chocolates, then you have certainly found a satisfying relationship. But just as eating the entire box of candies in one weekend will make you crash, moving too fast in your relationship may leave you with a similar result!

Basketball Season Tickets = "I'll pretend to like anything you like." As a huge University of Kansas basketball fan, I would personally love it if someone bought me season tickets. However, if the person you're dating suddenly becomes obsessed with your hobbies, going as far as to buy you tickets to a sporting event they previously didn't even know existed, then you may be dating a people-pleaser with no hobbies of their own. Take it as a compliment, but suggest your partner join a book club, karate class or writing program to get a handle on who they really are!

A Homemade Gift Certificate = "I'm broke, but you mean the world to me." Let's be real, homemade gifts have become a lot more popular since the recession hit. Drafting a "Free Home-cooked Meal" certificate is a sweet and inexpensive way to show you care. If you're going to give this gift, make sure you follow through with your promise or your partner may think you are unreliable.

Expensive Jewelry = “I want to impress you.” Ah, every girl’s dream! While we usually love anything that sparkles, this gift can also say, “I want to impress you,” or worse, “I messed up – please forgive me!” Give this gift with caution – once you’ve given something expensive, you can’t go back! After receiving a Tiffany’s bracelet, no one wants to follow up with an 80s-throwback snap bracelet.

An Engagement Ring = “I’m madly in love with you.” So you wake up on a magnificent Saturday morning to find Mr. Right has made you breakfast in bed, and at the bottom of your mimosa is the most brilliant diamond ring you’ve ever seen! If you’re madly in love and have been waiting for this moment, then a mazel tov is in order! Congratulations – you’ve just discovered the gift of true love.

Rachel is JDate’s Community Manager. She’s here to break down the rules of dating, share first date tips and offer words of encouragement when dating gets tough. Hit up her Tumblr page at www.Jdating.tumblr.com for more insightful advice. Or, learn what makes Rachel tick by visiting her JDate profile!

10 Rules for Couples Gifts





By Johanna

Lyman for GalTime.com

Do you love the season but not the shopping?

I love the holidays, but I'm not a fan of buying gifts. I'm one of those rare women who don't like to shop. I agonize over buying the perfect gift, but I'm not great with paying attention to details, so I never know what the perfect gift might be. This year, I decided to think outside the gift-giving box and come up with my best tips for making it all easier.

1. Be blunt when you talk to your Santa. If there's something special you want from your man, ask for it directly. I know, I know, it's uncomfortable to ask for what you want. But don't you think you deserve it? Your man is not a mind reader, even if he loves you beyond all reason. He won't think you're being pushy if you give him a few ideas, in fact he'll love you for it. Trust me on this one.

2. Splurge on yourself. Give yourself the gift of a makeover or splurge on an outfit that makes you feel like a million bucks. The holidays can be a difficult time for people with self-esteem issues (in other words, most of us). One way to keep from getting the holiday blues is to do something that

tell you "I'm worth it." Because it's true: you are worth it.

3. Your time and talents and donations count as gifts. Another great way to get happy during the holidays is to give the gift of your time, talents and treasures to those in need. Donate toys to the Marines, pick a couple of tags off a Christmas tree at the bank and buy the requested item for a needy child, and/or volunteer with your sweetie at the local soup kitchen. Maybe Christmas, as the Grinch discovered, isn't about "things, after all." Short on time? Make a donation to the local food bank so families in need can have a happy holiday meal.

4. Give him something he loves even if you don't love it. Now onto some actual gift ideas. If your man is into video games, go to a gaming store and ask the sales associate what the most popular new games are then buy one of those for him. I know you probably hate his Xbox, but that's not the point. The gift is for him, not you. He'll love you even more for getting him a game when he knows you're not a fan of gaming.

5. Help him cheer on his team. If he's into watching professional sports, get him tickets to the next home game. If those are too pricey, opt for an officially sanctioned jersey. The non-sanctioned jerseys and t-shirts are usually pretty cheesy and he'll love you for knowing the difference, especially if you don't care about his team.

6. Turn TV into a great gift. Does he have a favorite television series, or is he a history buff? There are plenty of boxed DVD sets that make great gifts. The History of World War II in an 8-DVD set will keep him entertained for hours. The side benefit of this gift is that while he's watching the DVDs, you can have a guilt-free girls' night out.

7. Spice it up with a gift you'll both enjoy. If you want to get him something you'll both enjoy, opt for a weekend getaway. Inside the gift box, include some lingerie for

yourself, with details of the trip folded on top. Remember, this is a gift for him. If you're going to enjoy it as well, it's nice to make it special for him.

8. Turn up the volume. For music lovers, there are plenty of options. Satellite radio for his car, a boxed CD/DVD set of his favorite band complete with never before seen live concert footage, or even an iTunes gift card. Concert tickets are a great idea too; get him two and tell him to take his buddy. Then you can have another guilt-free girls' night out.

9. Skip the chore-related gifts. Whatever you do, do not buy him something that you want. Also, do not buy him a tool that he needs to complete a project you want him to work on. That's selfish and transparent; it's like him buying you a vacuum cleaner.

10. Stay focused on the two of you. You may have noticed that only one of my gift suggestions was something that you would enjoy together. There are two reasons for that. First of all, gifts are supposed to be for the receiver, not the giver. Second, as important as it is to spend quality time together, it's equally important to spend time apart. That's why getting him a gift that gives you time to yourself or time with your girlfriends is a double win. Healthy relationships develop between healthy individuals, and knowing how to spend time alone is one way to cultivate being a healthy individual.

Happy shopping!

5 Ways that You and Your

Honey Can Give Back During the Holiday



By Courtney Allen

'Tis the season to be jolly, especially with the one you love. Take advantage of this year's exciting end with your significant other by spreading holiday cheer the best way possible: by giving back. Show thanks for everything in your life, including your sweetie, by bringing fortune into the lives of others. Here are five great ways for you and your honey to wrap up the year right:

1. Organize dinner at a soup kitchen: Go above and beyond this year by offering to plan, prepare and serve dinner to the less fortunate at your local soup kitchen. Get creative with your love as you plan a delicious three-course meal and put together a spirit-filled set-up.

2. Deliver Christmas presents: Join a church or work group to

deliver Christmas presents to deserving families who cannot afford to buy gifts. Surprise them at their door with lots of love and holiday wishes. Let the spirit of giving fill up your heart with your sweetie by your side.

Related Link: [How to Ring in the New Year like a Celeb](#)

3. Help build a house: Pull out the nails and the hammers and go to work with Habitat for Humanity to build a new home for a family in your community. Provide a family the best Christmas gift you could ever give. Create a fulfilling experience with your darling that you will never forget.

4. Adopt a family: Commit to providing an unfortunate family with necessities, cooked meals and unconditional love for an entire weekend. Get to know the family by visiting with your man. Make the holidays worth more than any gift you could receive by bringing joy into someone else's life.

Related Link: [Create a New Years Resolution with your Partner](#)

5. Spend time at a nursing home: Spend a day visiting the elderly at a nursing home in your city. Help put a smile on the some of the sweetest faces in the world. Sing Christmas duets with your favorite guy as the residents enjoy your prepared egg nog and gingerbread cookies to bring just enough holiday cheer to their day.

How will you and your man give back during the holiday season? Share your stories with us.

Love Lessons from Holiday

Movies



By Amy Osmond Cook

The holiday season wouldn't be the same without Christmas movies. Even if you're bah-humbugging the holidays this year, we can learn a lot about love in these classic holiday films.

1. Elf . Will Ferrell is at his best in this laugh-out-loud family flick. Buddy the Elf finds out he is actually a human and goes to New York to find his long-lost father. While there, he trashes his dad's Upper-East-Side apartment, spreads Christmas cheer among cynics and falls in love with Jovi (Zooey Deschanel), Santa's elf at the mall. They eventually get together and split time between New York and the North Pole. *The message: Love can transcend all barriers.*

Related Link: [How to Find Love Amidst Holiday Crazy](#)

2. It's a Wonderful Life. In this heartwarming story, George Bailey (Jimmy Stewart) is in dire straits, feeling he is worth more dead than alive. George's guardian angel shows him what

the lives of his loved ones would be like without him in it. In this alternate reality, George's brother is dead, Uncle Billy is in an insane asylum, his friend is an exotic dancer and his wife is a librarian spinster. George realizes that he has the relationships that make a wonderful life. *The message: Love is the main ingredient of happiness.*

3. Love Actually. Ten love stories tell a number of tales. My favorite is that of Jamie and Aurélia. Jamie (Colin Firth), a British writer, is crushed when his girlfriend sleeps with his brother. He retires to his French cottage, where he meets housekeeper Aurélia (LÃ©cia Moniz). They are instantly attracted to one another, but Aurélia speaks only Portuguese. When Jamie returns to England, he realizes he is in love with Aurélia—so he learns Portuguese to propose to her. When they meet, Jamie learns that Aurélia has been learning English to communicate with him. Sigh. *The message: Love means learning to speak your lover's language.*

Related Link: [Why You Shouldn't Buy Her a Ring for the Holidays](#)

If you're in a romantic relationship, grab some hot chocolate and curl up with your partner to watch these must-see [holiday](#) flicks. And remember: Love transcends barriers, brings happiness and inspires us to communicate better with our partners.

Extravagant Hollywood Couples' Gifts Within Reach

of Your Budget



By Shelly Cone

Ah, to be in love around the holidays! The peace, the goodwill ... and the gifts. Of course, any holiday gift from your loved one is special, but if you happen to be in [celebrity relationship](#), you can bet that special comes with a high price tag. As the holiday season draws near, we can only guess at what some of the most celebrated Hollywood couples are buying for each other. But based on what some celebrity couples have already given each other this year, it's likely there will be some luxury under their trees.

Hollywood Couples' Over-the-Top Gifts

There's no word yet on what gifts newlyweds Justin Timberlake and Jessica Biel will exchange for their first Christmas as a married celebrity couple, but with thoughtful Timberlake, it

must be something good. When they wed earlier this year, he gave his new bride four stackable wedding rings that matched her 18-karat celebrity engagement ring.

Jennifer Lopez's celebrity love Casper Smart will likely be waiting with anticipation at what lays under the tree for him this Christmas, considering Lopez gifted him with a white Dodge Ram truck for his 25th birthday this year. And when [Kim Kardashian](#) went birthday shopping for beau Kanye West (maybe she's hoping for a ring this Christmas?), she selected a \$750,000 Lamborghini as a gift. Wonder how she'll top that!

Then, of course, there's the queen of gift-giving [Angelina Jolie](#), who reportedly has bestowed on her husband a \$1.6 million helicopter with flying lessons and a \$12,000 olive tree, among other things. Last Christmas, she gave Brad Pitt his own waterfall in California so that he can build his dream home.

Related Link: [Angelina Jolie Buys Brad Pitt a Waterfall](#)

Shop Like You're In a Celebrity Relationship

So if you're not a member of the elite or in a Hollywood couple, how do you express your million dollar love without spending that much? Maybe you can't buy your loved one a waterfall or a helicopter, but you can buy a gift that can help satisfy a passion for travel. Gifts for travelers can be extravagant or fit into any budget. If you are in California, a simple hike to the Nojoqui Falls in the Santa Ynez Valley or water rafting on the Kern River can easily fit into any budget and may be a fun substitute for giving your love a waterfall this Christmas. Just remember to gear up with some gifts for hikers before your trip!

For an even more budget-friendly gift, print out photos of him

in his various travels and frame them in variety of sizes in a montage to his international experiences. Make sure the photos capture him looking his most worldly and he'll be ecstatic about showing off your gift.

Related Link: [What Your Gifts Say About Your Relationship](#)

Maybe your honey isn't so much into travel, and instead, the waterfall is the thing that calms the senses of your practicing yogi sweetie. Help your gentle one find their peace without having to book a trip away from home. Some yoga DVDs can help them find their center. Add some yoga accessories, and you'll be their hero – the kind, sensitive hero with the great abs.

Who wouldn't want a luxury car? Unless you're a socialite or a member of Hollywood royalty, keep dreaming. We'd all like that spectacular sports car as a gift, but the average person will be overjoyed over any gifted vehicle. Show your love you care for them as well as the environment with an eco-friendly (and budget-friendly) Honda fit. For less than \$20,000, you can give your better half the nimble and fun to drive car that U.S. News and World Report ranks the number one affordable small car. With 28/35 miles per gallon, the Fit will prove to be a great fit for your bank account and your environmentally responsible sensibility.

But perhaps you want to put a sparkle in her eyes. While I'm sure the new Mrs. Timberlake is thrilled with her bling, it may not be in your best interest to buy the girl in your life a ring, unless she is The One. If you want the bling but want to keep things on the lighter side or maybe you've already given her that sparkler and want to buy her something fashionable, check out DuePunti Diamond Rings. The ultra affordable rings come in a variety of fashionable colors perfect for stacking along with a .02 ct. diamond ring in the center of each one. Your lady can mix and match or wear them all. And with the price, you can afford to buy several!

Your wallet may not be loaded, but there's no doubting the love in your heart. Take a cue from those extravagant gift-giving celebs and buy something fantastically thoughtful but totally within reason. You don't have to spend Kardashian money to give someone a happy holiday!

Shelly Cone is an award-winning journalist, copywriter, humor columnist and the owner of Beach Betty Creative. She writes for the love of it, laughs because she can't help it and knows how to pick the perfect gift every time.

Giveaway: Holiday Gift Guide 2012: Our Favorite Gifts for Her



This post is

sponsored by Elizabeth Arden, Good Works, Eyedoll Chatter, Native Union, MyMela & EyeMajic.

By Jennifer Ross

The holiday season has just started and already you are overwhelmed with what to buy your loved ones. Do you run around town, waiting in endless lines, hoping to find something perfect for your mother, daughter or wife? Who has that kind of time? Fortunately, thanks to the team at CupidsPulse, you don't have to. To cut down your holiday shopping time—and save your sanity—we have sought out some great holiday gifts she is sure to love. Even better, we are giving away some of these products to a handful of lucky visitors—see italicized notation under each product below. For information on how to enter, scroll down below to the bold copy marked **GIVEAWAY ALERT**.

1. Justin Bieber Girlfriend- perfume and lotion: For the one in love or wanting to be in love, [Justin Bieber's Girlfriend](#) fragrance tempts all your senses. Flirty, personal and inviting, this fragrance is designed to include three unique notes. "The Chance" begins with notes of sparkling pear, crisp mandarin, rich blackberry and mara strawberry. "The Dream" lures you in with notes of pink freesia, star jasmine, apricot nectar, and orange blossom. "The Kiss" excites your mind with notes of Vanilla Orchid and Luminous Musk. Its wrap-around bottle design and revolutionary magnetic bottle cap is fresh, new and designed especially for her heart.

(1) Holiday Giveaway: perfume & lotion set

2. Good Works Metallique Gunmetal Crystal Bracelet: Part of the "Metallique" collection for Good Works, this multi-wrap around bracelet will give any outfit a superior edginess with a feminine flair. The metallic gunmetal leather is glamorized with studded crystals, a circular belt buckle and inspirationally themed phrases to make a bold statement in

style.

(4) Holiday Giveaways: gunmetal crystal bracelets

3. Eyedoll Chatter Mineral-Based Cosmetics: Perfect for young girls, [Eyedoll Chatter](#) Mineral-Based cosmetics is a new interactive line of mineral makeup kits that let your tweens and teens build their own colorful, scented shadows, blushes and lip glosses. Better yet, they can share their creations via text, Facebook or Twitter thanks to EyeDoll Chatter's free iPhone app. Each of these adorable "it kits" comes with six different components. Eye and cheek kits have three all-natural colors and three scented shimmers (think birthday cake, cherry blossom, etc.) made with cosmetic-grade, skin-friendly fragrance. The lip kits have three colored glosses and three scented balms. The idea is to mix and match to your heart's and your senses' delight. The looks that can be created range from school-appropriate to party-sensational and they are all something to talk, text and tweet about.

(5) Holiday Giveaways: Hello Kissy Lipgloss Sets

4. Native Union POP Phones: Have something important to say or simply love to chat? The original retro handset from [Native Union](#) allows you to say it with style, anywhere! Manufactured with a high quality speaker and microphone for crisp sound and clarity, this classic 50's Blakelit design telephone comes in many vibrant colors and patterns, with a luxurious soft-touch texture for improved calling comfort. Access to phone functions are convenient when making calls. It is compatible with notebooks and all mobile devices, including tablets, smartphones and cellphones. Best of all, you can choose from either a wired or Bluetooth® technology POP phone.

(1) Holiday Giveaway: POP Phone (black)

5. MyMela Bangle Set: For the sophisticated woman at work or out on the town, MyMela Bangle Set will pull together your look wonderfully. Enjoy this set of three black and blue

bracelets, hand made in brass, that can be worn individually or all together. Priced under \$15.00, this item is perfect either as a gift or stocking stuffer. Approximate size is 2.5" diameter. Nickel-free hypoallergenic.

6. Eye Majic's Select 16 Kit: For the woman on-the-go, Eye Majic's Select 16 Kit allows her to apply instant eyeshadow flawlessly for any occasion. At \$19.95, the kit comes with 16 applications of eyeshadow (10 matte and 6 pearl colors), one "foxy lady" application, one eye majic eyeliner, one "set in stone" practice application and a demonstration DVD.

~~**GIVEAWAY ALERT:** To enter for a chance to win one of the items listed above, go to our [Facebook](#) page and click "like." Then, leave a comment under our Holiday Gift Guide giveaway post letting us know that you want to enter the giveaway. We will contact the winners via Facebook when the giveaway is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on Monday, December 24th. Good luck!~~

Congratulations to all of our winners!

Lucy Long – Justin Bieber's Girlfriend Perfume & Lotion

Herman Carol – Gunmetal Crystal Bracelet

Karen Miller – Gunmetal Crystal Bracelet

Briana Christina – Gunmetal Crystal Bracelet & Hello Kissy Lipgloss Set

Amy Orvin – Gunmetal Crystal Bracelet & Hello Kissy Lipgloss Set

Diana Devlin – Hello Kissy Lipgloss Set

Leisa Allen – Hello Kissy Lipgloss Set

Sadie Anne Rue – Hello Kissy Lipgloss Set

Moni Lynn – POP Phone

Miranda Lambert Says Blake Shelton Loves to Decorate for Christmas



By Jennifer Ross

Country music stars Blake Shelton and Miranda Lambert are definitely into having a very merry Christmas time. It not only is a holiday they love to celebrate, it is their “light at the end of the tunnel.” In the Dec. 3 issue, Lambert tells UsMagazine.com, “We can stop rushing around and just be together.” Going back to his childhood days, Shelton loves “to decorate” for the holidays and choose “food out of magazines” for his 29 year-old bride to make. Also, Shelton, 36, asked his talented singing wife to accompany him in a duet on “Home” for his *NBC* special, *Blake Shelton’s Not So Family Christmas*. Without hesitation, Lambert was more than willing to contribute. “I’m glad to be a part of it. I loved watching him sing with Reba McEntire and Kelly Clarkson. He was so

comfortable with the biggest divas on the planet!”

What do you do if your partner isn't a fan of the holidays?

Cupid's Advice:

The holidays are wonderful opportunities to be with friends and family, creating memories. However, your holiday fun can be dampened when your partner doesn't see the joy in it. That shouldn't discourage you from celebrating them anyways. To help keep the holiday spirit alive, here are a few ways to leave the coals out of your relationship's stocking:

1. Understand why: There may be an underlying issue as to why your mate isn't a fan. Is it social awkwardness? Childhood issues surrounding holidays? Maybe he/she doesn't like your family? Whatever it is, be understanding to their reasons; together, you just may come up with a solution.

2. Start off simple: If your partner is not accustomed to making such a fuss over the holidays due to his/her childhood, start off small. Instead of a Christmas party for thirty, have a holiday dinner for six maximum. The stress and complications of holidays may be what deters him/her.

3. Plan anyways: While you cannot force holidays on your partner, you can continue on with your plans regardless of his/her involvement. After all, your mate is not required to attend the party. That shouldn't stop you from having your fun and enjoying what you love.

How did you handle your partner not being a fan of the holidays? Tell us below.

The Best Holiday Gift for Your Man



By David Wygant

So let's say that you're having a very passionate holiday romance. What do you do about Christmas, Hanukah, Kwanzaa, Festivus, etc.? Well, whatever holiday you're celebrating, I'm a firm believer of wishing everybody a merry Christmas. To me, Christmas is *just* a time of year. That's all it is. It doesn't matter what religion you are—everybody loves Christmas. Who can forget "Santa Claus is Coming to Town"? Who can forget "Rudolph the Red-Nosed Reindeer" and "Herbie the Dentist"?

Anyway, let's get back on topic.

What do you do if you're dating somebody new during the holidays? What do you do?

Related Link: [How to Find Love Amidst Holiday Crazy](#)

Buying gifts for somebody else is always hard, because you have that *"Oh no!"* moment when they're opening them.

I know that every time a new significant other bought me a gift for Christmas, as I'm opening it, all I'm thinking is, *"Oh no, I hope it's not a shirt that I'll have to wear."*

Or, *"Wow, I really hope that it's not something I hate and she thinks it looks great."*

Or, *"God forbid, it's one of those horrific Christmas sweaters, and I'm going to have to wear it to some family get-together she's going to invite me to when I accept the gift."*

Related Link: [QuickieChick's Video Dating Tips: Meeting Your Partner's Family Over the Holidays](#)

Here's the deal: If you just started a new relationship, forget about the gift. I've got a much better idea: gift-wrap yourself. That's right. You dress up as a little elf or Mrs. Claus.

Get some killer red lingerie. Get a Santa's cap. Put some stockings on your feet. Tell him you've got a present for him and that he needs to be at your house at 8 p.m. so he can unwrap it.

Then, you go prep the home. Get some holiday candles – maybe cinnamon or pine tree – and make your place smell like Christmas.

When he knocks on the door, open it wearing your festive outfit and with mistletoe in your head. Then you smile and say, "Care to unwrap the gift that I got you?"

That is the ultimate Christmas gift that you can give *any* man in the entire world. We don't want to unwrap a bad shirt that's not going to fit. We don't want tickets to a concert. We just want *you* in a holiday outfit.

Best. Christmas. Ever.

Three Steps to Stress-Free Holiday Dating



By Dr. Tranquility

– Lydia Belton, PhD, Ct. H.A.

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

three easy ways to keep your [relationship](#) stress-free during the holidays:

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

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

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

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

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

your relationship. This Thanksgiving, why not truly stand in gratitude? In the end, you and your partner will feel better about doing so and have heartfelt memories to share in the future.

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

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

Rumor: Katy Perry and Russell Brand Celebrate Christmas Apart After "Massive Fight"





Pop sensation Katy

Perry and actor husband Russell Brand spent Christmas apart this year. After a planned trip to Brand's hometown of London, Perry ended up flying to Hawaii with some friends.

According to [UsMagazine.com](https://www.usmagazine.com), the couple had a major argument, which resulted in cursing at each other and storming off.

Perry was spotted without her wedding ring while splashing in the Pacific Ocean, and Brand was seen catching up with old friends in a local pub in Coverack, Cornwall. Although the couple denied divorce rumors in November, trouble is threatening. "The split may come soon, but they are both so dramatic and volatile, the relationship could become great again," says a source.

What are some ways to quickly move on from a fight?

Cupid's Advice:

All couples fight, but avoiding it is impossible. Moving on quickly and peacefully is easier than you think. Cupid has some tips:

1. Admit when you're wrong: We all make mistakes sometimes, and it's okay to be wrong. The best way to move on from an argument is by pointing out your faults. Your partner will appreciate it and will learn from your example. They may

admit to their wrong doings in future situations.

2. Apologize: Along with admitting your mistakes, make sure you apologize to your sweetheart. Saying you're sorry makes all the difference in an argument. Also, show your significant other how much you care by making it up to them with a personalized apology.

3. Don't let the issues hang in the air: The longer the fight sits, the bigger it will grow. Talk about your issues soon after they arise. Discussing how both members of the relationship feel will make for an easy fix. Compromising on the matter will make you both happier.

How did you move on quickly from a fight? Share your stories below.