

# Just Go With It featuring Adam Sandler, Jennifer Aniston and Brooklyn Decker



Plastic surgeon playboy Danny (Adam Sandler) attracts women in a rather unique fashion – by pretending he’s stuck in a bad marriage in order to ease tension and give them a false sense of trust. Then the unthinkable happens. Danny meets a woman (Brooklyn Decker) he actually sees a legitimate future with, and gets caught in his “bad marriage” routine. To try to repair the damage, he comes up with an off-the-wall plan and asks his loyal office manager (Jennifer Anniston) to play the role of his future divorcee. Eventually, even her two kids to get involved in his growing lie. *Just Go With It* comically begs the question: how far should you go to win someone’s

heart?

## How far should you go to make a relationship work?

### Cupid's Advice:

People do crazy things in the name of love, but there has to be some boundaries. Cupid has some thoughts on what yours should be:

**1. Be honest:** As easy as it is to create an alter-ego like Danny did in *Just Go With It*, when you're going for a real relationship, it won't work. Stay true to who you really are, and let things play out from there.

**2. Respect boundaries:** If you're really interested in someone, you're going to have to play by the rules. If he or she is already seeing someone, you'll have to be patient. Settle for being in the background until the time is right.

**3. Simple gestures make a difference:** When you're wooing someone, chances are he or she will remember you for your simple romantic gestures, such as opening the door or pulling out the chair. It's those little quirks in your personality that make all the difference.

Release date: February 11, 2011

Cupid's Kiss Rating: 3 out of 5

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# Bachelor Alum Melissa Rycroft Strickland Delivers a Girl



It's a girl for *Bachelor* alum Melissa Rycroft Strickland, reports [People](#). She and husband Tye Strickland welcomed daughter Ava Grace Strickland on Wednesday afternoon. Rycroft, who dumped Jason Mesnick after accepting a proposal on the *Bachelor*, married Strickland in December 2009. Ava Grace, the first child for both, weighed in at 6 lbs. 13 oz. and was born in Dallas, Texas. Rycroft's reaction? "Everything is wonderful and life is exactly as it should be."

**How do you keep hope after a relationship ends badly?**

**Cupid's Advice:**

There can be few things more mind boggling than believing your

relationship is fine one day and then finding yourself single the next. This little doozy makes us all a bit crazy. Even if you think you're ready for a new relationship, it can be hard to approach it with a clean slate:

**1. Time heals all:** This may be true, but so does moving forward. Don't hold yourself back and swear off relationships just because one didn't work out. Each relationship is different and should be treated as such.

**2. Learn from your mistakes:** Your relationship may be over, but it's not all bad. Treat it as an opportunity to learn from the past and move on to a happier place in a new relationship.

**3. Look for the silver lining:** If all else fails and skies look gray ahead, keep it simple. If you were meant to be together, you would be. Keep the faith that there's someone out there for you.

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## Liam Neeson Dealt With Wife Natasha Richardson's Death By Running Away



Sometimes you need a girl,  
to get the girl.

ADAM SANDLER JENNIFER ANISTON  
**Just Go With It**  
COMING SOON

Actor Liam Neeson opens up about wife Natasha Richardson's tragic death in March's issue of *Esquire*, according to [People](#).

Neeson, who lost Richardson nearly two years ago in a skiing accident, is still stricken with grief from time to time. "You can't prepare for it. You think you're gonna cry and get it over with. You make those plans, but they never work," Neeson says. He attributes distractions as a way to avoid depression, even going so far as to say he would "run away to work."

**What makes people runaway when faced with a difficult situation?**

**Cupid's Advice:**

When something unexpected happens, a basic "fight or flight" instinct kicks into gear. Your reaction depends on the type of person you are. Cupid has some ideas:

**1. Face it:** It may be easier to turn a blind eye and avoid the problem, but that won't make it go away. You can only avoid something for so long before you're forced to deal with it.

**2. Take some time:** Sometimes the way you want to react to a

situation may not always be the correct way. By taking some time to process what has just happened, you can readjust your reaction to a more appropriate one.

**3. You're overwhelmed:** Grief can bring out a laundry list of emotions we may not express on a regular basis. This new and scary encounter can be overwhelming at first and cause people to avoid the problem rather than confront it.

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## Teen Mom Star Leah Explains Why Husband Corey Is 'the One'



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COMING SOON

*Teen Mom* star Leah Messer says the relationship between she and her husband Corey Simms is better than ever, according to [UsMagazine.com](http://UsMagazine.com). In fact, she recently told her friend that he is “The One.” “At first there were ups and downs, but I think we’re doing really good now,” Messer said. “The thing is with me and Corey, we do things very fast. From the very beginning, we got pregnant. But with [him], I feel like I’m happier than I’ve ever been in my entire life.” She added that if he were to propose she would say “yes – hell yeah!”

The relationship between these two has been no walk in the park, including a six month break following Messer’s affair with an ex-boyfriend.

### **Can you regain trust after your partner cheats?**

#### **Cupid’s Advice:**

Probably one of the most difficult things to do is trust once it’s been broken. It involves more than just your partner’s desire to make things right. Cupid has a few suggestions:

**1. Honesty is the best policy:** They broke the trust, so now



they have to work twice as hard to regain it. The only to do that is to simply be honest ... all the time. Set up a policy of total disclosure between you and your partner.

**2. Forgive, but don't forget:** If you're serious about making your relationship work again, then you'll have to forgive your partner. Remember that just because they came back, it doesn't mean they won't leave again. So be cautious, especially at first.

**3. Find out why:** This is something you may not want to hear, but there may be some opportunities for your relationship to grow if you know what drove them away from you in the first place.

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## **Sexting: Good, Bad or the New Lipstick on Your Collar?**





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By Emily Macintosh of My Life On Match

If you've read my blog, you know that I popped my sexting cherry this year. I found sexting to be flirty, scandalous and fun, but I also found it to be a bit dangerous. If I took a picture of myself and sent it, would he show it to his friends? Could it end up on the Internet? What if I go missing on a hike and that's the last picture they have of me to show on the 6 o' clock news? In this new age of technology, is sexting just another step in the dating world or is it the new way to cheat (and think you're not going to get caught)?

Several celebrities have jumped on the sexting and technology train this year, too. Couples like Ashton Kutcher and Demi Moore and Lamar Odom and Khole Kardashian have been publicly showing their love for each other over Twitter. But, sexting is different. It's meant for the two people who are involved and not the rest of the world. Unfortunately, because cell phone records are not as private as we sometimes would like to believe, some celebrities have gotten into some serious scandals in less than 30 seconds, 10 words and the press of

the “send” button.

In the last few months, several of those couples have broken up due to sexting scandals. *X Factor* judge Cheryl Cole separated from her husband, footballer Ashley Cole, after rumors surfaced about his sexting with a topless model. Tony Parker and Eva Longoria also split after Parker was caught having a “sexting affair” with one of his basketball teammate’s wives. Brett Favre also found himself in the middle of a media storm when he sent revealing photos of himself to a *Sports Illustrated* columnist!

And, no, this isn’t just an athlete thing. Let’s not forget Michelle “Bombshell” McGee ,who shared her sexts with *InTouch* Magazine as proof of her affair with Jesse James.

Sexting can be fun and may spice up a relationship when it gets bland, but remember, technology is our “big brother.” In one click (fwd, RT, send), your sexts could be in the wrong hands.

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## Beverly Hills Real Housewife Camille Grammer Reveals She Tried to Quit the Show During Filming



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Originally published on TV.com

By Seth Abramovitch

**TV.com:** Hi, Camille. How are you?

**Camille Grammer:** Oh, fine, thanks. It's a really crazy time in my life.

**Why? What's going on? Describe your week.**

Well, you know, my divorce is finalized. There's a lot going on.

**How does that feel?**

How does that feel? Bittersweet. I'm sad for what we had—we were together for 14 years—but you know, I don't regret his happiness. He's moved on, and I'm moving on also.

**Now that the first season of Real Housewives of Beverly Hills has aired, and you're interacting with a public who knows you, or has a strong impression of what they think is you, do you regret having done it?**

Well, after the first few episodes, yeah, of course I did. I didn't think that it was an accurate portrayal of myself.

**Because they cut out stuff that made you look more sympathetic?**

Absolutely. They didn't show a rounded-out sense of who I am as a person.

**And then once you realized what was happening in your marriage, what stopped you from just turning to the cameras and saying, "Get the f\*\*k out of my house. I need to deal with this right now?"**

I wish I could have, but I had an obligation to finish the show. I don't know if I can say this, but I quit at one point. I did. Because it was too much. I didn't know how much I could expose at the time. I was holding a lot back because I had known for a while that things were not right between my husband and I. So it's very difficult filming a reality show while you're going through this process, and hurt, and devastation.

**So what did they say when you said you wanted to quit?**

I quit for, you know, a couple of weeks. And actually Kelsey called me and said, "You have an obligation to do the show. You have to finish the show." So I said, okay. He also asked me to come to the Tonys. Basically I found out [about Kelsey's affair] through a mutual friend, and then I tried to get in touch with him. By the time we spoke, he said, "I've been thinking about it, and I just don't want to be married any longer." I asked if there was anybody else, and he said no at the time, but there obviously was. So he said to me, "You have to come to the Tonys," and I said that I felt too uncomfortable and upset, and I don't understand why I would have to come. And he said, "Listen, you have an obligation to finish out the show. You have to come." He also mentioned that maybe we could talk things through and work it out. That gave me a glimmer of hope that maybe we could spark some romance that weekend. But at that point, he was already gone.

**How intense was that Real Housewives reunion special? Because**

**it was really hard to watch at points.**

I was very nervous going into it. I think most of the girls felt that way. [Laughs] They filmed for eight hours. It was a grueling day. Andy [Cohen] had a lot of questions for me from the viewers.

**Did you feel like he was being unfairly hard on you?**

I don't feel like that, because he gave me a warning. He called me before the reunion show, because I was very nervous about doing it. I told him I didn't feel comfortable, and he said, "Oh, it won't be that bad. There's a lot of questions. People want to know about you." So they prepared me—or not prepared, but he gave me a warning.

**He didn't have to read out a list of the nastiest things people had written about you.**

I thought that was harsh. I thought when he went through the list, that was very harsh.

**Or when he said something to the effect of, "They say insecure people are always the ones who react most strongly to the word 'insecure.'" You agreed with him, but I never heard anyone say that before.**

Neither did I. Look, we taped for eight hours, and they cut it down to 43 minutes in two parts. There were a lot of things said that didn't make it into the show, and for the other girls as well. It wasn't easy. I thought, well, at least the public is getting to see me, and who I am—the strength of who I am as a person.

**What's your real life relationship with these women now? Would you not pick up a phone to talk to them?**

I spoke to Lisa yesterday. She's been very supportive during this whole divorce process with Kelsey. Adrienne and I were friends from before, but I haven't talked to her in a while. Taylor and I text one another. I haven't spoken to Kim. And I called Kyle a week ago.

**What did you guys talk about?**

I just left a message, because I heard she was sick. She has the flu, so I wanted to make sure she was okay.

**So you care enough about her to check in on her?**

Absolutely. I think that's the side of me you really don't see in the first several episodes of *Housewives*. I mean it came across as boasting, but I really do care and empathize. I have a lot of empathy for people.

**Had you never fought with her before the show started?**

I met Kyle only once before I started the show. I only knew her husband.

**So you're appearing on the season finale of \$#! My Dad Says. Are you pursuing acting now?**

Everyone keeps asking me that. I studied acting years ago, and I gave up that dream after I got married to Kelsey 13 years ago. Am I pursuing anything? No. Not actively pursuing. This came about through my publicist, who asked me if I'd like to appear on the show, and I said, "Absolutely. I'd be thrilled to."

**Was it in front of a live audience?**

Yes, of course. It's a sitcom.

**How did they react to you?**

I think I got a pretty good reaction. I have to say, it felt really, really good. After everything I've been through, I felt really welcomed and embraced by the cast and the crew and the writers, and of course by the audience. It was nice. It was kind of like a mini-mini homecoming for me, because I know a lot of people who work in sitcoms through through, of course, my ex Kelsey. So it was nice to see some people who I hadn't seen in a while.

**Did William Shatner say anything to you worth repeating?**

He was fantastic. He was friendly, he welcomed me to the show, he said, "Hello, Camille," he asked about *Housewives*. For the

most part, we were just busy working. I love sitcom format. I have such respect for it, and performing in front of a live audience, you get such a rush with that.

**Are you going to do another season of Real Housewives?**

I don't know. The producers and I have been talking about that in the last week or so.

**There's rumors that you might go to the New York version.**

No! [Laughs] I can definitely say that's not happening.

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## **Matt Bellamy Thanks Pregnant Girlfriend Kate Hudson at Grammys**





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ADAM SANDLER JENNIFER ANISTON  
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At the Grammys, Muse's lead singer Matt Bellamy was a winner in more ways than one. When the band accepted the Grammy for Best Rock Album on Sunday night, he seized the opportunity to gush about his girlfriend, Kate Hudson, in a very public way. [UsMagazine.com](http://UsMagazine.com) reports that Bellamy, 32, ended his band's acceptance speech by thanking his "beautiful pregnant girlfriend." Hudson was present at the show, but didn't walk the red carpet. The 31-year-old actress, who has a 7-year-old son with ex-husband Chris Robinson, has said that she doesn't think she will get married again.

**What are ways to thank your partner for being there for you?**

**Cupid's Advice:**

While most of us don't have the chance to thank our significant others on TV in front of millions of people, there are plenty of everyday opportunities to say thanks for being there. Cupid has some ideas on how to show you care:

**1. It's the little things:** Attention all men: no woman doesn't like getting flowers. She'll like it even more if you give

them to her out of the blue just to let her know you appreciate her.

**2. Put yourself out there:** If you want to thank your partner for being there, doing it front of an audience shows you're not afraid to celebrate your love publicly. Try making a speech at your mate's birthday party or on your anniversary in front of your friends.

**3. Actions speak louder than words:** Thanking your significant other doesn't always mean saying "thank you" out loud; it's about showing you're thankful by doing something for them. If your partner nags you about how messy you are, try cleaning the house before they come home.

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## Eddie Cibrian and LeAnn Rimes: A Low-Key Valentine's Day



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Recently engaged couple LeAnn Rimes and Eddie Cibrian did not plan for an overly romantic [Valentine's Day](#), reports [UsMagazine.com](#). At Sunday's Grammy Awards, the couple laughed and jokingly asked reporters, "Is [Valentine's Day] tomorrow?" Rimes butted in and further explained, "We have his boys [Mason, 7, and Jake, 3] on Valentine's Day. So we are literally going to play Wii with some friends and eat pizza, which is better than anything else we could be doing."

### **How do you have a date night with kids?**

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

While many feel that romance becomes much harder to maintain after children enter into the equation, many others have found this sentiment to be untrue. Here are a few ways to have a date night (even with kids):

**1. Put your trust in technology:** While video games, television and computers take away from study time, they can also keep your children occupied. Try renting a movie or a new video game for your children to play with while you and your partner

enjoy some quality time together.

**2. Take the kids with you:** There are many restaurants that are family friendly. Experiment with a few, and you may find that both you and your children are happy with the experience.

**3. Hire a babysitter:** If you yearn for a date night without the kids, hire a babysitter. Trusted babysitters are lifesavers for couples in need of a night out, and most come at the reasonable price of about \$10 per hour.

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# Prince Harry Will Be Prince William's Best Man



As of Monday, Prince Harry will officially be the best man at the wedding of the year. Prince William and fiancée Kate Middleton have announced their wedding party and have each chosen their siblings to be best man and maid of honor. According to [People](#), the rest of Middleton's bridal party will truly be a treat for everyone watching. Included are Lady Louise Windsor and Margarita Armstrong-Jones.

**How do you decide who will be your best man/maid(en) of honor?**

Cupid's Advice:

On one of the biggest days of your life, Cupid has some advice on how to choose who will be by your side every step of the way:

- 1. Family:** Who can you trust more to guide you through your wedding than your own brother or sister? Your sibling is the usual and most classic choice for your best man/maid(en) of honor.
  - 2. Someone who has always been there for you:** If you have a friend or family member that you've always been able to count on, chances are that's the person who is going to come through for you on one of the most important days of your life.
  - 3. Someone who has the time:** Your best man or maid(en) of honor needs to be there to assist you with every step of the wedding process. Make sure the person you choose has the time to make that big of a commitment.
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# New Couple Alert: Shia LaBeouf and Karolyn Pho



Despite his recent split with Carey Mulligan, Shia LaBeouf seems to have rebounded nicely. He was recently spotted holding hands with a new gal pal, who an insider identified as Karolyn Pho. According to [UsMagazine.com](http://UsMagazine.com), Pho is a stylist. Even though LaBeouf seems to waste no time jumping from relationship to relationship, he insists he's no ladies' man. He told *Details*, "I'm not great with women, dude. I'm not a closer. I can chat all night long, but I'm not the guy who goes, 'Okay, back to my room.'"

**How can you tell if he's a ladies' man?**

**Cupid's Advice:**



**1. His eyes wonder:** He's probably a player if his eyes are meeting every part of your body except your eyes. Of course every guy is going to check you out at some point, but if that's all he's interested in, beware.

**2. He uses terms of endearment:** It's one thing if you've been dating a guy for a long time and he uses terms like "baby" or "girl," but if you've just met and he's already using pet names, chances are he's a ladies' man.

**3. He talks about his workout routine (a lot):** If he can't stop talking about his body and how often he works out, he's selling himself to you. It's a good bet that he's not actually interested in getting to know the deeper you.

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## Ashley Simpson and Pete Wentz Have Lunch Post-Split





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Proving that their split is amicable, Ashley Simpson and Pete Wentz met for lunch Monday and brought along their son, Bronx.

According to a source, being good parents is their main priority right now. “They’re both focused on making this transition as easy as possible for him.” The duo announced last week that they would be going their separate ways, reports [People](#). Pals say that the pair simply grew apart due to marrying too young and not having enough time to spend together.

**How do you cut out time from a busy schedule to spend with your partner?**

**Cupid’s Advice:**

**1. Cut out fluff:** Chances are that you’re spending time doing things that aren’t important. Do you really need to soak that extra 15 minutes in the bath? In order to have time with your partner, it might be time to cut out some unnecessary activities.

**2. Plan a lunch date:** If you both work, you also both probably have lunch breaks. Instead of spending more time with your co-

workers than you already do, plan to meet up with your significant other. Even if it's only 45 minutes of face time, it's worth it.

**3. Do things together:** Say you're both into staying fit and work out every day. Instead of doing it separately, make it a routine to exercise together. Gym time is better than no time at all.

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## Dating a Playmate



By Bridget Marquardt, former star of *The Girls Next Door*

Originally published on [Appitalism.com](http://Appitalism.com)

As a television personality and former “Girl Next Door,” men often think they know me personally. But just because I’m accessible, that doesn’t mean I’m obtainable!

The truth is, while having men pay attention to you when you’re out at dinner or at a club is flattering, the constant flood of cheap lines and cheaper cologne can quickly ruin an evening.

So what’s a guy to do when he wants to land the girl of his dreams? Drop the posturing and player image, listen to what the woman has to say, and take...it...slow. In order to get things rolling in the right direction, I’ve come up with several apps currently available at [Appitalism.com](http://Appitalism.com) that are certain to take your dating skills to a new level:

50 Things Girls Wish Guys Knew(Free for the iPhone) – Are you struggling with your relationship? Let’s face it, you can never know everything about a girl! But don’t worry – here are 50 things that all guys should really know about girls.

Seduction Discussion (\$0.99 for Android) – A mobile discussion app for discussing all things related to the art of seduction. Discuss meeting girls, picking up women, closing the deal, advanced PUA techniques, love and relationships and more!

Dating Tips (\$0.99 for the Android) – No one is a dating expert; even the most beautiful and wealthy people all struggle with matters of the heart. Everyone can learn something about how to date more, how to attract the types of people we want to attract and how to make sure initial chemistry blooms into an enduring relationship.

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# Katy Perry Publicizes Wedding Video at Grammy's



After keeping her wedding details at top secret status leading up to the lavish ceremony in India, Katy Perry has shared some glimpses into her special day with the public. As she sang one of her popular songs, “Not Like the Movies” while sitting on a swing high above the Grammy’s audience, her wedding video played in the background, reports [UsMagazine.com](http://UsMagazine.com). Images of the ring exchange and kiss between her and now-husband Russell Brand were projected on a curtain directly behind the singer. Talk about a grand gesture!

**What are the best keepsakes from a wedding?**

**Cupid’s Advice:**

Whether it's you tying the knot or your best friend, you'll always want to remember the special day. Cupid has some tips on things you can keep from the wedding to do just that:

**1. Wedding video:** Take a cue from Katy Perry and have your wedding recorded on video. If you ever want to relive the feeling you got on your big day, pop in the documentation and watch one of the happiest days of your life.

**2. Photos:** These are the next-best thing to a video. If you don't have time to sit through a play-by-play of your wedding festivities, take out your photo albums and thumb through the captured moments.

**3. Playlist:** Sometimes the best way to remember a moment in time is by listening to the music associated with it. Make a playlist of all the songs that played at your wedding and crank it up when you want to remember your special day.

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## 'How About' Giving Online Dating One Last Try?



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COMING SOON

By Jenna Barbieri

Some people spend [Valentine's Day](#) doing extravagant things with their loved ones, while others spend it alone in front of their computers. Does the latter sound like you? Well, what would you do if I told you that this year, sitting in front of the computer might actually be the start to your ideal Valentine's Day? Would you think I was lying? Yeah, so would I. Which is why I did some research after hearing all the hype about [HowAboutWe.com](#).

Before I say anything else, let me point out that HowAboutWe is a dating site ... but it's not actually a dating site. Most people are hesitant to attempt online dating, but the only part of the actual dating that takes place on this site is the proposal. According to their homepage, "It's a site all about dates – inventing dates, scrolling through dates, asking people out and going on the dates you really want to go on."

It's no secret that connecting online has become an ideal dating option, which is why there are thousands of dating sites already out there. What separates HowAboutWe from the



rest is the wait time (or lack thereof). HAW is straight to the point: What's your ideal date? Have you always wanted to go sky diving over beautiful scenery while holding hands with a significant other? Type it in and instantly connect with those who share your interest – it doesn't get easier than that. In the meantime, look through your own date proposals until you find one right for you.

Once someone accepts your dating proposal or vice versa, the rest is natural. The type of date itself already tells you a lot about the person, and you're immediately thrown into an activity you both enjoy. If the date lacks that special spark, take comfort that you've found a friend who shares similar interests as you, all while continuing to date other people who also share your hobbies until you find the person that's right for you. Who *wouldn't* want to be asked out on a regular basis?

So instead of spending Valentine's Day alone, How About YOU take a chance on HowAboutWe? It's more than just a great way to meet people; it's a great way to meet the right people.

*Interested in giving it a try? [HowAboutWe.com](http://HowAboutWe.com) is offering our readers a **SPECIAL DISCOUNT of 33% OFF** their service, just in time for Valentine's Day! Use promo code VDAYFUN. For more information, visit their Facebook page and follow them on Twitter: @howaboutwe.*

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## Have a 'Delicioso Night In' With Aarón Sánchez This



# Valentine's Day



By Aarón Sánchez, celebrity chef and TV personality

*This Valentine's Day, forgo waiting hours on end for a table at a busy restaurant when you can have a fabulous night in right at home. Not only is it a great opportunity to intensify connections with family, friends and significant others, but it's much easier on the wallet! Celebrity chef and TV personality Aarón Sánchez agrees, and has some easy tips to creating your own "Delicioso Night In." You can join the Delicioso movement [here](#). Not only does this give you the opportunity to take part in great conversations, but by joining the movement, you're automatically entered for a chance to win the ultimate Delicioso Night In, prepared by Chef Aarón himself in New York City. After flying to New York for this special evening, one lucky winner and three other people of his or her choosing will be whisked away to*

*Veracruz, Mexico, the home of Kahlua. In the meantime, enjoy the following tips from Chef Aarón to start your Valentine's Day off right:*



### **The Nose Knows**

You don't have to be a chemist to create memorable aromatics for your next evening of entertaining at home. In my home of Veracruz, there is a huge influence of African spices that were brought over when Cortez sailed across the Caribbean. Let such robust spices (think cloves, canela – the *real* cinnamon, cardamom, and black pepper) help set the mood with the help of a standard frying pan. Toast the spices just to their smoking point, and the room will fill with an inviting – and delicious – bouquet.

### **Team Chef**

It's like that old saying goes: those who sauté together, stay together. Collaborate on a menu and invite your guest(s) to help you bring the menu to life. Start the party early and enjoy cocktails as you cook; I like to keep it simple with a glass of Kahlua on the rocks with a splash of ginger ale. Cooking your creations together as you enjoy cocktails will allow for plenty of lean-in moments over the stove top, and eating those creations will be the reward for your labors over delicious conversation.

### **Pairing is Caring**

When prepping for a perfect evening, pairings are a fun way to turn any meal into a special occasion and spice up the fun. Plan three courses and pair each with a small cocktail; use one base spirit in three different ways. Keep in mind when choosing your menu to pick a spirit that embodies the flavors you are working with; for example Kahlua – from the heart of Veracruz, Mexico – will bring out beautiful notes of vanilla, another Veracruz staple that pairs lovely with complex and robust dishes that involve such flavors as molé.

### **Forget the Utensils**

Feeding someone can be a loving, playful proposition (especially sans fork). In Mexico, we love to entertain with botanas – small bites – that incorporate foods indigenous to the region like seafood and black beans. Reconnect with your partner over a selection of botanas like plantains, garnachas (a small fried masa topped with pork or chicken), mushrooms, or fresh cut fruit. Watch those teeth.

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## **Three Valentine's Resolutions That Last!**



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COMING SOON

By Melissa Orlov, marriage consultant and author of *The ADHD Effect on Marriage*

How often have you found that the requisite roses (slightly wilted at the edges) don't do that much for you? This year, for a truly meaningful [Valentine's Day](#), don't focus on a single romantic gesture. Instead, consider making Valentine's Day the 'New Years' of romance – a time for making resolutions that will create lasting change for your relationship.

The good news? There is science behind how to do this. Here are three resolutions that can make Valentine's Day *matter* for a change:

**We will teach ourselves to argue.** Significant marital research suggests that couples who argue using the right words, who are conscious of how to start and end a conversation, and who avoid accusatory or critical rhetoric in the middle can use disagreement to strengthen their marriage, rather than weaken it. So forget about what you are fighting about and focus instead about how you disagree. Healthy conflict puts you on a path to resolve your differences. Unproductive conflict, or

avoiding conflict all together, means that your problems don't get solved, only aggravated.

**We will address ADHD in our relationship.** If you have a child with ADHD, patterns of significant inconsistency in at least one spouse, chronic nagging and anger, or very uneven distribution of responsibilities in your relationship, then ADHD may be creating serious problems for you. Learning how ADHD impacts adult relationships will help you overcome the many challenges you currently face.

**We will change the proportion of positive interactions to negative ones.** University of Washington researchers, including John Gottman, have determined that healthy relationships include at least five times more positive interactions than negative ones. So every time you create a negative reaction in your relationship, you need to self-consciously make up for it by creating five positive ones! Saying 'I'm sorry' is a good start, but it's only one-fifth of the work you need to do – so get to it!

*Melissa Orlov is the author of The ADHD Effect on Marriage, and has been featured in the NY Times, on CNN, Today and more. Her website is [www.adhdmarrriage.com](http://www.adhdmarrriage.com). For more, Orlov suggests For Better: The Science of a Good Marriage by Tara Parker-Pope and The Relationship Cure by John Gottman, Ph.D. You can also follow Orlov on Twitter: @msorlov.*

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## **Must-Dos for a Memorable Valentine's Day**



Sometimes you need a girl,  
to get the girl.

ADAM SANDLER JENNIFER ANISTON  
**Just Go With It**  
COMING SOON

By Babe Scott, author of *Delicious Dating*

Heidi Klum is going to say it with a surprise box of confetti hearts, cute underwear and chocolates. Katy Perry is said to be buying Russell Brand a lilac-colored Bentley. So how are *you* going to make your guy feel like the only man in the universe on [Valentine's Day](#)?

It's a given that your beau will romance you with a candle-lit dinner, but what will you do to ensure this night of love will be forever brûlée-torched in your memories? Here are a few tips:

### **Dress to Impress**

Ditch your Bridget Jones-style orthopedic underpants and usual denims. Your man is booking a delicious meal in an attempt to ignite your sensual appetite, so the least you can do is make



an effort.

Men are very Pavlovian when it comes to clothes, and what turns them on is a fitted dress and soft, figure-hugging fabrics. The Little Black Dress is always a good standby – a little cleavage, a spritz of perfume and high heels should have him salivating. Take a cue from Heidi, and make sure that what's underneath is equally enticing. Forget the Spanx, and put on those sexy knickers and a push-up bra.

### **Give Him a Gift**

You might not be buying him a Bentley, but that doesn't mean the effort is all his. Give him a token of your appreciation and affection – maybe a guy necklace, a compilation CD of both of your favorite songs, or even a framed photograph of you together. You want this gift to remind him of you every time he sees or wears it, so avoid the generic.

### **Create Some Ambiance**

Chances are, you'll be at your place later, so make sure you have all the ingredients to whip up his favorite cocktail and snacks. Remember to tidy up, and set the stage with dim lighting and soft pillows. Have candles and mood music at the ready, put some flowers in a vase, and get your best and softest clean sheets on the bed. It's the little details that count. Maybe have some strawberries and sparkling wine, if not Champagne, in the fridge for the morning.

The night doesn't stop once he pays the check. You want to continue the romance when you get home, and nothing says, "I don't care" more than a messy apartment and an unmade bed.

If you plan out every detail, you'll be in for a delicious night!

*Babe Scott, a self-declared "manthropologist," is the author of Delicious Dating: The Single Girl's Guide to Decoding Men*



by Their Wining and Dining Styles. A magazine publisher in her native Australia, Babe broke bread with more than 100 men, and interviewed more than 200 men and women to reveal how to judge a man's potential as a lover and husband by what and where he eats. Learn more at [www.BabeScott.com](http://www.BabeScott.com), and follow her on Twitter: @DeliciousDating.

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## 4 Great Valentine's Day Gift Ideas for Her



By Gunter Jameson

Men, for 364 days of the year, get to do things like fix cars,

hook up electronics, and be a general handyman for the women in our lives. One day a year, we are asked to do something else to show our love – something a little more romantic. On [Valentine's Day](#), it's our job to shave off our manly exterior and be the cute and cuddly teddy bears that our women want us to be. The time has come once again to buy gifts for our wives or girlfriends that tell them how much we love and appreciate them. This is not a time for utilitarian gifts, like a mixer or a car stereo, so if you're stumped as to what you should buy for your special someone, here are a few ideas that should point you in the right direction:

**1. Chocolates and flowers:** It may be cliché, but flowers and chocolates are a really great gift on Valentine's Day. Even though they're not practical, that's the point! They don't serve any other purpose except to look pretty, smell good and taste delicious. If you bring a little beauty and a piece of chocolate goodness into the life of your woman, she will love you right back.

**2. Hand-dipped strawberries:** Chocolate-dipped strawberries are one of those rare treats that are so simple to make, but are very special and unique. The sweet chocolate and juicy strawberry combined make a flavorful and slightly sensual treat that will delight your woman's palette and tell her that you love her, both at the same time. And she won't want to eat them alone; get ready to snuggle up and share. Want to score bonus points? Suggest making chocolate-dipped strawberries together.

**3. Heart-shaped jewelry:** Yes, it might seem a little cheesy, but heart-shaped jewelry is a great way to get into your woman's heart. Pendants, earrings, bracelets, necklaces, rings and more; it almost doesn't matter, as long as it looks beautiful. Your mate will know that you love her and that you had to embarrass yourself by walking into a jewelry store – and of course, that's part of the present.

**4. A weekend away:** Clearly, if you have the money, a weekend away is one of the best gifts you can give to your special lady this Valentine's Day. All she wants to do is feel special by spending time with you without distractions, and doing things you both enjoy. Stay at a cozy bed and breakfast or at an upscale hotel. Get couples massages or spa treatments. As long as the two of you are together and relaxing, she'll love it.

The most important thing about Valentine's Day is that you make your wife or girlfriend feel special – like she's the only woman in the world. If you can help her feel that, then she'll know you love her. Plus, you can then go back to doing manly things the other 364 days of the year.

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## 10 Tips To Keeping Your Valentine



Sometimes you need a girl,  
to get the girl.

ADAM SANDLER JENNIFER ANISTON  
**Just Go With It**  
COMING SOON

By Brenda Novak, *New York Times* and *USA Today* bestselling author

*With [Valentine's Day](#) approaching, it's easy to start pondering your love life. The "what if's" begin to run rampant, and the future is undoubtedly a big focus. If you can't imagine your life without your current partner, you need to start thinking about how you plan to keep him or her. Brenda Novak, bestselling author of more than 30 Harlequin romance novels, has some tips on how to do just that, which she's garnished from her own experience and research:*

- 1. Avoid negative thought patterns:** Allowing yourself to mentally or verbally tear down your significant other is like gnawing at the bond that holds you together.
- 2. Remember that this person means more to you than anyone else:** This includes your parents and your kids. People who live their entire lives for their children are often disappointed to find that they have no relationship left once the kids head out on their own.
- 3. Be more flexible and forgiving with your spouse than mere**

**friends and neighbors:** We expect our spouses to “understand” our stress or limitations – in other words, put up with our crap. Instead, reserve your patience and kindness for the person who means the most to you.

**4. Understand that relationships work on a spiral:** The more thoughtful you are with your loved one, the more fulfilled and happy he or she will be, and the more he or she will be interested in giving back to you.

**5. Don't get too practical:** Some couples forgo the flowers, the cards, the dinner dates and the chocolates in favor of saving money. But what's worth more to you? A few bucks (or even a house or a car), or a relationship that will likely affect your whole life and the lives of your children?

**6. Try to do something nice for your spouse every day:** Even if it's just a chore he or she typically does, these thoughtful touches will act like a hedge against the tough times.

**7. Be physical and touch a lot:** These little reminders that a spouse cares are nurturing to the soul and send wonderful signals to your children. Your kids will feel secure and happy because *you're* secure and happy, and they'll be more loving because of the example you've set.

**8. Remain loyal:** Have the grit it takes to stick together through thick and thin.

**9. Be unselfish:** It might seem otherwise, but life isn't all about you, how you're feeling and what you want. Worry more about whether you're being a good spouse than whether your spouse is being a good mate to you, and you'll be glad you did.

**10. Take care of yourself:** You don't have to be model-thin or in the first blush of youth, but be the best you can be – mentally and physically. In other words, be someone you'd

like to be with.

*Brenda Novak and her husband, Ted, live in Sacramento and are proud parents of five children – three girls and two boys. When she's not spending time with her family or writing, Brenda is usually working on her annual fund-raiser for diabetes research – an online auction held on her at [www.BrendaNovak.com](http://www.BrendaNovak.com) every May. Follow her on Twitter: @Brenda\_Novak. Still want more? Check out her special Valentine's Day giveaway [here](#)!*

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## Jennifer Aniston Insists She Is Happy



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to get the girl.

ADAM SANDLER JENNIFER ANISTON  
**Just Go With It**  
COMING SOON

Though the rumors about Jennifer Aniston adopting have finally died down, she's having a hard time killing the biggest rumor out there. "That I'm unhappy," the actress tells [People](#). The actress insists, "I'm really happy. Really!" Between the rumors of Jennifer dating, adopting a child and getting a dog, she just can't catch a break! "I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," the actress says. "I just want to say, 'Everybody, relax! It's going to happen.' " But the star is in no rush. For now, she's busy promoting her new fragrance and her romantic comedy *Just Go with It*, which hits theaters today.

**Should you take an extended break from dating?**

**Cupid's Advice:**

In some cases, much like Jennifer Anistons, taking a break from dating can be very healthy. If you're struggling with this decision, Cupid thought of a few instances where taking a long break might be the right choice:



**1. Busy job:** If achieving your career goals requires a lot of time and effort, dating someone could be very difficult. There's nothing wrong with putting all of your focus on your career. Don't feel rushed; dating isn't going anywhere, but that promotion might!

**2. Kids:** Dating with kids is a huge commitment. From finding bonding time with your kids to finding a babysitter, you're going to have little attention to share with a new partner. Wait until the kids are a little older or at least until you find a system that works. When you can give yourself fully to a relationship, it'll be worth it.

**3. Bad breakup:** If your last relationship was destructive and ended on a bad note, don't move too quickly into a new one. Take some time to be happy on your own. Allow yourself to trust in love again before you take a chance on it.

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## Valentine's Day Special: Find Your Five-Star Celebrity Relationship



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ADAM SANDLER JENNIFER ANISTON  
**Just Go With It**  
COMING SOON

Wouldn't you like somebody to love? It seems most of Hollywood thinks they do. So many celebrities jump in and out of relationships that we need a scorecard to keep track. Just when we they've got it right, Cupid's pulse hits a flat line.

If celebrities can't keep their relationships together, we wonder: can we? Take beloved Sandra Bullock, left standing at the altar of her professional accomplishments, Oscar in hand, gushingly thanking her beloved Jesse James – only to find he has been screwing around behind her back. Naturally, she instantly dumps him. We also keep hoping that Jennifer Aniston will find her special love. Her ex, Brad Pitt, appears to have a great thing going with Angelina Jolie – at least for now. Then, there's David Arquette, who was dumped by Courteney Cox. One celebrity couple who appears to have it all is Sarah and Matthew Broderick (if we disregard the pre-marital tabloid fodder). And at least we've got Jeff Bridges, Helen Mirren, Meryl Streep, Kyra Sedgwick and Kevin Bacon as beacons of hope.

**How do we avoid the heartbreak of loss and pain to go after long-term love?**

First, you need to learn to follow your own Cupid's pulse. Here are 10 tips to your own five-star celebrity relationship this [Valentine's Day](#):

**1. There are plenty of fish in the sea:** Stop depending on celebrities to teach you how to have a successful love life, and start swimming in your own pond. Sitting home expecting prince or princess charming to magically appear at your door means living in fantasy land.

**2. Get out there:** Dating takes courage, research, smart thinking, a cautiously open heart and the willingness to learn more about yourself en route to your future. Like Nike says, "Just do it."

**3. Be pragmatic:** Dating is like job hunting. You might get lucky the first time, or you may have to invest some significant time and effort into sorting through the possibilities.

**4. Think of dating as an education:** Learn, go after what you want, and don't settle. Just because someone wants you, doesn't mean you need to want them back. Take charge of your own life.

**5. Move on from the past:** Whatever your dating history, be it a long-term relationship that ended or a series of short-lived affairs that didn't last, every dater remembers enough prior heartbreaks to make a grown elephant cry. So what? You never know what's around the corner. Surprises come wrapped in the most unexpected packages.

**6. Don't ever utter the words "I'm too busy to date":** No one is too busy to date! Making time for yourself and your future sweetheart is important. Start looking for ways to free up some time so you can get out there and find the love of your life.

**7. Images are illusions:** If you feel insecure about something, odds are that the other person does as well. In fact, most people you date are far more worried about how they look to you than how you look to them. Remember, most glamour photos are airbrushed.

**8. Remember that you are a catch:** Focus on your positive qualities. Shifting your attention to your best features, both physical and otherwise, will make you more confident and attractive. Sure, you may have some low self-esteem issues. So does everyone else.

**9. Keep a wish list:** Jot down general values you want in a mate. What are your deal breakers? Is smoking unacceptable? Is religion an issue? Knowing where you draw the line can save you tons of time and heartache later.

**10. Keep a dating journal:** It will help you learn about your likes and dislikes, as well as your own patterns.

Celebrities are just like you. Follow these tips and you just might be able to teach *them* a thing or two. Dating can lead to your own-five star romance ... and a love that lasts!

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## Brad Womack's Ex Says He Proposed to Her Numerous Times



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to get the girl.

ADAM SANDLER JENNIFER ANISTON  
**Just Go With It**  
COMING SOON

Brad Womack is no rookie when it comes to proposing. This season's eligible bachelor has, according to ex-girlfriend Laurel Kagay in an [UsMagazine.com](http://UsMagazine.com) article, proposed to her countless times. Kagay said the most recent proposal was just weeks before he left to film this season's show. "Even when we weren't together, he would say how much he loved me and was going to marry me," she said. While filming, Kagay said Womack would send her emails. "I'm sure the girl he picked would want to know that he was proposing to another woman right before he started taping the show," she said. "I would want to know."

**How do you know when your partner's heart is in the right place?**

**Cupid's Advice:**

Probably one of the most frustrating parts of a relationship is when you and your partner have different ideas about where you're heading as a couple. Cupid has some ways to tell if you and your partner are on the same page:

**1. There's intimacy:** It's not all about sex. Ask yourself if you do things such as cuddle up to each other after a long day of work or hold hands in public. If not, you may want to look into why.

**2. You say 'I love you' often:** This is important to keep in mind, because if those words are rarely exchanged, there may be some distance between you and your partner.

**3. They don't act distant:** Pay attention to how your partner acts around you. If he or she tends to be caught up in problems or less attentive to what you say, you may want to do something about it before it takes a toll on your relationship and love.

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## **'House' Star Olivia Wilde Separates from Husband Tao Ruspoli**



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COMING SOON

*House* star Olivia Wilde and her husband, Italian prince Tao Ruspoli, have decided to end their marriage, reports [People](#). The couple, who eloped together when Wilde was only 18, were together for eight years. “They have been living apart for quite some time to make their relationship work,” reveals an insider.

### **What are ways to work on your relationship?**

#### **Cupid’s Advice:**

When you hit a rocky point in your relationship, it’s important not to give up without putting in some effort first. Here are a few ways to smooth over your rough relationship:

**1. Space:** Try distancing yourself from your partner, so that the two of you have time to cool down and reevaluate the issues that have been plaguing your relationship. When both of you have clear heads, it’s should be safe to give the relationship another try.

**2. Considerate acts:** Especially when your relationship is at a low point, being considerate can make a huge difference. Try



to do 'the little things,' like taking the trash out or packing a lunch for your partner. It may not seem like much, but your partner will appreciate the effort.

**3. See a counselor:** If the problems in your relationship are too much for you to handle, try seeing a counselor. While it can get expensive, it may be worth it in the end.

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## Who Will Plan Prince William's Bachelor Party?



Even a prince needs a bachelor party. But who will help plan the celebration for Prince William's last night of

freedom before he weds Kate Middleton on April 29? [People](#) reports that Guy Pelly, 29, a friend of Princes William and Harry for nearly two decades, will take on the daunting task. And Pelly, who recently opened the London nightclub Public, is the perfect man for the job, according to royal expert Katie Nicholl. "Guy is very much the life of the party, but he is also fiercely loyal and protective of the princes," Nicholl told the *New York Times*. "There is a lot of history there." For now, Pelly is keeping details about the party secret, although there are rumors that the bash could be in South Africa, where Pelly and the princes have raced motorcycles together.

### **What are some "out of the box" ideas for a bachelor or bachelorette party?**

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

A bachelor or bachelorette party doesn't always have to consist of exotic dancers and lots of booze. Cupid has some unique ideas on how to celebrate the last night of being single:

- 1. On the road:** Pile the bride or groom and a couple of close friends into a car and go wherever the road takes you. Or, surprise them by driving back to their hometown and reminiscing.
- 2. Try an adventure:** Some might opt for something more physical, like adventure bachelor/bachelorette parties. After a whitewater rafting or mountain-climbing excursions, getting married will be a piece of cake.
- 3. For women only:** Chances are the bride-to-be is stressed out from planning the most important day of her life. So why not let her relax with a spa party for her and her bridesmaids? It'll help her look fresh for the wedding, too.