

Celebrity Interview: 'Ex Isle' Executive Producer SallyAnn Salsano Talks Reality TV



By Katie Gray

Queen of reality TV and seasoned executive producer, SallyAnn Salsano, is known for producing hit reality TV shows like *Jersey Shore* and *Party Down South*. She is also the founder and president of 495 Productions. In our [celebrity interview](#), Salsano talks about her new series that premiered on Jan. 8, *Ex Isle*, which is a groundbreaking series where five on-again, off-again couples endure extensive therapy in order to break free from those toxic relationships and love. The show is

centered around the expert relationship advice from therapist, Dr. Ish Major, who counsels the couples through their time on the island.

Reality TV Producer Talks Relationships and Love

While *Ex Isle* revolves around exes and toxic relationships, the executive producer is actually happily married. In our celebrity interview, Salsano says that she believes that “balance is key.” When you’re a busy EP on a few successful shows, your schedule can get pretty tight. Salsano has to travel a lot for work, but she thinks that it is actually beneficial. “Some space is healthy and can strengthen many relationships,” she says. “I think the key to a good relationship is to be honest about who you are and upfront about your lifestyle.” Her dating advice is to “enjoy the time you spend together and be present.”

Celebrity Interview: Executive Producer Talks Reality TV

Getting over an ex is not easy, which is where the idea of *Ex Isle* came about. “I think we have all been there or lived it,” Salsano says. “It’s one of the most relatable shows I have been a part of.” Salsano wishes that watching the show will help people realize that they are not alone. “We’ve all stayed in relationships too long for one reason or another. If you are not in one, it’s likely one of your friends are,” the executive producer shares. Viewers who fall into this common category get perspective while watching the show and their relationships can grow from it.

The reality TV guru says, “Imagine trying to get over someone by getting under someone else. Now add in that person you’re

trying to get over right there watching it all unfold, AWKWARD.” That is essentially what *Ex Isle* is all about. The show deals with both sides; people diving into their temptations of old comfortable relationships and the flip side of being curious about new relationships and being pulled in that direction. The show proves to be especially beneficial to couples who are constantly on-again and off-again. “You aren’t in a relationship, but you’re so emotionally closed off that you can’t meet anyone new,” Salsano says. “The sad part is most people don’t realize it and they waste a ton of time.” *Ex Isle* is sure to open up new doors for people so that they can grow.

Related Link: [‘The Ex and The Why’ Producer SallyAnn Salsano Says Everyone Has Been in “Some Kind of Screwed Up Relationship”](#)

As an executive producer for reality TV, Salsano knows that people are curious how real the show is and wonder, “What if nothing happens?” However, the people on the show are what ultimately determine the success of the series. If the audience likes watching them then it will be a success. “Casting is key and an interesting process that we never rush or take lightly,” Salsano reveals. The reality shows Salsano has worked on often involve many emotions and relationship dynamics. “Just like life, it always manages to get done,” the producer says. “I am filming what they are actually doing and feeling, as it’s happening.” While working in close boundaries, cast and crew members often get emotionally attached as they get to know one another – it is inevitable. As Salsano says, “It’s hard not to develop relationships with people.” This is especially true in the workplace, because you become sort of like family. “I’ve been so lucky to work with so many amazing people and networks I love,” she says.

Related Link: [Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss Show, “Love Handles”](#)

Salsano's famous show *Party Down South* is coming to an end soon. She explains, "If it were up to us I would have kept the party going forever. We are grateful to have had the opportunity to create this show and introduce the world to both casts." She noted, "It was life changing for us all (but the party will always be going on with this group)." Her exciting future projects include: another season of *Blue Collar Millionaires* that is coming up on CNBC, producing several *True Life* episodes on MTV and a new show on Lifetime called *The Mother/Daughter Experiment: Celebrity Edition* which will premiere March 10.

Be sure to tune in to *Ex Isle* on We TV on Friday's at 11/10c. You can keep up with Salsano's many projects on Twitter [@sallyannsalsano](https://twitter.com/sallyannsalsano)!

Celebrity News: Khloe Kardashian Rocks White Jumpsuit at Dinner with Ex French Montana





By Jasmine Igwegbe

I guarantee you there are times where your ex will come running back into the picture. In [celebrity news](#), according to [UsMagazine.com](#), “[Khloe Kardashian](#) slipped her toned body into a sizzling white jumpsuit for dinner with her ex-boyfriend French Montana at The Nice Guy in West Hollywood on Monday, February 8.” Her white jumpsuit was complemented well with her black clutch and Christian Louboutin pumps. Kardashian dated Montana up until the middle of 2015, and it looks like he is back in the picture for 2016. The [former celebrity couple](#) met up the same day Kardashian and recent boyfriend James Harden split up. Is Montana in the picture again for good, or is it just an innocent reunion?

This celebrity news is pointing to a friendly ex reunion. What are some things to be careful of when

you reunite with an ex?

Cupid's Advice:

There is nothing wrong with a friendly reunion with your ex. However, when you reunite with your ex, you should be careful and prevent any disappointments from causing heartbreaks. Cupid has some [dating advice](#) for you:

1. Don't let your ego get to you: There may be a time where you were rejected by your ex and this caused you to have a "never-give-up" attitude on winning them back. Don't try to win them back and prove them wrong! Let your ex go and work on being friends.

Related Link: [Are Khloe Kardashian and French Montana Back Together?](#)

2. Don't think sex is the solution: If you have sex with your ex, it is not necessarily a sign they want to be with you again. Intimacy can definitely play with your emotions, so it's probably best to stay away from it altogether unless you really decide to give your relationship a go again.

Related Link: [Celebrity News: Khloe Kardashian and James Harden Hit Hollywood Club Together](#)

3. Actions speak louder than words: No matter how much your ex promises you that they won't hurt you again, don't blindly believe them! Your ex's action determines where the friendship stands, not their words.

How else can you be careful when you reunite with your ex? Share your ideas with us below!

Relationship Advice: 10 Emotional Stages of Being in a New Relationship



By Katie Gray

New relationships are fun and romantic. It's exciting to get to know someone you care about on another level outside of your friends. It's nice going on dates, laughing, and then talking about it with your friends and family afterward. Our emotions vary during this new stage of a relationship. Cupid has some [relationship and dating advice](#) to help you navigate and understand these emotional stages of being in a new relationship.

Check out Cupid's [relationship advice](#) about handling the 10 emotional stages of being in a new relationship:

1. Bliss: The early stages have you feeling nothing, but complete bliss! You and your partner are so happy and positive. In the beginning, you haven't fought yet and everything is so new and blissful.

2. Honeymoon Stage: The honeymoon stage of a new relationship is exciting! Everything they do makes you happy, you want to spend every minute with them, and when you're not around them you wish you were. It's good to take this special time in, so that you will remember the good times of the relationship when things get hard during the tough times. Enjoy the honeymoon period while it lasts!

Related Link: [Cutest Celebrity Couples in Young Hollywood](#)

3. Fear: A natural emotional stage of a new relationship is fear. You know that all good things must come to an end, and you really don't want this relationship to head in that direction. Sometimes you will get nervous about the thought your new partner not being in your life anymore. But don't worry – just have faith in your relationship and cross that bridge if/when you come to it.

Related Link: [Relationship Advice: 5 Ways To Restore Trust In Your Relationship](#)

4. Overthinking: Overthinking and over-analyzing every situation sometimes comes with the territory of having a new relationship. It's completely natural to overthink, because you care, and your concern is coming from a good place. The best relationship advice is to try to keep your thoughts from

consuming you. Don't stress or focus on it. Just keep living life, and stay in the positive!

Related Link: [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

5. Investigator: It's natural to want to play the role of private investigator when you're in a new relationship. Perhaps something happened that has you thinking your partner isn't being honest to you, so you want to know for sure. The best dating advice is to know that these urges are normal, but that the best plan is to communicate fully with your partner first. Don't jump to any hasty conclusions.

6. Funny: If you can make your partner laugh, they will love you forever. As Audrey Hepburn once said, "Laughing is the best calorie burner." Enjoy this fun stage of a new relationship, where everything your partner says and does makes you laugh and amuses you.

7. Paranoid: The downside to caring about someone, is that you will do anything for them and you don't ever want to lose them. You've grown so close and cannot envision your life without them. It's normal to be a little paranoid, because you didn't think you could ever be so happy and in love. The relationship advice we can offer, however, is to push your paranoia aside and know that you do deserve to be that happy.

Related Link: [Dating Advice: How to Get Out of the Friend Zone](#)

8. Realization: A big stage in a new relationship is the realization of everything. You realize that you enjoy being in their company so much, and you discover so many things about them including their likes and dislikes. You realize how much you really care about them.

9. Accomplished: Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities

you're participating in, the things you're learning, the plans that you're making and so forth.

10. Happy: Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities you're participating in, the things you're learning, the plans that you're making and so forth.

What are your experiences with the 10 emotional stages of being in a new relationship? Share your stories with us below.

Expert Dating Advice About Dating Traps to Avoid





On the latest episode of the [Single in Stilettos](#) show, matchmaker and dating coach Suzanne Oshima talked [dating advice](#) with David Steele, a marriage and family therapist, relationship coach and founder of the Relationship Coaching Institute. Through his experience professionally and personally, Steele had an epiphany: “Singles become couples, that’s absolutely where we need to start.”

Dating Advice On The Worst Dating Traps

The Scarcity Trap: The fear that there is not someone out there for you often takes the reins and drives you into an undesirable relationship and love. You then settle and find yourself in a state of greater unhappiness than before. Fear, desperation, and the need to survive in the dating world all set in. “We believe we have to settle for less or be all alone, that what we really want is not out there,” he explains. Steele’s expert dating advice is that what’s in your mind is destined to become reality, and it may not be the destiny you’re after.

Related Link: [Dating Experts Give Dating Advice to Attract a High Quality Man](#)

The Attraction Trap: The dating expert says that we may be attached to a lot of things: our favorite clothes, ice cream –especially after a relationship rough patch, I might add – and people. However, that does not necessarily mean we love them. Oftentimes, we mistake attraction and chemistry as love. “We tend to interpret these strong feelings as love – it’s meant to be – because we’re feeling it so strongly, so we really have to balance our heads with our hearts,” Steele says. When dating, we need to be clear about who we are, what we want, and what we need.

Related Link: [Dating Advice: 7 Guys You’re Probably Not Going to Marry](#)

The Rescue Trap: ‘I Need a Hero’ may have been a hit, but entering the dating realm with that mantra will be a fail almost every time, as per Steele’s relationship advice. When we are unhappy or struggling, we often think that a relationship or another person will solve all of our woes, yet this is the wrong reason to choose a relationship. “If we’re not happy, we’re going to attract more unhappiness in our life,” Steele says. “Success breeds success, and misery loves company.”

Related Link: [Expert Dating Advice: Top 4 Places to Meet Mr. Right](#)

On a very real note, relationship expert Steele adds, “A relationship won’t solve all your problems. It won’t cure your depression. It won’t make you happy all by itself. You’re just basically going to get more of what you already have that you don’t want.” And this is why you must find your own happiness before looking for it in others!

For more relationship advice videos and additional information Single in Stilettos show, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What's your best piece of love advice for avoiding dating traps? Share with us in the comments below!

Celebrity News: Time Travel with 'How To Be Single' Stars



By Marc Malkin

Get ready to do a little time-traveling with the stars of *How to Be Single*, an [E! News](#) exclusive.

In latest [celebrity news](#), when we sat down with [Dakota Johnson](#), [Rebel Wilson](#), [Leslie Mann](#), [Alison Brie](#) and Anders Holm to chat about their new romantic comedy, we decided to test their dating knowledge with a game of fill-in-the-blank.

We gave them [dating advice](#) for women that was featured in a magazine in 1938, but left some of the words blank. Let's just say things spiraled out of control with hilarious (and sometimes gross!) talk about farting, condoms and more.

Check out the video above for all the LOLs.

Related Link: [Single Celebrity Ariana Grande Says She Doesn't Want to Be Called Big Sean's Celebrity Ex](#)

In *How to Be Single*, Johnson plays a paralegal who has split from her longtime boyfriend in order to experience life on her own. Wilson is her hard partying BFF and Mann is her workaholic doctor sister. Brie plays a woman determined to find a husband through online dating while Holm is the womanizing owner of a local bar.

How to Be Single is in theaters on Feb. 12.

How do you spend your time when you're single? Let us know below.

Celebrity News: Khloe Kardashian Reviews 'The Rules' and Shares Her Own Dating Advice



Watch this video on [The Scene](#).

[By Michelle Foti](#)

In the latest [celebrity news](#), reality TV star Khloe Kardashian sat down with [Vanity Fair](#) to review *The Rules*, the book of iconic dating advice, which she gave to little sister Kendall Jenner. As Kardashian turned the last page on her report, a

new list of dating and relationship advice emerged from the celebrity, which will allow you to rule the dating scene.

Celebrity News: Khloe Kardashian Shares Rules From First Word to First Date

1. If you want to talk to someone talk to them as much as you want, but make sure your words have substance. Being the social butterfly that she is, the reality TV star rejects rules that you shouldn't talk to a guy first or ask him to dance. And not talking too much is a rule she does not follow! But rambling is a definite do not.

Related Link: [Celebrity Couple News: Rob Kardashian Resurfaces with Beard and Blac Chyna](#)

2. If you start with games, you're going to end with games. Kardashian debunks the classic debate of texting him first and if or how long you should wait to answer his texts. Playing games may not deliver you a 'happily ever after.'

Related Link: [New Celebrity Couple: Kendall Jenner & Harry Styles Reunite at Party](#)

3. The first date sets the tone for the relationship and love. For the celebrity ex of Lamar Odom, the first date is meant to vibe with the energy that emanates when the two of you are together— "lips are movin' movin," not locking! But that doesn't mean the relationship can't develop quickly. "Normally the third date, I'm the type of girl to get engaged or something," Kardashian says.

Related Link: [Celebrity Couple Kylie Jenner & Tyga Go on New Year's Ski Trip](#)

Kardashian speaks out on relationships and love in this

celebrity news. “Love is about wanting someone else’s happiness maybe almost more than you want your own because that person being happy then makes you happy,” she says.

What dating tips have worked best for you? Share your comments below!

Celebrity News: ‘The Bachelor’ Travels To Mexico



By Emily Hoff

It was another dramatic week for reality TV on *The Bachelor* this week. In the latest [celebrity news](#), the ladies have

turned into little travelers. Last week [Ben Higgins](#) took them to Las Vegas and this week they went to Mexico! On this episode, Amanda (the cute little single mom) goes on a one-on-one date with Ben. It goes really well and she opens up about how it's hard to date while raising her girls. She also opens up about her past to Ben on this season, which seems to be quite the trend of season 20.

The group date gets dramatic, because a lot of the girls who have caused a lot of drama and will probably make it into our recaps every week, were on this group date. Becca, JoJo, Caila, Emily, Lauren B., Jennifer, Leah and Olivia. In celebrity news, on the group date Ben makes the ladies speak Spanish to him and this makes Jubilee very insecure. Then they had a cook off! Ben also goes on a one-on-one with Lauren H, where she admits she's had rough relationships and love in the past. She was even cheated on by her boyfriend and Ben then gave her a date rose.

We won't know who went home until next week as Olivia caused drama so even though Ben gave her a rose, it could be taken away by Ben next week. Now, who should stay and who should go, especially since we didn't have a final rose ceremony this week. Find out below!

Celebrity News: Who Should Stay and Who Should Go?

Olivia

Stay or Go: She should go and never come back. She causes way too much drama and Ben should not even consider going on any dates with her, as we learned this episode that she is a very evil girl.

Related Link: [Celebrity News: What Happens in Vegas On 'The Bachelor'](#)

Jubilee

Stay or Go: She is way too insecure to be on this show, so I think she needs to deal with her own problems before progressing on the show.

Amanda

Stay or Go: Stay! She's adorable and connected with Ben. The only thing is Ben would become a daddy if he married Amanda so that is something to take into consideration.

Related Link: [Celebrity News: 'The Bachelor' Features Planes, Train \(Wrecks\), and Hot Tubs](#)

Lauren H.

Stay or Go: She could stay or go. There is nothing really special about her so she really needs to stand out to win Ben's heart.

The Bachelor airs on ABC on Mondays at 8/7c. Check back next week for our recap!

Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Emily Stovall

It's no secret that relationships are not always easy. In some cases, going to a professional matchmaker might be better than dating on your own. Consider our [dating advice](#) on how to know when it's time to get an expert involved and everything they can do for your love life. This love advice may save your troubling love life!

Relationship Experts Give Dating Advice On Using A Matchmaker

So let's first see why you might need a matchmaker. Below are five scenarios which may indicated your relationship and love life would be better off with the help of a relationship expert. Warning: If you identify with the below scenarios do not panic. There are **professional matchmakers** just waiting to provide you with dating advice to solve your dating woes!

Related Link: [Top 10 Things to Know About Hiring a Matchmaker](#)

1. Your friends pick guys they like, but not necessarily a guy you would like.
2. A bar is great for finding a hook-up, but you've come to realize it's not so great for finding **love in NYC**.
3. Meeting and falling for a guy at work has led to way too many negative consequences.
4. You've tried dating sites, but get exhausted with all of the options and questions and usually just give up.
5. You finally get asked out on a date with a semi-attractive person, but you have no clue what to talk about.

Related Link: [11 Ways to Meet Your Next Date](#)

Do any of these issues seem like you? Yeah? I thought so and that is exactly why using a **professional matchmaker** is an essential step for you. Take a look at some of the benefits a **top matchmaker** like [Project Soulmate](#) can bring you. Don't swoon just yet, the best is yet to come!

1. **Matchmakers** have the time to look at a wider range of options. They know how hard it is to find **love in New York**, but they have their own networks filled with quality people looking for love who they're just waiting to match you with.
2. Matchmakers don't get tired. Trust me, matchmakers *can* and *will* spend every waking moment looking for the right match for you; they genuinely care about finding you love.
3. Your matchmakers have your best interest in mind, and by that we mean they perfectly match you based on your interests, not just your looks. You'll never be at a loss for words on your first date because the similarities between you two will just keep flowing.

Related Link: [Top 5 Secret Celeb Matchmakers](#)

4. Your matchmakers are with you every step of the way. Once you and your match cross the line into dating, your matchmakers don't disappear. They're always there to give you feedback and expert dating advice. Your matchmakers are relationship experts, who go far beyond just finding the guy; they will make sure your new relationship will **last a lifetime**.

5. When you fall, your matchmakers pick you right back up and resume the mission. After all, the first match will not always be *the one*; the second and third may not be either. Although you may feel like you want to give up, your matchmakers never will. They know love is out there and they won't stop until they've found it for you.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

**Dating Experts Give
Relationship Advice To
Attract a High Quality Man**





On this week's [Single in Stilettos](#) post, founder and matchmaker Suzanne Oshima talks expert [relationship advice](#) with love coach Nicole Moore on finding your next relationship and love. They're not talking how to attract just any man, but a high quality man. "You want to be an energy of 'I am the prize,'" Moore exclaimed.

Author Gives Relationship Advice To Help You Find The Right Man

Here are Moore's three best pieces of expert relationship advice to help you be magnetic to a high quality man:

1. Be present in your body, not your head. When you are present in your head, you are dating from your insecurities and fears, but when you are present in your body, you transition from thinking to feeling. The dating experts say that men are constantly thinking they want a woman who will make them feel. A high quality man will love the energy you emit when you are totally present in the date and not in your own head.

Related Link: [Dating Experts Reveal How To Attract the Right Man](#)

2. Do not hate men. Women often hold negative notions of men: they cheat, they lie, all they want is sex. But here's some love advice: If these thoughts are in your mind, he can read them in your energy and when he does he is not going to feel safe or comfortable with you. When you love and appreciate men, they will flock to you because your energy makes them want to be around you.

3. Be confident in yourself and what you have to offer. High quality men know they have options and they want to be confident in making their choice, but first they must feel confident about you. If you act confidently in front of him, he will be confident in your presence.

Related Link: [Expert Dating Advice: How to be a Smarter Dater](#)

For more relationship advice videos and additional information Single in Stilettos show, click [here](#).

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What's your best piece of love advice for being a smarter dater? Share with us in the comments below!

Expert Dating Advice: When

It's Time To Say The L Word



By [David Wygant](#)

I've got a confession for you: I've always been quick to say the L word. I finally learned, though, that doing so leads to the quick destruction of your relationship and love, and I'm going to explain why.

Relationship Expert Discusses Saying "I Love You" For the First Time

According to my expert [dating advice](#), telling somebody you love them shouldn't be taken lightly. As a matter of fact, it's a very serious thing to say to somebody. The problem is,

too many of us throw “I love you” around too quickly, and that’s because we’re in love with the idea of who we think someone is.

Every time I thought I was in love, I was always in love with the *idea* of that person. I loved the way they looked; I loved the way they smelled; I loved the way they spoke. I loved what I thought they were all about. The myth of being in love is the key here. You see, when we think we know somebody, we fall in love with the idea of what we actually think they are.

Related Link: [Travel 101 for the Guys](#)

We’re all guilty of it. We tend not to listen when people usually tell us exactly who they are. So let’s go a little deeper right now, and talk about the L word.

When you meet somebody and you think you’re in love with them, it’s your thoughts that you love. You’re deeply intoxicated and love drunk, under the powerful drug called chemistry.

I remember my last relationship and love. I was so in love with her, that I was blinded to who she really was. She wasn’t a bad person. She was actually a good person, but she wasn’t my special person. I put the L word out there and told her I loved her quickly – and that changed everything. She immediately felt like she could do no wrong.

Here was this great man that told her how much he loved her after only three weeks. Six months later, when the relationship was on rocky ground and I started expressing my needs, wants, and desires, she had no idea what to do. She thought I was happy the whole time because I told her how much I loved her over and over again.

Related Link: [Is Getting Hitched Irrelevant These Days?](#)

The right time to tell someone new that you love them is when

you really get to know them. You get to know who they are; you get to know their faults; you get to know what they're about. When you know that they make you feel loved, wanted, and desired, then it's time.

I'm going to say it again: The L word is not something you should throw around lightly. That will get you into trouble. So I strongly suggest you follow this expert dating advice: Take 90 days to look at your partner, see what they're all about, and get to know them. See who they are in different situations. See if the feeling of love is real or just chemical.

Give yourself this 90-day challenge and don't say the L word for the first three months. If the love drunk feeling begins to wear off and you see them for who they really are and you *still* want to tell them that you love them, go for it.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Celebrity Wedding To-Be: 'American Idol' Alum Pia

Toscano is Engaged



By Dejha Carlisle

The [celebrity wedding](#) bells will be ringing! Sources confirm that *American Idol* Pia Toscano just got engaged to beau Jimmy Smith, according to [UsMagazine.com](#). It is believed that the two got engaged about two months ago. Toscano showed off her new bling in an Instagram post Smith shared on January 1. The [celebrity couple](#) is very excited about their upcoming [celebrity wedding](#)!

There's another celebrity wedding in the works! What are some ways to

choose the perfect engagement ring for your partner?

Cupid's Advice:

Engagement rings are supposed to be perfect, and you'll have to know what your partner will like. Cupid has a few pieces of [dating advice](#) centered on how to pick the perfect ring:

1. Consider the wedding band that will go with the engagement ring: A wedding band will probably get worn more often than the engagement ring, but when both are worn, it's important that they match. Choose the perfect wedding band first, since it will be worn non-stop, and then go from there as far as the engagement ring goes.

Related Link: [Celebrity Couple: Nicki Minaj & Meek Mill Spark Engagement Rumors Again](#)

2. Gemstones and settings: Does your fiancé want her engagement ring to include her birthstone, or does that not matter? If your partner isn't too fond of cubic zirconia, you may want to steer clear of that as well. Get some ideas from her friends before you blindly guess on what she'll like. Her mom might have some suggestions, too!

Related Link: [Engagement Rings of the Rich and Famous](#)

3. Size really is everything: No, I'm not talking about the size of the rock. You have to be sure you know your partner's ring size. You don't want to buy a size three ring when your lady's actual size is a seven! You want to be able to slip the engagement ring on without a problem after your propose.

What are some other things to consider when choosing an engagement ring? Share your thoughts below.

'The Truth' Author Neil Strauss Gives Relationship Advice – Even When It's Uncomfortable



By [Rebecca White](#) and Myesha Cobb

It's no secret that relationships and love are hard to navigate sometimes. It's easy to become unsure of ourselves and not know how to deal with questions surrounding things like monogamy and faithfulness. Fortunately, author Neil Strauss tackles these tough topics in his new book [The Truth:](#)

[An Uncomfortable Book About Relationships.](#) He addresses issues that couples face on a daily basis and shares his own journey along the way. In our exclusive author interview, Strauss talks about the inspiration for his autobiography, the lesson he hopes his readers learn, and his three best pieces of expert [relationship advice](#).

Expert Relationship Advice from Author Neil Strauss

To start, we love the premise of *The Truth: An Uncomfortable Book About Relationships*. Why did you decide to write an autobiography?

I write my books because I want to use my personal experiences to solve a problem in my own life and to help others. So I wrote *The Truth* because I felt like I had a real issue with intimacy and connection. I found a solution for it, and I felt like what I discovered could make a difference for my readers.

Related Link: [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After writing the book, what were your final conclusions? Is it natural to be faithful to one person for life?

The main conclusion is that a relationship and love has almost nothing to do with the other person. It really has to do with *you* and the way that you choose to relate to them. The first thing I found was that the healthiest thing to do for your relationship is to work on yourself.

As for whether or not it's natural to be faithful to one person for life, I think the answer to that question is different for everyone. First, get healthy. Then, do what feels right, whether that be monogamy or not. Do what you like. I think that the ideas in our culture about

relationships are actually counterproductive.

Did you have any personal revelations while working on *The Truth*?

The biggest revelation I had was about my parents. By having a needy, smothering, and anxious parent of the same sex that I was attracted to, I began to recoil anytime I was with a partner who got needy. It set a template in my heart for being distant in a relationship.

What do you think will surprise your readers the most about your new book?

I think a lot of these experiences, in the world of open relationships and non-monogamy, were not what I expected them to be or what other people would expect.

You previously said that you're not the "hero in this tale" and that you are the "villain." Why do you feel that way?

It's just true. The book begins with me cheating on my girlfriends! I tried to figure out how I could do that to someone I love. Throughout my story, I start to care about why would I cheat, why would I hurt them, why would I betray my own value system.

Related Link: [Find Out If Your Partner is Undateable with 'The Cheat Sheet'](#)

Relationships were a challenge for you, especially coming out of the "seduction community." Do you have any advice for our visitors who are also struggling to maintain a serious relationship?

My relationship advice is to stop trying to change the other person and really start looking at yourself and your patterns. Recognize that we're often attracted to people who possess the worst traits of our parents of the same sex. Then, we try to get them to change to heal our childhood wounds through a

subconscious level. If we recognize that, then we can start to do something about it.

It's also important to understand the stages of a relationship. Usually, a relationship starts with projection, where you don't truly see who the other person is; you just see who you want them to be. The next stage is disillusionment, where you see who they really are and not your fantasy. That's why people break-up in that three to nine month window – because you're seeing who they really are. Then, there's a power struggle or conflict. If you get through that, there's a relationship. If you can recognize the baggage you both bring and unpack that baggage, you get to have a relationship that's ten times better than the fantasy.

Now, we'd like to ask some personal questions. You got married in 2013 – congratulations! What made you become a one-woman man?

It was really the work I did on myself. I recognized if I didn't change, every relationship I had would fall apart. I really worked hard with really, *really* deep therapy, not just talk therapy. I treated my childhood wounds like cancer, so I could have control over them. And Ingrid as well – she worked on her abandonment issues.

And how did you know that your wife was The One?

You never *really* know. Asking that question can be detrimental. To me, I just asked myself over and over again, "Am I really, really happy?" And the answer was always yes. She lights up my life.

You also welcomed your first child earlier this year. How has it been from transitioning from seduction community to husband to father? Did becoming a parent change your marriage?

That's just how life works. You're young and want to date a lot. Then, maybe you want to build something bigger and build

a life with someone. Then, you think we're happy and maybe we should have a baby. So the transitioning is very natural. All the work we did on ourselves allows me and Ingrid to be the best, healthy, and nurturing parents we can be, so our child doesn't have the issues we had.

Becoming parents made our relationship better. Our relationship is still important; we still have that connection time. I was initially scared of marriage because of my parents, but sometimes, what you're scared of is what you should be doing.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do."](#)

Lastly, what's the best relationship advice you've ever received?

It's really different than what you might read about or what you're expecting, but I really wanted to share these with everyone. I have three pieces of love advice:

1. Unexpressed expectations are pre-meditated resentment. People build up resentment in their relationship by not communicating.
2. A relationship is not about finding the right person; it's about *becoming* the right person. Become that person yourself, and you're bound to attract someone at your level of emotional maturity.
3. Only when your love for someone exceeds your need for them can you have a shot at a genuine relationship with them. Sometimes, you need someone more than you love them, and that shouldn't be the case.

You can learn more by purchasing The Truth: An Uncomfortable Book About Relationships from [Amazon](#) and also visiting his website [NeilStrauss.com](#).

Relationship Advice: How Your Relationships And Love Impact Your New Year's Resolutions



By Toni Coleman, LCSW

Now that we're closing in on February, it's a good time to take inventory of how your New Year's resolutions are progressing, or not. Have you made adjustments to your environment, created a specific plan, tweaked your schedule or set aside time for following through on the short-term objectives that will get you there? If you have done even one of these, it's a real start. However, if you draw a blank when

reading this, you may have already lost your resolve or even forgotten about your goals altogether. If this is the case, and you want to get back on track—it is important to examine where you got off course and what factors may have influenced it.

As a relationship expert, I notice that one variable people may overlook, but that carries a lot of weight, is how much support you get from your relationship and love. In assessing this, it's important to pay attention to what they do more than what they say. There are many subtle ways that a partner can sabotage your efforts, especially if he or she fears it will impact your shared lifestyle, threatens him in some way, or upset the status quo in general. If you believe this is occurring, consider talking to your partner about what you see happening and ask for help. My [relationship advice](#) is to look at the following eight behaviors to assist you in pinpointing and articulating your concerns and then moving toward a productive discussion on how you can best support one another.

Relationship Advice: How Partner's Can Sabotage New Year's Resolutions

Your partner resists changes that support your goals. For example, you might need to eat an earlier dinner as part of your weight loss goal or you might find that early morning is the best time to work out, but it will mean your partner will then need to cover things at home. Perhaps you have found a class one evening that is just what you need to make an eventual career change, but it's during a time that would then require your partner to adjust their schedule. All of these are potential scenarios that people face when attempting to make changes and a supportive partner will try to make accommodations whenever possible. Sometimes it just isn't possible and alternative solutions will need to be considered.

Your partner insists on activities and interests that set you up for failure. Maybe you have a long-standing tradition of eating take-out on Saturday nights in front of the TV that you follow-up with a decadent dessert. However, you need to make dietary changes that will support your goal for better nutrition and health. Maybe most of what you have always enjoyed together has been sedentary in nature, such as going to the movies, out to dinner, drinking with friends at a local pub, or hanging out in your bathrobes and reading or watching TV. While there is nothing wrong with doing any of these some of the time, if you have set a goal to be more active during leisure hours, these will need to be cut back in order to create time for something new. My relationship advice is to make sure your partner isn't insisting that everything stay the same. If they do this and pout, it will undermine your efforts and force you to make a choice between your relationship and your goal.

Your partner makes negative comments about your changes. Statements like, "You're no fun anymore," or "It doesn't look like it's making any difference," can lead to you feeling bad about yourself or losing resolve due to a concern that the potential downsides to making the change outweigh the benefits. What you need instead is a cheerleader who offers encouragement, finds positive things to focus on—and lets you know they support you, no matter what.

Related Link: [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

Your partner behaves punitively when he doesn't get his way. Change is hard for everyone. Your partner might feel bad about losing his drinking or eating buddy. She might feel some resentment about making changes in her schedule or to giving something up to accommodate your new needs. He might be feeling nostalgia for some things you used to do together and with others that you now need to refrain from. These feelings are natural and understandable, but your partner should bring

them up with you in a non-defensive way instead of acting out. You might be able to come up with compromises that meet both of your needs while allowing your partner to hang on to some of the things that are most important to them.

Your partner throws temptations in your path. An all too common scenario is the one where one spouse decides to give up sweets or alcohol, and her partner begins bringing home a lot of what the other is trying to abstain from, and encouraging them to try just a little bite or sip. There are many reasons for why this behavior is so common, but none of them are good ones. If this is happening to you, my love advice is to address it immediately by making a gentle request for “free temptation zones” in your home.

Your partner lacks awareness of how your changes are threatening her. It can be difficult for your partner to see you working towards a goal that he or she feels they should also be working toward. If you have always been overweight together, having a spouse who suddenly loses weight and feels good about her new appearance could be threatening, especially when other people of the opposite sex take notice. If you give up drinking, he may feel judged when he reaches for a beer, glass of wine or a cocktail; even if you don't indicate that you have an issue with it. Should he begin to act threatened by a change you are making that he or she believes they also should be working on, consider bringing up your observations gently with them. Remind him that this is a choice that you have made for yourself and that he is free to do the same or not, depending on his needs and wants.

Related Link: [Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love](#)

Your partner creates a competition between you. This one dovetails on the one above—you are not in competition, you are (or should be) on the same side. Being on the same team means you support one another's success, cheering each other along

on the road to accomplishment. If your partner starts bean counting, it will undermine the relationship as this causes division and an attitude of me first, me only. If two people are focused on their needs and wants, the couple cannot function as a cohesive unit, which is the foundation of a healthy and mutually satisfying relationship.

Your partner sees changes as meeting your needs vs. meeting his needs. A supportive and happy relationship is not an “either, or” one. When problem-solving becomes a contest where one spouse is designated the winner and the other the loser, both people in the relationship lose. There is a very wide continuum between those two ends, and somewhere along the way are points at which a compromise can be found.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

Negotiation and compromise are essential to the health of every relationship, as is getting the kind of support that will help you stick to and achieve your resolutions. When you win, your partner also wins—and vice versa.

[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Dating Advice: 7 Signs of Cheating You Need to Know



By Dejha Carlisle

Being cheated on is like having your heart ripped to shreds, and it's nowhere near enjoyable. In order to know your partner is cheating, you don't need to catch them red-handed. There are signs you can look for that are very telling. Most people tend to ignore these signs, as well as other [dating advice](#) that could actually help. We don't agree that's the best way to handle things.

Cupid has dating advice on the

signs of cheating you should be aware of:

1. He suddenly needs privacy: If you've been with someone long enough, you pretty much know that person's behavior and habits. One sign your partner could be cheating is a sudden need for privacy (hiding out in the bathroom with their phone, always staying late at work, going into another room when the phone rings, etc.). If you see any of that happening, it's time to look into things.

2. Loss of interest: Another sign of cheating is his loss of interest in you. His quality time with you has lessened, and he often seems pretty bored or distracted when he's around you. Plus, he's not paying attention to you from a conversational or physical perspective.

Related Link: [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

3. He's secretive with his phone: Now, this may not exactly be a sign, but it can bring suspicion, especially if he didn't used to act this way. If your partner always shields his phone from your view, or he always positions his body to where you can't see the screen, then he may be cheating.

4. Picks fights for no reason: This can also be a reason for thinking your partner may be cheating. If your partner is always on edge and starting fights with you for no reason, they may be taking their guilt about the situation out on you.

Related Link: [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

5. Accusations: The main sign of a cheater is when your partner constantly accuses you of cheating, when you haven't changed how you're acting at all. This is because they have

guilt built up inside of them, and they'd rather you take the blame than having you catching them for whatever they're doing.

6. Transformation: Another sign is if your partner has developed a new "interest" in how he looks. If he changes his entire appearance from the way he dresses to the way he smells, he may be cheating. This is because he could be shaping his image to fit someone else's.

7. Trust your gut: Just because you *feel* that someone is cheating on you doesn't mean you should accuse them right away. It is a good idea to trust your gut instinct, though, as most times it's right. Proceed with caution.

What are other ways to know if someone may be cheating on you? Share your thoughts below!

Expert Dating Advice: How to Be a Smarter Dater





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and relationship author Tinzley Bradford about how to be a smarter dater. "I do what I do because I love to help women be better!" Bradford, writer of *The Settle-Free Dating Method for Women*, exclaims.

Relationship Author Helps You Find the Right Man

Here are Bradford's three best pieces of expert [dating advice](#) to help you be a smarter dater:

1. Be observant: "I'm a strong believer in watching what people do versus what they say," the dating expert reveals. If he says he's going to call you at a certain time but never does, that's something important for you to note. Always keep his actions in mind.

Related Link: [Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man](#)

2. Be aware of who you're dating: If you already see some not-so-great sides of your partner, it may be time to move on. For instance, if you want a serious relationship and love, but he just wants to "Netflix and chill," be smart and *listen* to what he says. "Ladies, you can't change a man's mind," Oshima explains.

Related Link: [Relationship Advice About True Love](#)

3. Don't overstress: You don't have to go on a date every night or even every weekend. Don't put too much pressure on yourself. "Date yourself sometimes," Bradford shares of this piece of expert dating advice. "Take time for *you*. A little downtime never hurts."

For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What's your best piece of love advice for being a smarter dater? Share with us in the comments below!

Celebrity Wedding: Jodie Sweetin Is Engaged to BF Justin Hodak



By Jasmine Igwegbe

There's still room in the *Full House* for one more apparently. In the latest celebrity news, Jodie Sweetin and Justin Hodak are preparing for a [celebrity wedding](#). The celebrity couple have been together for two years and recently decided that tying the knot is in the best interests for both of them. According to [UsMagazine.com](#), this is the fourth marriage for Sweetin, "who struggled with substance abuse for years after growing up in the spotlight."

Another celebrity wedding is in the works! What are some ways to know a marriage has staying power?

Cupid's Advice:

Walking down the aisle to partake in one of the most exciting life changing experiences is something we all hope to experience one day. Having a powerful marriage is also a goal we all hope to accomplish. Cupid has some [relationship advice](#) to ensure than your marriage has staying power:

1. Your partner is your “go-to”: Studies prove that it is vital for your partner to be someone you can share gossip or hysterical observations with. Having a partner who is your best friend is the key to a powerful marriage.

Related Link: [5 Ways to Bond with Your Partner](#)

2. Steady level of conflicts: When the going gets tough, you hope your partner is there for you even 10 years later. It is perfectly okay to have conflicts with your partner as long as those arguments are fair and rational. Anger is considered a healthy emotion. Feel free to resolve any conflicts through an argument, but play safe!

Related Link: [Dating Advice: Fun Dates That are Virtually Free](#)

3. Are you still having fun?: If your partner is still finding ways to act silly and make you laugh, then you’re still having fun and your marriage is powerful. It’s like the person you married never left.

What do you believe are other ways to know your marriage is powerful? Share your thoughts below.

Relationship Advice: 5 Ways

to Restore Trust in Your Relationship



By Katie Gray

Trust is the most important aspect of a relationship. Without trusting your partner and having that trust reciprocated, your relationship won't be a healthy and happy one. We can take cues from [celebrity couples](#) and their [celebrity relationships](#) to see how they restore the trust in their relationship when it's lost. For example, Pink and Carey Hart married in 2006, and announced their separation in 2008. After marriage counseling and song therapy, they reunited in 2010, welcomed daughter Willow Sage in June 2011, and just celebrated their 10 year [celebrity wedding](#) anniversary. According to *Psychology Today*, 41% of first marriages and 60% of second marriages end in divorce. Wow! Nobody told us relationships would be easy;

they just promised it would be worth it!

Cupid has some [relationship advice](#) on how to restore the trust in your relationship:

1. Open communication: You can't trust someone if you don't have a mutual open line of communication. Tell your partner how you feel and what you are thinking, and also encourage them to do the same. You have to feel comfortable speaking with your partner about any topic. It's important for both partners to know that they can talk to the other about anything and that it stays private between just the two of you.

Related Link: [3 Ways to Live Happily Ever After in the Face of a Love Triangle](#)

2. Establish boundaries: You must establish boundaries with your partner right away. If something makes you uncomfortable, then you need to let your partner know. You two must decide as a couple how to deal with exes, privacy, outings, and so forth. If something makes your partner uncomfortable, it's up to you to respect that. Establish guidelines that you both agree upon. It's all about compromise in a relationship!

Related Link: [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

3. Affirmations, therapy and exercises: Staying positive goes a long way. To restore trust in a relationship, you must work hard at it. Saying affirmations, doing exercises as a couple and going to therapy and counseling will help a lot.

4. Date night: It's imperative to spend quality time with your partner. It gives you time to bond and to remember why you fell in love with them in the first place. You won't start

trusting someone again unless you feel like you know them. Therefore, having a date night ritual is a good place to reconnect.

5. Forgive and forget: You won't be able to move forward if you are harboring feelings of resentment and anger. It's imperative to work past those issues and clear them up right away. You must practice forgiveness. Whatever your partner did to make you distrust them, you have to first forgive and then forget, in order to move on. Clear up the issues that arose and solve them so you can start trusting your partner again. After all, you care about them or you wouldn't want to stay with them.

What are some ways that you have restored trust in your relationship? Comment below.

Dating Advice Q&A: What Does Texting On A Date Say To Your Partner?





Question from Julia Y.: Because of my job, it's important that I always keep my phone handy so I can be available in case there's an emergency. Will a new guy get the wrong impression if I text during a date?

If you're looking for [dating advice](#) on what texting on a date says to your partner, then keep reading to see what our relationship experts had to say!

Dating Advice On Texting On A Date

[Suzanne K. Oshima, Matchmaker](#): Texting or taking a phone call during a date is a big “no, no!” because it sends the wrong message to the person you're out with. He may think that you're really not that interested in him or that you're texting another guy. That being said, the only exception to the rule is if there's an emergency. Here's my love advice: A good way to avoid him thinking the wrong thing, is to tell him up front that you usually don't text on dates, but because of the nature of your job sometimes emergencies come up and you may need to handle it while you're on the date. He will most

likely be understanding, but you should really try to avoid this from happening on a regular basis, otherwise he'll probably start to get annoyed and lose interest in you.

Related Link: [Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?](#)

[Paige Wyatt, Reality TV Star](#): It's a little rude to be glued to your phone during a date and will definitely give off a bad impression. But if you absolutely must respond for a work emergency, just make sure you tell your date that it is an emergency. Also, make sure to step out, so that he's not just uncomfortably staring at you while you text! It's the 21st century, we all understand if a message just can't wait.

Related Link: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy's Guy](#): When dating someone new, it's important to make the person sitting across the table feel special. That means giving them your undivided attention. My dating advice is if you're on a date and expecting an important call from a client or your boss, let your date know. We've all been there. Then discreetly place your phone off to the side and have fun. If your job keeps you in a perpetual emergency mode where you can never disconnect from the office, it's says something about your choices. Your career is important, but so is your relationship and love life. And guess what? You can have it all if you prioritize your needs and balance your work and personal life.

To find out more about our three dating and technology gurus, click [here](#).

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

What do you think texting on a date says to a partner? Share

your dating advice with us in the comments below!

Will I Ever Find Love? Dating Advice for Women Over 40



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

1. Do something different: Look at what you've been doing in your search for love and try something new. "If you're not meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

Related Link: [Expert Dating Advice on Why You Shouldn't Give Up on Finding the Right Man](#)

2. Handle your anxiety: There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

Related Link: [Dating Experts Reveal How to Meet the Right Man](#)

3. Learn to acknowledge men: "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What is your best dating advice to meet the right man? Tell us in the comments below!

Dating Advice On How to Date an Introvert



By [Jared Sais](#)

As a relationship expert, I understand that dating an introvert is a different experience than dating an extrovert. If you need a quick how-to, then follow my [dating advice](#) and these three main rules when dating an introvert.

Dating Advice: Dating An Introvert

Rule #1 – Keep it simple. The date should focus on getting to

know each other. But simple does not mean boring; in fact introverts have the right idea. They would rather the fun come from the person than the venue. The idea is sound. Introverts want the person to bring at least 80% of the entertainment, the rest should be venue related (at least at first). The idea is this: If you can hit it off at a quiet bar with almost no music or dancing, and you can laugh together, talk non-stop for two hours and make a seemingly boring venue seem like the most fun place in the world then you're worth their time, commitment and devoted trust. Introverts are not boring, so though they focus on the individual more than the venue it's your responsibility to spice things up. Come up with a few date ideas like creating games and asking questions. It's okay to push them a bit out of their comfort zone but ease into that. The goal is to be intimate, fun and to get to know each other.

Related Link: [Expert Dating Advice: How Do I Know If a Guy is Into Me?](#)

Rule #2- Tell the truth and be yourself. Introverts are less forgiving than extroverts when it comes to lying and pretending to like or dislike something. Introverts want to get to know the real you. If you're an extrovert who likes dancing that's fine, but don't lie about it. Introverts hold dear to being yourself and honesty. Again, they want to know the real you. If you fake who you are or lie then chances are you won't be held in the best light. Be yourself and tell the truth and they will love you. Just because they're introverts doesn't mean they want to date an introvert. So if you're like me and a big extrovert, its okay. They will love you if you're kind, honest, and trustworthy.

Related Link: [Dating Advice: Body Language to Create Instant Attraction](#)

Rule #3 – Take your time. You don't need to rush when dating an introvert. Getting to know each other is the best part so

no need to rush the relationship and love. Introverts may take longer to warm up to you, but that's okay. Once again they have it right. Relationships need time to develop and mature, so the more time you invest the better and stronger your relationship will be. Though it takes longer, introverts are as loyal, trusting, and caring as they get. My dating advice is that if you open up to them and take your time in getting to know them they will be by your side forever.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a relationship expert in non-verbal communication, who specializes in dating advice about body language, micro-expressions, and lie deception.

Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love





By Debbie Ceresa for [Divorce Support Center](#)

Has your marriage lost that lovin' feeling? The same old New Year's resolutions of getting into sexy shape by going to the gym won't rekindle the once burning embers in your relationships and love. Now is the time to reignite your relationship flame. It's important to remember that you did find the right person, but somewhere along the way you lost yourself. Think back to the time you fell in love. Not long ago, you could look at each other and instantly know each other's thoughts or just the memory of your loved one made you smile. You can be that right person for each other again. As a relationship expert, my [dating advice](#) is to start by conjuring up those lost memories while you work on the five following commitments.

Dating Advice On Rekindling The Lovin' Feeling In Your Marriage

1. Respect: Aretha Franklin knew it was worth spelling out. You know respect when you feel it. It's an inner sense we all

have. If you want to be admired and held in high esteem, know that your spouse is looking for that same feeling. Respect is essential in a successful marriage. Often it manifests itself in small gestures such as the endearing name that makes you feel loved or expressing thanks for the cup of coffee your spouse makes for you every morning. These are little gestures, but how about the bigger ones? Talk to each other when making joint decisions, whether it involves accepting a dinner invitation or making a huge purchase. Recognize each other's strengths and weaknesses and encourage rather than belittle your partner. Make a conscious effort to bring back your secret looks, kind acts, and loving nicknames.

Related Link: [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

2. Teamwork: "I'm on your side," should be your motto to each other. Author and marriage and family therapist [Tina B. Tessina](#) shared in her book, *Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage*, that instead of dwelling on who's right and who's wrong, the focus should be on solving the problem that the two of you are facing together. Her dating advice emphasizes on talking about your challenge long enough to understand it. Then you can move on with mutual solutions. Working together to find a joint solution will add motivation to continue working as team players both during challenges and good times.

3. Love: I love you. This phrase never goes out of style. It's a powerful statement to each other that can't be said enough. We all enjoy being loved. Love is sharing, appreciating, and admitting our mistakes. Have you heard the saying, "You attract more bees with honey than vinegar?" The more love energy you send out, the more your spouse and others will want to be around you. Write down a few date ideas, initiate a date night and spend time being a couple. Incorporate your teamwork skills to schedule a special event without your cell phones, kids or friends. It's always fun to think outside the box and

try a new activity, such as visiting a museum or a unique restaurant.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

4. Commitment: “When people say they are committed to his or her relationship, they can mean two things,” said Benjamin Karney, a professor of psychology and co-director of the [Relationship Institute at UCLA](#). “One thing they can mean is, ‘I really like this relationship and want it to continue.’ However, commitment is more than just that.” A deeper level of commitment, the psychologists report, is a much better predictor of lower divorce rates and fewer problems in marriage. “It’s easy to be committed to your relationship when it’s going well,” said senior study author Thomas Bradbury, a psychology professor who co-directs the Relationship Institute. “As a relationship changes, however, you must say something like, ‘I’m committed to this relationship, but it’s not going very well – I need to have some resolve, make some sacrifices and take the steps I need to take to keep this relationship moving forward.’”

5. Forgiveness: You were the one who was harmed and feels bad—why should you forgive? Forgiveness doesn’t mean you excuse the hurtful behavior, but it does mean you can let go and move forward. Here’s the benefit: After you forgive, you’ll feel better. Your ability to forgive gives you a feeling of empowerment and the power to take charge of your happiness. Holding onto old disappointments, arguments, and hurt is a waste of your time and energy. Forgiveness will keep you healthy both physically and emotionally.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying “I Do”](#)

So if your relationship has lost that lovin’ feeling—take five. By focusing on mutual respect, teamwork, love, commitment, and forgiveness, you will find the keys to a new

and improved relationship just in time for the New Year.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Divorce Support Center relationship experts, click [here](#).

Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121(!) First Dates





Interview by [Rebecca White](#). Written by Myesha Cobb.

You feel discouraged and are tired of looking for Mr. Right. Still, you keep saying yes to guy after guy, hoping that he might be The One. You're not alone – we've been there too! But have you ever been on 121 first dates? Author and relationship expert Wendy Newman has, and she divulges the many lessons learned in her new book *121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!)*. Not only does she share years of research and intimate details about her many first dates, but she makes us laugh in the process. In our exclusive interview, the author talks about the inspiration for her tell-all, her best and worst first date, and her most valuable piece of [relationship advice](#).

Wendy Newman Opens Up About '121 First Dates'

To start, we love the premise of *121 First Dates*. What inspired you to write an autobiography/guidebook that focused specifically on first dates?

I never meant to go on 121 first dates, and I certainly never meant to write a book about it! It all started with first date 54. It was so horrendous and so miserable; it was so much worse than anything that I had ever read about in terms of a “bad” date that I had to write about it. At the time, my married girlfriends were complaining about how boring their lives were and how unromantic their husbands were. Since I didn’t have a blog, I actually started writing for them, just to keep them happy and to tell them that the grass isn’t always greener on the other side. So I wrote about that particular date, and it was a hit. I continued to write about my dates, just to share where they went wrong or where I went wrong, where it felt right or where we had a moment of victory and shared something really great.

Related Link: [Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks](#)

What’s the best first date you’ve ever been on?

Well, I would have to say first date 101 is the best; he’s actually still a good friend of mine. I’ve had lots of great first dates. I’ve met a lot of amazing men who, while they weren’t *my* man, were great.

And the worst first date?

Like I said above, date number 54 was the worst date. See, I like older men, so I usually go for guys who are five to ten years older than me – that’s my preferred age range. According to his online dating profile, this guy was about 10 years older than me, but when I got there, he was more like 35 years older than me and had a cane. He was hobbling across the street, and he was wearing this kind of beige leisure jacket with wine stains and grease and a wide 70’s lapel.

I was so caught off guard, but I didn’t want to be rude. So we sat down, and he grabbed the menu and encouraged me to order some food. I only planned to have drinks, but at his

insistence, I ordered the house salad. He didn't talk very much, which usually only happens when a man doesn't like you; he makes you do all the entertaining and heavy lifting in the conversation. The thing was, he *did* like me, which made it even worse. I was ready for it to be over, and of course, he sticks me with the bill. I ordered a 6 dollar house salad and ended up paying the 35 dollar tab.

Then, as we were walking out, he asks, "Do you want to know what happened, why I'm using a cane?" Mistakenly, I said, "Sure." He replies, "I was in a motorcycle accident on Friday, and well, it pinched my groin area, and my Johnson has filled with blood, so it's erect. They want to do surgery, but it could do permanent damage and might mess with my erections, so we're just going to wait to see if it'll go down. I'm telling you all of this because I'm erect right now. It will be like I'm on Viagra, so you should come home with me."

That was first date 54. I've had way better, but I haven't had any worse.

Related Link: [Dating: First Impressions – Part I](#)

Author Shares Best Relationship Advice

Now, we'd love to ask you for some dating tips! What relationship advice do you have for women who want to give up on their search for love?

Don't wait until you're ready. You want to wait until the new year, until that work project is over, or until you're done with school. You want to wait until the timing is right, or even worse, until you lose the weight. Don't wait! If I would've waited until I lost the weight, I would still be single. You're never going to feel like you're ready for this new, fun adventure. Just go for it!

Along those lines, was there any tip that really helped you stick with it when you were feeling down about finding a relationship and love?

I had a dating buddy, which I highly recommend. I actually had three of them, two girls and one guy. They were all single, and they all wanted to be in a relationship – two important qualities in a dating buddy. A terrible dating buddy is someone who is married or attached because they don't remember what it was like to date and don't have enough sympathy. Another terrible dating buddy is someone who loves being single. Find someone who's in a similar place in their own life and then promise each other that you'll have each other's back, that you'll be there to listen to all the horrific details of every date, and that you'll be straight with each other.

What's the best love advice that you've ever received?

The best relationship advice that I've ever received is to relate to your partner like they mean well and like they care about you. In the three years that Dave and I have been together, we've always treated each other like no one's misbehaving, and by doing that, we've never been in trouble with each other.

Related Link: [Dating Experts Reveal How to Attract the Right Man](#)

Lastly, do you have anything else you'd like to share with our readers?

Well, I have a 20-city book tour happening. I'm really excited about that. I'm leaving for San Diego, and I'll be on the road until May. That's my life for the next six months!

You can learn more by purchasing 121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!) from [Amazon](#) and also visiting the

author's website, [Wendy Speaks](#).

Celebrity Interview: 'Mob Wives' Reality TV Star Renee Graziano Says She's "Dating and Enjoying Being Spoiled Like a Princess"



Interview by [Lori Bizzoco](#). Written by Emily Hoff.

After five mob-tastic seasons, the VH1 reality TV show *Mob*

Wives will be coming to an end. The series sixth and final season premiered last week on Wednesday, January 13th. In our exclusive [celebrity interview](#), we got the latest scoop on the drama from Renee Graziano, one of the original cast members. She reveals why she didn't want to film the show and opens up about her friendship with Natalie Guercio and her relationship and love life!

Reality TV Star Renee Graziano Talks Final Season of *Mob Wives* in Celebrity Interview

We can't believe it's already the last season of the show! What do you hope to leave viewers with during the final season?

I would like to leave viewers with the knowledge that they can also work through adversity and overcome obstacles. Never give up.

What will you miss most about the show?

The paycheck!

We saw Natalie Guercio tweeted at you with her best wishes after you were reportedly hospitalized over the summer, despite altercations you two have had in the past. What is your relationship with Natalie now?

I acknowledged that she did that, but we're not friends and never will be. That ship has sailed.

Related Link: [Celebrity News: 'Mob Wives' Star Big Ang Hosts Viewing Party](#)

There was some speculations that you would be leaving the show due to health concerns. Were you really debating about filming

this season?

I had let the bullshit get the best of me for a minute, which caused me to want to leave. However, I am back in the saddle and happily riding off into the sunset.

Is it true you stopped filming mid-show because of drama with Drita?

Absolutely not. I have nothing to do with the Drita drama for once.

What made you decide to stay on the show?

I started with my sister and will finish with my sister because that's what family does.

Related Link: ['Mob Wives' Star Renee Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!](#)

Can we be expecting to see you on the small screen again? Any spin-offs in the making?

You'll definitely be seeing me in a few other productions. So stay tuned – I'll be letting fans know shortly.

Is there currently someone special in your life? If so, can we expect to see them on the show?

I still haven't found Mr. Right. However, I am dating and enjoying being spoiled like a princess...but not a mob princess this time around!

What relationship advice would you give other single mothers on the dating scene?

Don't bring strangers around your kids until you're 100 percent sure it'll work.

Related Link: ['Mob Wives' Executive Producer Jenn Graziano Says, "I'm Not Anti-Marriage; I'm Anti-Ball and Chain!"](#)

What would be your perfect date night?

My perfect date night is ordering takeout and watching a great movie, all spooned up on the couch together.

Any spoilers you can leave us with for this upcoming season?

I don't give up secrets!

The last time we met, you had just launched your book *Playing with Fire*. How did the book do? Any plans to write another?

My book did well. I'm actually meeting with networks to turn it into a series...fingers crossed!

I loved my past celebrity interview with Jenn. How is she doing? She's such a superstar with all that she's done and created.

My sister is my inspiration. She's amazing and has several projects that'll make you wanna watch more TV, so look out for them! She makes me proud.

Be sure to watch Mob Wives on Wednesday's at 8 p.m. on VH1! Stay tuned for our upcoming interviews with Mob Wives stars Brittany Fogarty and Drita D'Avanzo!

**Expert Dating Advice About
Why You Shouldn't Give Up on
Finding the Right Man**



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

Dating Experts Encourage You to Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

1. Believe in yourself: "Believe that you are wonderful, that you deserve to love and be loved, and that there's the perfect person out there for you," he explains. "You have to believe that." Remember that, while you're looking for your soul mate, they're also looking for you.

Related Link: [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

2. Practice conscious dating: That means being aware of who you are and what you want and then using dating strategies to get your ideal relationship and love. “It can feel like finding a needle in a haystack, but it doesn’t have to,” says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn’t the right fit for you.

Related Link: [Relationship Advice: How to Get Engaged in a Year](#)

3. Be the chooser: Make the choice that is right for you. If you don’t see a future with someone, don’t say yes to that second date!

Watch the video above for more great expert dating advice!

For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Got any tips for someone ready to give up on their search for The One? Tell us in the comments below!