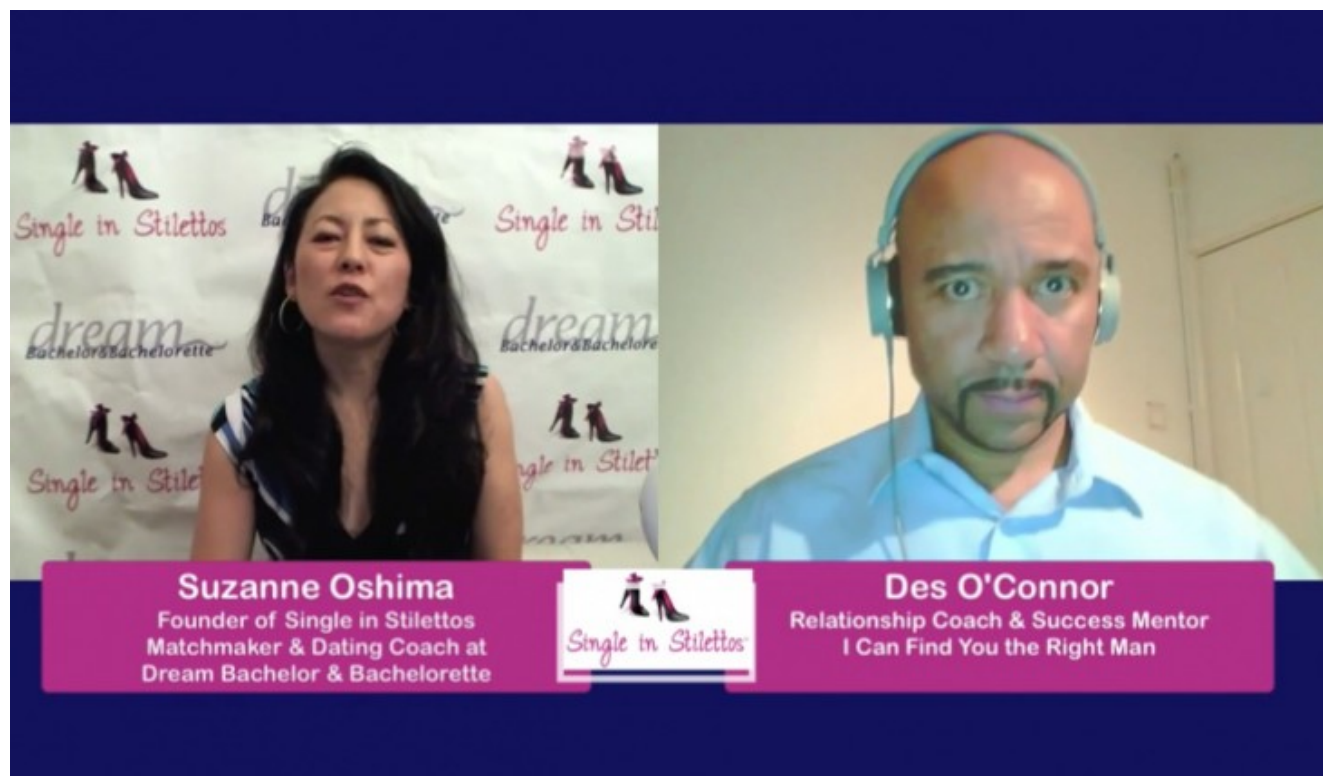


Expert Dating Advice About the Secrets of Meeting Men



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Des O'Connor about the secrets of meeting men.

Relationship Experts Reveal Where and How to Meet Someone Special

According to O'Connor's expert dating advice, you have to remember that you can meet men anytime, anywhere! It's something you should always be doing to increase your chances of success. The relationship expert reveals that you can meet a man while you're walking down the street, running errands,

or even standing in line at the grocery store. Just keep your eyes open!

Related Link: [Des O'Connor Shares Love Advice for Winning Him Over](#)

They also encourage you to go where men like to hangout. They enjoy sporting events like basketball, hockey, or boxing. And while they may not *like* to shop, the men's section of a department store is another good option! Once you spot a potential match, all you have to do is smile and strike up a conversation.

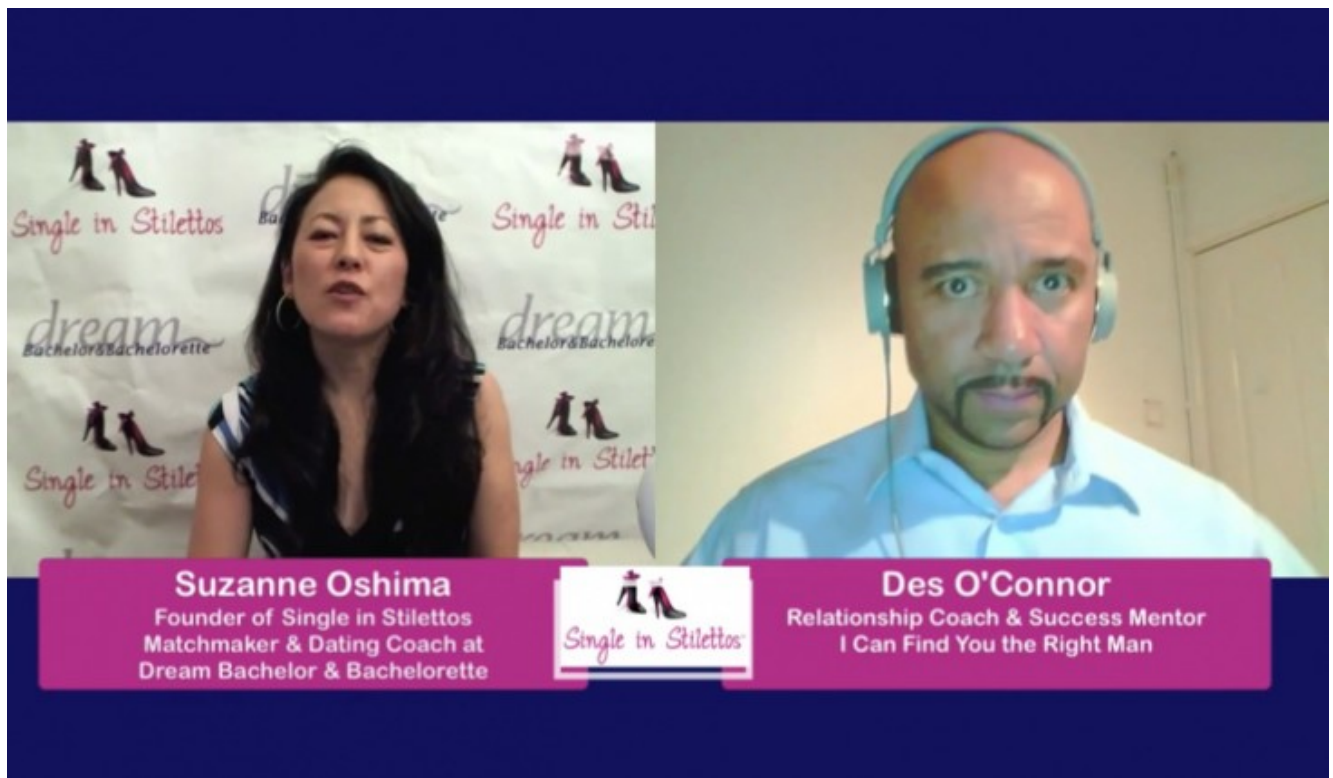
For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

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

Cupid wants to know: What's your best piece of love advice for meeting someone special?

Julie Andrews' Relationship Advice: How to Survive the Death of a Loved One





By Dr. Jane Greer

Actress Julie Andrews revealed that she is still dealing with the death of her husband, Blake Edwards, who passed away in 2010 at the age of 88. They were married for 41 years, and it “was a love story,” according to Andrews. Some days she gets along just fine, but others the loss of this relationship and love hits her like a brick, and she finds herself missing him and wishing he were still with her. This is common when one is dealing with grief, especially the death of a spouse.

When you spend decades with the same person, and form hundreds of habits and routines that include them, it’s devastating when they are no longer with you.

Very often when someone is mourning the loss of a loved one, it is hard for the people around them to understand why they

haven't gotten over it already. As a result, the person who is grieving may have unrealistic expectations of themselves, and could worry that there might be something wrong because they haven't yet been able to let go. Consequently, they may stop sharing their feelings either because people aren't asking anymore, or because they think people might no longer want to hear it. With that in mind, the fact that Julie is able to talk publicly about her sadness and not bottle it up is a positive action.

In addition to the normal course of processing the death of someone close to you, there is another piece of relationship advice that helps with coping that I wrote about in my book *The Afterlife Connection: A Therapist Reveals How to Communicate with Departed Loved Ones*. I was compelled to write it after my mother died.

Recognize signs and messages.

In my book, I identified the ways to recognize the signs and messages that are coming your way from your loved one who has died. I also talk about the power of transcommunication, whereby rather than just waiting for those signs, you can initiate contact by directly asking for them.

Utilize the power of experience.

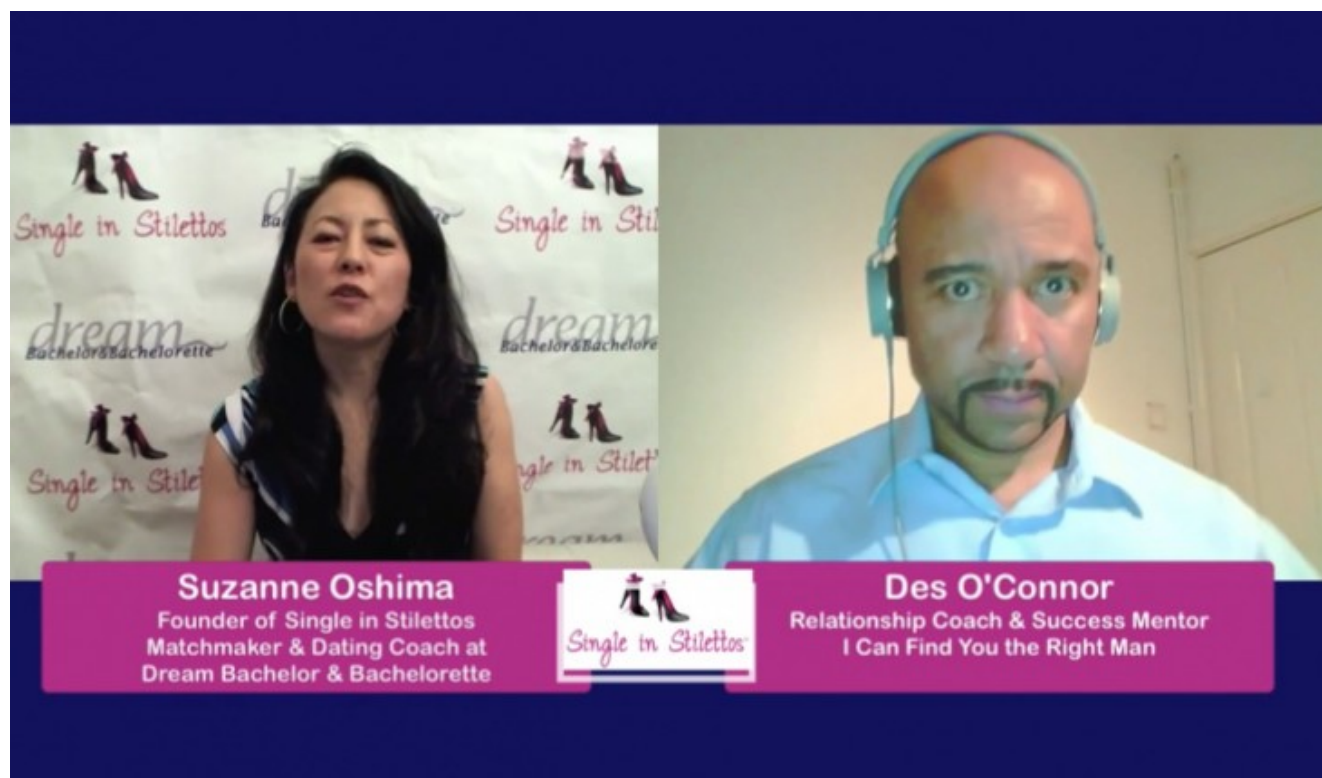
Through the power of the experiences you share, it is possible to remain spiritually connected to the person you lost even after they cross over. It is another way of coping with your grief, and can be a tremendously helpful tool in alleviating the anguish of their death. Although you will always miss your loved one on a physical level, knowing their energy lives on and feeling their presence can help you buffer the pain of their departure. For many people, myself included, you may now

feel as if you have a very special guardian angel who is with you when you need them to be.

While we don't know if Julie embraces the possibility of maintaining a spiritual connection to her deceased husband, we do know that at the very least she is being open about the magnitude of her loss. The truth is, we never really get over the death of someone we loved and lost. Rather, we look to get on with it in terms of living our lives as best we can in one way or another. Hopefully Julie can continue to cope with her husband's passing, and be able to enjoy the rest of her life to the fullest without her grief weighing her down.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.

Exclusive Celebrity Interview: Kailen Rosenberg Says, "There Is No Such Thing as a Failed Relationship"



By [Sarah Batcheller](#)

[Kailen Rosenberg](#) is one of the nation's most highly-acclaimed matchmakers. Known as "The Love Architect" and owning a company under the same name, the dating expert helps her clients discover the strong foundation within themselves so that they can then build a lasting relationship and love with their true soul mate. If you were to look at the world through her eyes, "love" would be more than just a four-letter word – it would be a way of life! After reading our [exclusive celebrity interview](#) with Rosenberg, you're bound to feel empowered in your search for The One.

Dating Expert Kailen Rosenberg Shares Relationship Advice

Rosenberg's matchmaking services are elite and one-of-a-kind. She gets to a person's core in order to find just the right

person to ignite them. The mission of The Love Architects, who have clients ranging from your next-door neighbor to your favorite celebrity, is to help people authentically find love in whatever way, shape, or form they require. “We connect true soul mates who have been waiting forever to finally meet, and we help those who are married and struggling fall madly in love with each other either again – but in a healthier way or even for the very first time,” Rosenberg explains. “Every potential client starts with a deep, spiritual, therapeutic, get-to-know-your-true-self assessment.”

Related Link: [Relationship Expert Kailen Rosenberg Shares Dating Advice on Experiencing the Love We Deserve](#)

Those who participate in a “Love Design” session with the relationship expert are first asked to answer a few head-on questions. The matchmaker wants to know “who you are, who you believe you are, and why” before asking why you ready for love and what kind of partner you desire. Rosenberg continues, “From there, we get to the truth about what has kept them stuck, away from the love that has been waiting for them their entire lives, and then, we go get it!”

Once their clients have completed the first portion of The Love Architect’s process, it’s time to look for someone special! “Next, a personal love and life blueprint is used as a custom map to build, heal, tear down, or do whatever is necessary to bring the most amazing experience of love into our clients’ lives,” the love guru divulges.

Exclusive Celebrity Interview With “The Love Architect”

Before you find someone else to love though, the life coach urges you to love yourself. Sharing an important piece of relationship advice, she claims, “If we have no real clue who we are, we then spend our entire lives not really knowing our

authentic selves and therefore ending up on a treadmill going nowhere but on a habitual track of unhappy, unsuccessful, unfulfilling relationships. That in turn changes our energy, which in turn affects the planet we live on.”

Of course, falling in love isn’t always smiles and butterflies; it can lead to heartbreak too. To those who are trying to move on after a rough split, Rosenberg offers the following dating advice: “Realize that your break-up was one of the greatest gifts you could have ever received. It was raw and real. It tugged at your ego and your heart and gave you the chance to see something in yourself you perhaps have never seen or weren’t ready to see until now.”

Related Link: [Dating Expert Kailen Rosenberg Constructs Celebrity Relationships From the Inside Out](#)

In our exclusive celebrity interview, she encourages you to take a look at your value and see what you have allowed into your world that shouldn’t be there. “Life is here to love on you, to teach you, and to bring you love, and it won’t allow you to be with the wrong person for too long,” she adds. “Your most recent break-up leaves you with a wonderful opening for the right person to finally come in.”

With the weather finally warming up, it’s a popular time of year for “spring flings” – which are one way to get over a broken heart. You may be surprised that Rosenberg says to go for it! “There is no such thing as a failed relationship. Instead, look at it as an in-depth experience with yet another ‘love teacher’ who showed up to teach you about *you* and about love,” she insists. “So be smart and be a great student of love. Seek to find what more there is to learn about yourself when it comes to love, where your ‘blocks’ still might be, and where you have clearly grown.”

Real love comes in all shapes and sizes, which is why the celebrity matchmaker has partnered with Betsy Broyles Arnold

to recognize Alzheimer's disease caregivers. "I am honored to have been given the opportunity to join forces on such an important and inspiring campaign. As you know, my entire life-work focuses on teaching and bringing genuine love to this world, and we all know that love is far more than hearts and chocolates, so it couldn't have been a better fit," she says of the Unconditional Love campaign. "We all want to understand love, and we all know that there will come a time in our lives when love is challenged. Those truly forgotten, unrecognized heroes – the caregivers of those with Alzheimer's – give every bit of themselves, and *that* is when love becomes unconditional."

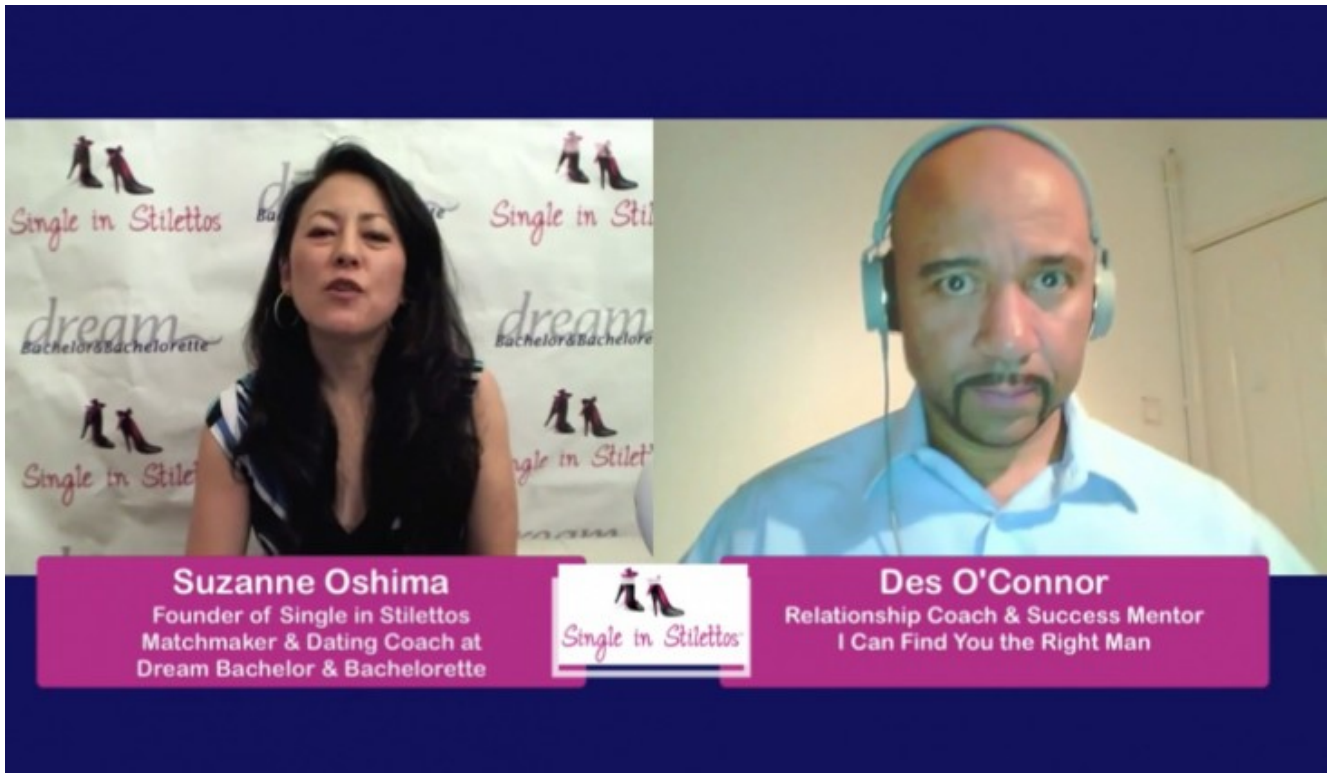
Related Link: [Relationship Author Kailen Rosenberg Gives Dating Advice for Finding 'Real Love, Right Now'](#)

Honoring these caregivers can be as simple as sending a card to show that you appreciate their work or offering to clean their home or cook them dinner. As Rosenberg explains, "They know in their hearts they have no choice but to be strong for their loved ones, to be present, and to love unconditionally in ways they never thought possible. We need to recognize them for their efforts."

You can keep up with Kailen on Twitter @kailenrosenberg and www.facebook.com/kailenrosenberglovearchitect. Also, be sure to pick up a copy of her book about love, Real Love, Right Now: A Thirty-Day Blueprint for Finding Your Soul Mate – and So Much More!

Relationship Advice: 3 Ways

to Handle Unmet Expectations in Marriage



By Jennifer Smith

I unintentionally entered marriage with a heart full of expectation of how life would be once I became a wife. I desired a perfect relationship and love, free of hardship and pain, and full of adventure and passion.

Once we were finally married, I was blindsided by the circumstances we encountered and the conflict that

arose in my relationship with my husband. With each passing day, if my husband fell short of fulfilling one of my expectations, discontentment would grow in my heart.

At the climax of our marital issues, when we both thought the next decision in our relationship would be divorce, God saved us! Among many things, God opened my eyes to the destruction of unmet expectations and how I had allowed them to cripple intimacy in our marriage.

I want to provide three ways to handle unmet expectations in marriage based on my experience:

1. Joy: We must cling to joy! Despite our circumstances or conflicts faced in marriage, we must understand that joy is more powerful and more necessary than happiness. If we pursue personal happiness we will never feel fulfilled, but if we pursue joy we find contentment!

Related Link: [Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day](#)

2. Contentment: This is the ability to be satisfied no matter what! It's important because there are many things we can complain about in life. However, if we are able to be content with what we have, including our spouses, then there will be no room in our hearts for bitterness to grow!

Related Link: [Divorce Attorney Jacqueline Newman Offers Relationship Advice: "You Want to Be Divorcing a Happier Spouse"](#)

3. Thankfulness: This is the seed that leads to contentment, which leads to pure joy. We must be intentional everyday to find things in life and in marriage for which we are thankful.

I hope my love advice encourages you today and inspires you to let go of your unmet expectations in marriage. I challenge you to embrace joy, contentment, and thankfulness. When I challenged myself with this task, my heart as a wife was transformed, and my marriage was saved!

Jennifer Smith created Unveiled Wife, a web-based ministry for wives, in March 2011, where she publishes weekly marriage articles and encouragements all geared toward empowering and discipling wives. She shares more of her story in her new book, The Unveiled Wife. Jennifer and her husband currently live in central Oregon with their young son.

Expert Love Advice: What to Do If Your Job Intimidates Your Partner





By [Sandra Fidelis](#)

Modern relationships and love can indeed be challenging. In the past, the purpose of romantic partnerships was to accomplish two things: to procreate and to preserve power. Over the past several decades, though, we have begun asking more of our unions. We now expect them to be deeply fulfilling and to provide us with a supportive partner, best friend, and perhaps even a soulmate. We expect to be with a partner who celebrates our wins and accomplishments as well as one who supports us when things aren't going as well as we'd like. But sometimes, we can be let down when he doesn't seem as supportive of our career or perhaps is even downright jealous of our success.

Relationship Expert Shares Dating Advice About an Intimidating Job

So what can a driven career woman do when her job intimidates your partner? Well, take [celebrity couple](#) Jessica Simpson and husband Eric Johnson as an example. Even though Johnson has had a successful career in the NFL as a tight end, his wife is

indeed more well-known and has more irons in the proverbial fire in terms of her businesses and her superstardom. Here is my expert love advice about what can you learn from a seasoned career woman such as Simpson to help you cultivate a successful career and be supported by your partner:

Related Link: [Jessica Simpson Shares Five Wedding Vows for a Happy Marriage](#)

1. Have an open and honest dialogue with your partner about your career goals: Good communication is one of the keys to a healthy relationship. You've heard this dating advice a million times, but communication is indeed a skill that you must learn if you want to maintain a healthy and happy relationship. Start with a dialogue about your aspirations at work. Let your partner in on your plans and your dreams for the future. Tell him why you want to achieve so much. This conversation will allow him to understand you and your job on a more intimate level, and it will also give him a chance to become more emotionally invested in your goals.

2. Make time for your partnership: It's easy for your significant other to feel resentful of your job when they feel like they're less important to you than your career. In Simpson's case, she has taken some time out for her celebrity family and has slowed down when it comes to her acting and music career in order to dedicate more time to her husband and children. But you don't need to put your job on hold to make your relationship and love a priority. Setting some time aside each week to connect intimately with your guy will go a long way in making him feel like he's just as important to you as your job.

Related Link: [How to Balance a New Relationship and Love with a Booming Career](#)

Use Celebrity Couple Jessica Simpson and Eric Johnson as an Example

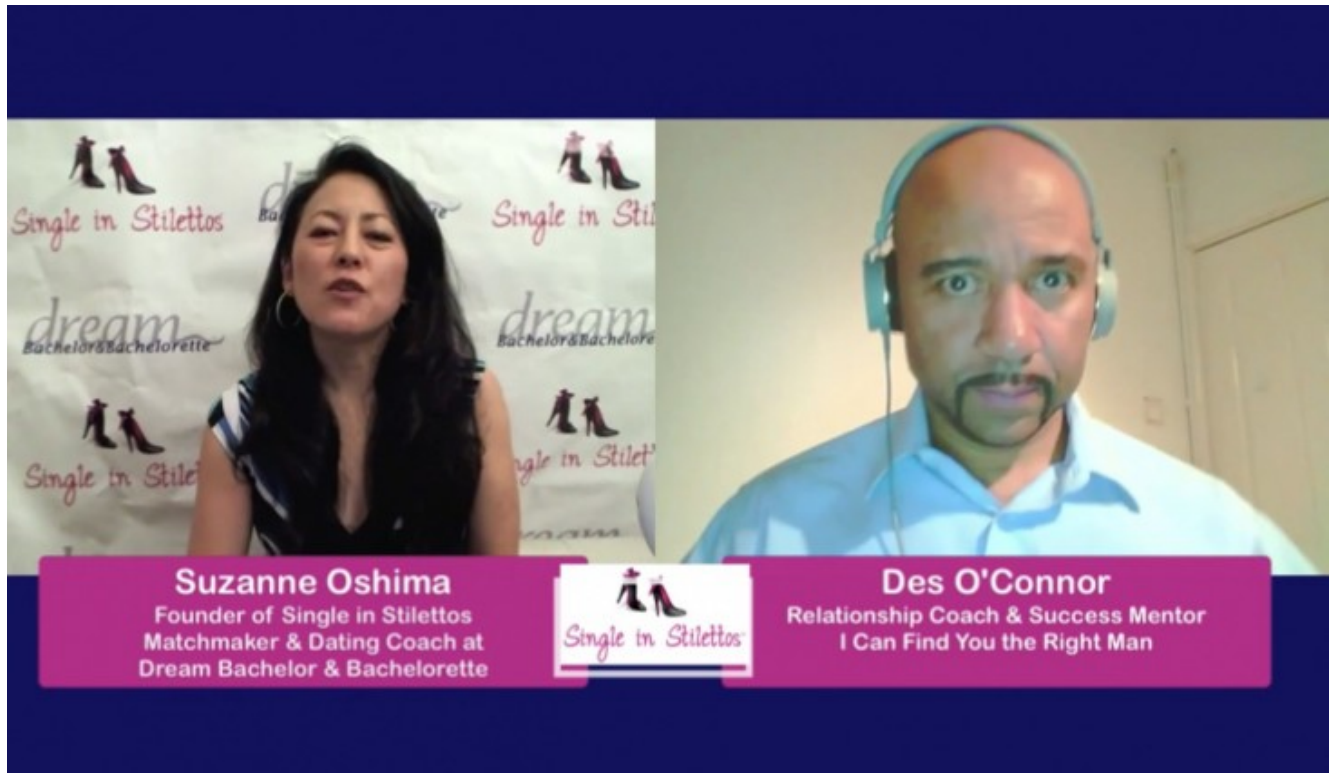
3. Include your partner in your career goals and support him in his endeavors: Once you've communicated your career dreams to your partner, begin to include him in the attainment of these goals whenever possible. Does he have a complimentary job that could help you in some way? Could he provide some general help based on a certain skill he possesses? To follow this expert love advice, take a cue from Simpson: She recently released some sexy pictures of her and Johnson, and by doing so, she's *including* her man in her career instead of having him watch from the sidelines. Make him a part of your successes and be his cheerleader as well. Being invested in each other's accomplishments will leave little room for jealousy or resentment.

Juggling love and a successful career may be a new frontier that modern women have to face, but it's one that can be navigated successfully through open communication, understanding, and a focus on the achievement of both party's goals.

[Sandra Fidelis](#) is a relationship expert, best-selling author and speaker with a great talent for helping single women get off the dating merry-go-round and finally meet the right man.

Dating Advice: Three Ways

Your Relationships and Love Could Be Killing You



By Amy Cook for [Hope After Divorce](#)

When is it okay to end a relationship and love? People differ in their reasons for staying or leaving, but most agree that partnerships should be over when they damage your physical and/or emotional well-being. While we don't know the reasons behind the surprising [celebrity divorces](#) of Patrick Dempsey, Hilary Duff, and Mandy Moore, we do know that there were longstanding issues that required these famous couples to make a change. If your relationship is giving you stress, depression, or a weakened immune system, it might be time to evaluate whether your love is toxic and needs a change too.

How to Know When to End a Relationship and Love

Stress: Trying to maintain a relationship in a “fight or flight” state of being will surely break down your body’s ability to function normally. Anxiety, high blood pressure, and added stress to your heart compromise your health.

Related Link: [Mandy Moore and Ryan Adams File for Celebrity Divorce After Six Years of Marriage](#)

In a June 2013 article titled “How Relationships Can Make You Sick” and published on Healthgram.com, the author references a study conducted at Ohio State University where researchers discovered married men and women who struggled with ongoing concerns about the stability of their relationships and love had higher levels of the stress hormone cortisol. The study also found lower levels of T-cells, which help fight infections.

The research concludes, “Those who were the most anxious about their marriages had 11 percent more cortisol and 11 to 22 percent lower T-cell levels than those who were less anxious. The lead researcher said the results are most likely linked since increased cortisol can reduce T-cell production.” Partnerships plagued with poor communication, jealousy, deceit, fear, anxiety, and conflicting goals all run the risk of creating a chronically stressful environment.

Depression: He may be “killing you softly with his song,” but he is doing some pretty serious damage with his words and actions too. A relationship clouded with mistrust or emotional abuse takes a toll on the partner’s emotional and physical well-being. When negativity leaves cracks in a person’s spirit, depression fills those empty spaces.

Related Link: [Hilary Duff and Mike Comrie Announce Their Separation](#)

In her article “5 Ways a Bad Relationship Can Make You Sick,” relationship expert Marcelina Hardy writes, “When you are arguing with your boyfriend and feeling sick, you don’t love your life. Your love should be something that enriches you. It should make you smile in the morning and feel grateful at night. It should be what lowers stress rather than create it. For these reasons, take steps to improve your relationship, so it doesn’t make you sick. If you’ve tried to solve the problems and it’s just not working, it may be time to consider how much you really need this person in your life.”

If you are sustaining a relationship and love with a partner who is overly critical, constantly suspicious, possessive, or physically violent, it could be making you sick. An unhealthy relationship invites feelings of hopelessness, a fear of abandonment, and a feeling of loss for unfulfilled goals or any hope for happiness.

Dating Advice: It’s Time to Break Up

Weakened immune system: One of the advantages of being in a healthy relationship is a euphoric energy that fuels your day. When depression invades your enthusiasm for life, it affects your lifestyle choices. Exercise becomes a burden, and healthy eating becomes a distraction. Before you know it, you are facing high blood pressure, high cholesterol, weight gain, and a compromised immune system that is unable to ward off infections and disease.

“Unhealthy relationships can be like that,” writes licensed professional counselor and registered nurse Suzanne Jones in her article “Is Your Relationship Making You Sick.” She elaborates on this dating advice: “Sometimes, in an effort to be supportive and helpful, we find ourselves drowning in unrealistic and endless demands. We can’t bear the thought of hurting this person or letting him down, so we try and try to

make adjustments to salvage the relationship. We go to extraordinary lengths to keep this person happy. We sacrifice our peace and happiness for theirs.”

Related Link: [How to Be Mindful When It Comes to Relationships and Love](#)

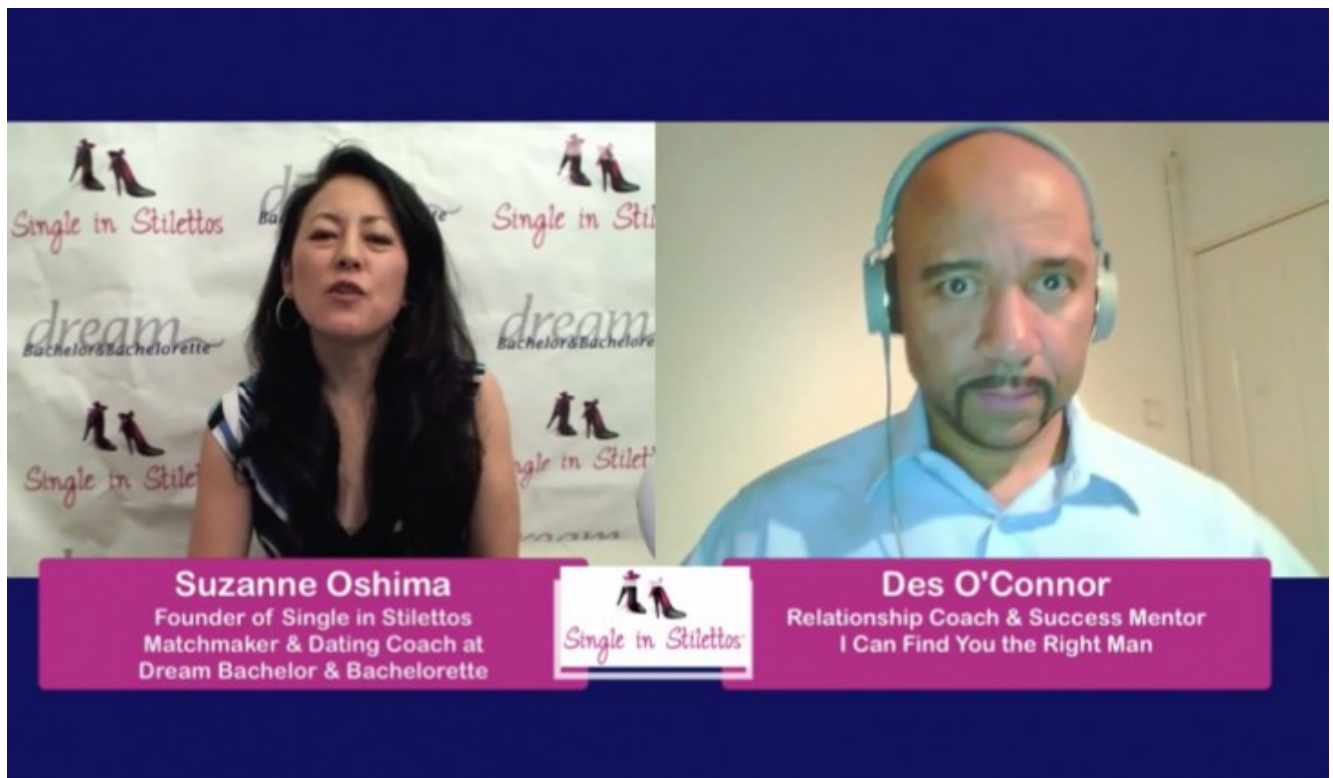
“In an effort to be patient and helpful, we may be putting ourselves in harm’s way,” she adds. “Like the rescue of a drowning person, we are at risk when we get too close and tangled up in an unhealthy person’s problems and issues. These relationships can turn us into a physical and emotional mess.”

Throughout the years, love has been blamed for a number of things. Sometimes, it stinks, hurts, and even bites. At times, people have been accused of giving it a bad name. However, a healthy, strong, solid, and positive relationship isn’t like that. It enhances your life and improves health. If the love you have in your life contributes to stress, depression, or a weakened immune system, it’s time to reevaluate and consider whether you need to make a change.

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

Tim Dowling’s Experiences in ‘How to Be a Husband’ Provide Relationship Advice for All





By Emma L. Wells

Tim Dowling's latest book about love, *How to Be a Husband*, won't be found in the self-help section of the bookstore, but that doesn't mean there isn't plenty of relationship advice to be learned from it! The author has written a brilliantly funny yet poignant memoir recounting his relationship and love over the last ten years. He's included everything from being a bachelor in New York to getting married and becoming a father of three in London. He has been disclosing the hilarious exploits of his family in his weekly column at *The Guardian* for years, and now, his newest book digs even deeper into his marriage and what the role of "husband" is like in the 21st century.

Tim Dowling Discusses New Book About Love

Can you tell us a bit about why you decided to share your experiences as a husband and father in your new book about love?

“Husband” is one of the few official titles I possess. I have all the paperwork for it. You’re correct in saying it’s really a collection of experiences – mistakes mostly – rather than a book of love advice. It’s not called *How to Be a Good Husband* or *How to Be a Better Husband*. It’s basically about hanging in there.

How do you think the role of husband has changed in recent years? What do you think this evolution will look like in the next ten years?

I think it requires a lot more flexibility than it used to. Marriage roles these days – like who works and who stays home – are driven by economic imperatives. You might be a househusband one year, the sole breadwinner the next, and then back to a stay-at-home dad again.

I don’t know what will happen in the next ten years. I’m just going to try and stay married myself!

Does your wife ever play the role of editor and give you feedback on your writing? How does she feel about you being so open about your family life?

My wife is my first and most important editor. If she doesn’t think something works, I go back and rewrite. She can be fairly blunt, but she’s always right. She’s always been sanguine about being written about, but the book was an intrusion of a different order, as delving back into the past is a bit sensitive. It’s also amazing how differently two people can remember a significant romantic event from 20 years ago. She did approve the manuscript...eventually.

Related Link: [Balance Work and Love Like a Celebrity](#)

What chapter was the most fun to write? Similarly, what chapter was the hardest to share?

I enjoyed putting together the chapter called “The Forty

Guiding Principles of Gross Marital Happiness,” which was meant to be everything I’d learned about marriage in 40 digestible bullet points. Originally, I’d wanted 50. After two weeks, I’d only come up with three. Eventually, I hit upon another, then another; it took a long time, but it was very satisfying.

I dreaded writing the chapter about sex, but it seemed an unavoidable topic. I got through it.

Relationship Advice in *How to Be a Husband*

What tips do you have for our readers who are trying to keep the passion alive in their long-term relationships and love?

The basic strategies for maintaining a healthy sex life are not, in themselves, sexy. It has a lot more to do with unloading the dishwasher without being asked than you might think. No one is sorrier about this than I am.

Given the title, it sounds like the book is geared more towards men. However, what can female readers learn from *How to be a Husband*?

They can learn what being married to me is like. It will almost certainly make them appreciate what they’ve got.

What love advice do you have for our male readers who are ready to take the next step and propose to their significant others? Any tips you can share when it comes to preparing for the role of husband?

Marriage is great, but getting married is a nightmare. Just try to look beyond the whole wedding part of it. Do as you’re told and keep your eyes on the prize.

Even though your book isn’t a self-help book, are there any

lessons readers can gain from reading about your experiences?

Two things: First, go to bed angry if you want to. They say you're not supposed to let the sun set on an argument, but this is nonsense. Faced with a choice between a sense of closure and a night's sleep, you're almost always better off with the latter.

And two, being handy is still high on the list of "Things Women Want In A Man." Sensitivity is also good, but you can get away with being pretty emotionally stunted as long as you know how to put up a curtain rail.

Related Link: [Date Idea: Redecorate](#)

What is the best relationship advice you have ever received?

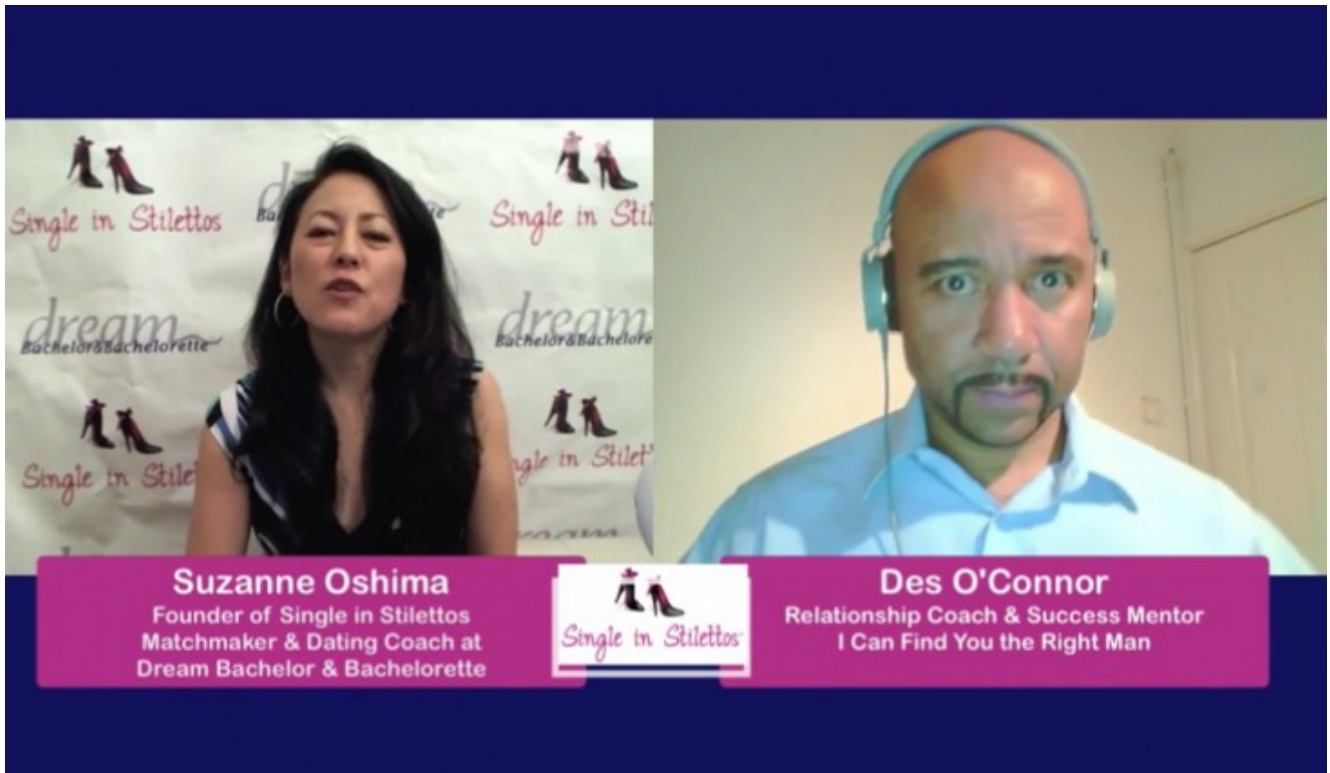
I once rang up a relationship counselor to get some tips for winning marital arguments, and he said, "Do you want to be right, or do you want to have sex tonight?" He had a point: If you're going to succeed in marriage, you've got to learn to be wrong.

Lastly, do you have any upcoming projects you'd like to share with our readers?

I'm currently writing a book about fatherhood. Actually, I'm staring at the backs of my hands, but that's what I'm meant to be doing.

Don't forget to pick up your copy of How to Be a Husband!

Love Advice: 10 Ways to Meet Someone on St. Patrick's Day



By Krissy Dolor and Molly Jacob

You don't have to be Irish to be lucky in love on St. Patrick's Day. This day is traditionally about beer and the color green, but this year, it can be about relationships and love!

Cupid's Pulse has love advice for ways you can meet someone special this St. Patty's Day:

1. Dust off your "Kiss Me I'm Irish" button from college:

You're guaranteed to get a peck or two if you keep it on all day. But, be careful who you wear this around: this love advice could go sour if you get a kiss from someone you'd rather not get one from!

2. Head to the parade: Take the day off and indulge in the festivities. New York City's parade, which passes in front of St. Patrick's Cathedral on Fifth Avenue, is world famous and always filled with people of all backgrounds celebrating Irish history. Put yourself in a new situation to meet someone new!

Related Link: [St. Patrick's Day: 10 of the Most Desirable Irish Celebrities](#)

3. Forget to wear green: By accident, of course. Pinching those who aren't wearing green is a holiday tradition that started in Boston. People thought that by wearing green you would be invisible to the leprechauns, who would pinch anyone they saw. Pinching others is a reminder that the leprechauns can see you! Hint to a cutie standing nearby that you need a pinch.

4. Do some pinching of your own: This mini-PDA gesture goes both ways, so nip an arm or a cheek – it's up to you to pick which one would be most appropriate! Dating advice: sometimes you need to make the first move if you're interested in that hottie at your office, so here's a perfect way to do so.

Related Link: [Date Idea: Bar Crawl Party!](#)

5. Brush up on your history: Everyone knows about the pinching tradition, but did you know that St. Patrick – whose real name was Maewyn Succat – wasn't even born in Ireland? Share interesting tidbits of your own and you're bound to get noticed.

6. Test your Irish accent: See how natural your fake accent sounds by asking the closest hottie if you could pass for a Celtic woman. Maybe he can give you a few pointers!

7. Hit up a pub (or five): There are tons of places that will be in the Irish spirit on St. Patty's day, so take advantage! Check out the New York Irish Pub Guide and Boston Irish Pubs for extensive lists.

8. Go to bars that *aren't* celebrating the holiday: If slamming multiple car bombs back isn't your idea of a good time, why not see if there are others who share your sentiment? Finding someone who shares your interests is always good love advice.

9. Throw a party: You don't need to go out to have a good time! You could get started on making this day full of relationships and love by inviting your friends over to your own St. Patrick's Day party and having them bring their single friends as guests.

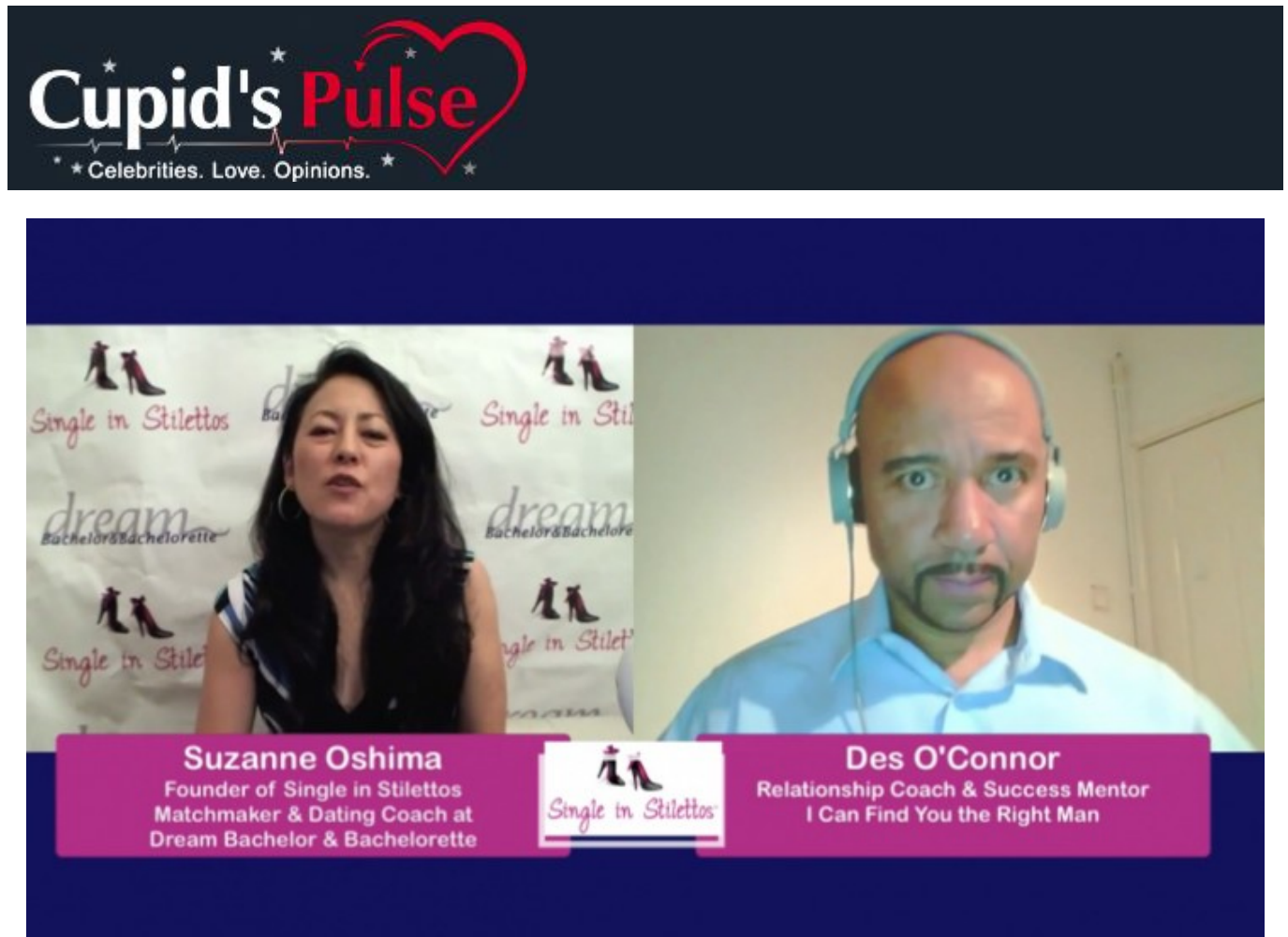
10. Make holiday treats: Any food can become St. Patty's Day-themed with a little green food coloring. If you're looking for recipes, check out Food.com's 35 Green Treats for St. Patrick's Day. Impress your crush by giving them a green cupcake on the 17th. Your mom gave good dating advice when she said the way to anyone's heart is through their stomach!

If you're shy, St. Patrick's Day is the perfect time to get out of your shell! And with these tips, who needs a lucky charm? Cupid wishes you luck on the road to your pot of gold!

Have you ever met someone special on St. Patrick's Day? Share below!

Celebrity Engagement: Chris

Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale



By Emma L. Wells

After ten weeks of searching on reality TV, Prince Farming has finally found his Princess! On the finale episode of *The Bachelor* season 19, Chris Soules, armed with a Neil Lane engagement ring, got down on one knee and proposed to Whitney Bischoff, a 29-year-old fertility nurse from Chicago. "Everything about this moment feels right," he told her. According to [ABC News](#), Bischoff seemed to be the obvious choice after the other contestant, Becca Tilley, confessed that she wasn't ready to jump into a [celebrity engagement](#) and commit to a life in Arlington with Soules. During the "After

the Final Rose” special, it was easy to see that the reality TV pair is thrilled to just be a “normal” couple.

This celebrity couple found true love on reality TV, but not all of us have that option. What are some unique ways to meet your soulmate?

Cupid's Advice:

Unlike the lucky celebrity couple from *The Bachelor* season 19, most of us don't have reality TV producers arranging the perfect circumstances for us to find relationships and love. If we want it, we have to go out and look for it ourselves! It's certainly not easy, but Cupid has some love advice about how to meet your soulmate:

1. Take part in group activities: You'll want to have common interests with your future partner, so why not participate in group activities that relate to your hobbies? Take an Italian cooking class or sign up to learn Spanish. Join an intramural kickball league or a hobby club. It will be easy to strike up a conversation with someone over your shared interests while interacting in this laidback setting.

Related Link: [The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici](#)

2. Ask your friends: There's a reason why so many dating websites and apps give you matches based on your Facebook friends: You're more likely to hit it off with someone who your pals already like! If you're looking for a relationship and love, ask your friends for help. They know you well and know what you want in a partner. If you're nervous about a blind date, you can always plan a double or group date instead to ease any awkwardness.

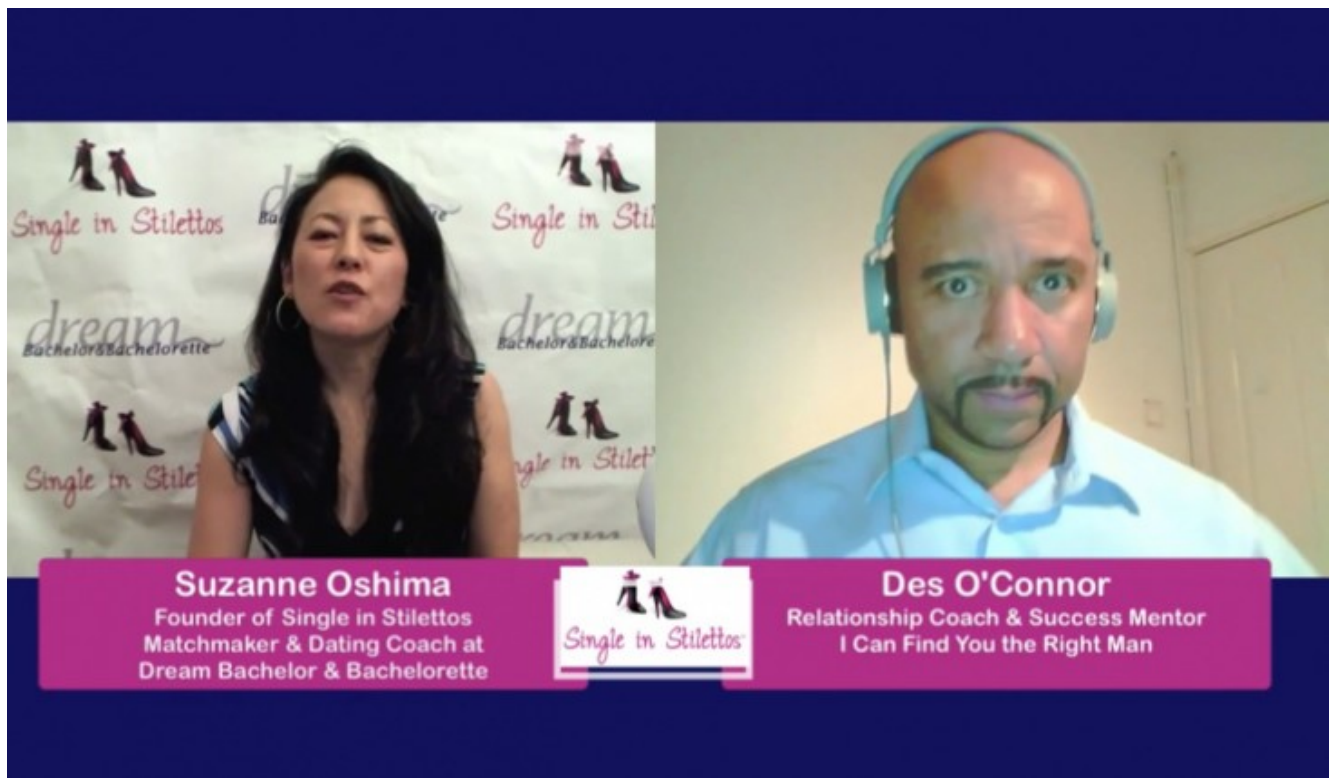
Related Link: [Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules](#)

3. Look online: It can be hard to find the time and place to meet someone special. There's nothing wrong with searching through a reputable dating site – it's one of the reasons they were invented! It gives you the opportunity to judge potential matches at your own pace. There's also a lot less pressure if you've talked online before you meet in person.

How did you meet The One? Tell us in the comments below!

Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!





On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima talks to dating expert Marni Kinrys about how to handle a bad kisser.

Dating Experts Discuss What to Do About a Bad Kisser

The founder of the Wing Girl Method believes that, unlike women, men don't like to hear that they're doing something incorrectly or that they're turning you off in some way. "So there has to be a gentle way for you to say, "Yeah, you're the worst kisser in the entire world!" Kinrys explains. According to her expert love advice, the best way to do so is to take on a teacher role and show him in a fun and flirty way how you like to be kissed.

Related Link: [Marni Kinrys Discusses What Turns a Man On](#)


Afterwards, you want to reward him. "Say something like, 'That was so sexy the way you were kissing me,'" the relationship expert shares. "Walk him through those steps

again so it reinforces what it was he was doing that was correct."


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

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


Cameron Diaz: Is Sex the Answer to Relationships and Love?




Cupid's Pulse
* * Celebrities. Love. Opinions. * *



Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



Des O'Connor
Relationship Coach & Success Mentor
I Can Find You the Right Man



Single in Stilettos

By Dr. Jane Greer

In latest celebrity news, actress Cameron Diaz recently revealed her secrets to a healthy life: diet, exercise, and getting busy between the sheets! She credits sex as being her “fountain of youth,” what keeps her young despite the hectic and fast-paced lifestyle that comes with being a celebrity and constantly in the public eye. Cameron believes people need lots of sex in their relationship and love lives and that it’s a healthy, natural bodily function. She’s right.

My love advice is that sex not only promotes intimacy between partners and strengthens their relationships and love on a physical level, but it also boosts self-confidence and increases happiness.

While having lots of sex promotes health and well-being, making the time and being able to do it as often as you like can be challenging. A variety of responsibilities can get in the way, including work, children, making dinner, etc. So, what can you do to safeguard against this? Here are a few pieces of dating advice that can help you spend more time in the bedroom and less time worrying about getting there.

Consider scheduling spontaneity.

While it seems paradoxical to plan it, more often than not that spontaneity we all crave happens at the beginning of a relationship when you are falling in love and all you want to do is fall into bed, letting everything else fall by the wayside. But that moment in time can’t last forever when there are so many things you need to deal with. That is the tricky

part of sex; while it can alleviate stress, making it happen and not letting the stress of everything else on your plate get in the way can be difficult. Still, everyone wants that feeling of being swept away and leaving everything else behind. Considering what stands in the way of that, the reality is that it may not happen unless you plan it. We plan vacations, parties, dinners out – so many activities that we enjoy. Why not plan to be sexually spontaneous with your partner? If you decide that you will spend an hour together on Saturday afternoon, or on Tuesday morning right after you drop the kids off at school, then you can make sure all the things you absolutely have to do are done, and you can allow yourself to not think about them for that hour or so you've set aside. It also gives you an opportunity to look forward to being with your lover in the same way you looked forward to it when you were first establishing your relationship and love. Think of it as mental foreplay. And once you reach your planned date, don't worry about anything else – those dishes can wait!

Related Link: [Cameron Diaz and Benji Madden Visit Her Parents in Florida](#)

Say “Yes” and take a rain check.

But what happens when you really can't find the time? In that case, instead of saying “no,” say “yes” and take a rain check. It is so rare that two people want the exact same thing at the exact same time. Maybe you are hoping for a big pizza dinner, but your wife had a huge business lunch and just wants a salad tonight. When that happens, you probably compromise – maybe you'll have a salad tonight and plan for the pizza over the weekend. It's the same thing with sex – presumably you both want it at some point, but maybe not at the exact same time, or maybe one of you wants to do it more often than the other. Many times people just say “no” and leave it at that. But instead of saying you're not in the mood, and leaving your partner to feel undesirable, or to wonder if it is something they've done, say “yes,” but not tonight. How about tomorrow?

Or, maybe you can compromise, do a little something tonight and more over the weekend when you are both relaxed. Sex doesn't have to be the whole thing all the time.

Related Link: [Benji Madden Sends Celebrity Love Cameron Diaz a Cute 'Miss You' Message](#)

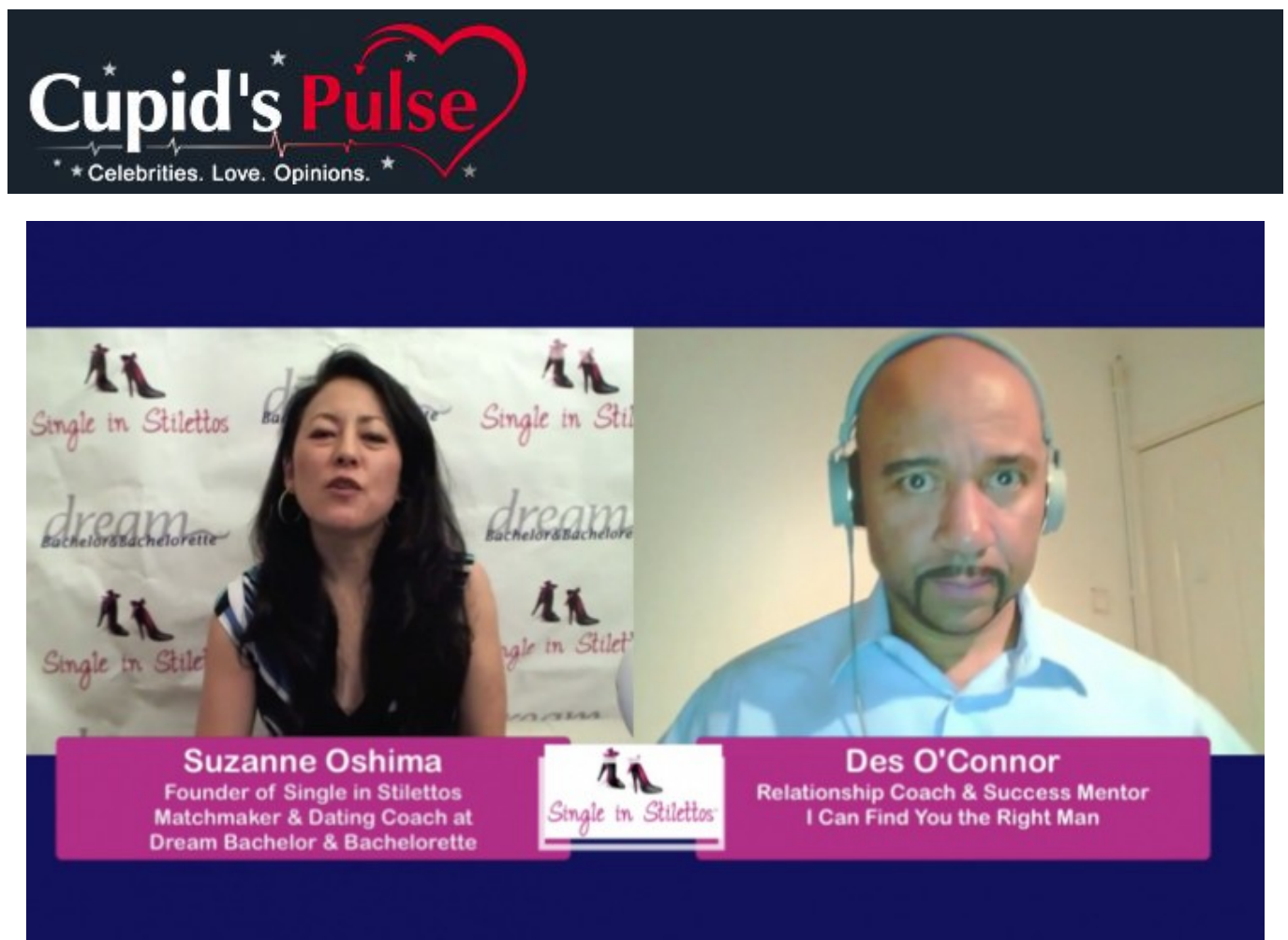
Embrace the moment.

Finally, do your best to embrace the moment! How often has your partner come up behind you and given you a hug that makes you think: sex now, really? You know you haven't showered yet, or closed all the windows for the night, or responded to all those emails just waiting there for you. So you push off the advances, thinking you can get back to that later, after everything else is done. The problem is, not only is that moment of excitement long gone by the time you return to it, but your partner might feel unwanted and rejected in the meantime. Whatever you are doing to take care of things so you can relax better can be a put off to the other person. If you are at a party and your favorite song comes on, you wouldn't finish eating, carefully fold your napkin, take another drink, and risk getting out onto the dance floor with only the last notes of that song left. No, you'd jump up, grab your partner's hand, enjoy dancing to the song, and get back to everything else after. Sometimes life gets in the way of the moment, and in letting that happen you let the passion evaporate. The next time your partner gives you that romantic snuggle, go with the flow. Try to see if your sex doesn't sizzle a little more because you stepped into the passion while it was burning hot.

No matter what might work for you, it's helpful to keep in mind that the quality of the sex you have with your partner is as, if not more, important than the quantity, especially since everyone has different notions as to what seems like a lot or enough sex. As long as you and your partner can find a middle ground on how often you both want sex, you'll both be content.

We can thank Cameron Diaz for being so open and sharing her secret to healthy living with all of us!

Expert Dating Advice: How to Spot a Man Who Only Wants One Thing



By [Jared Sais](#)

“How do I know if a man really likes me or if he just wants sex?” Does this question sound familiar? I’m sure it does because it’s one of the most popular questions I get

asked as a relationship expert. Ditch the creeps and find your keeps with these non-verbal communication tips:

Relationship Expert Talks About Non-Verbal Cues

To follow my expert [dating advice](#), here are three non-verbal cues to be aware of if you're trying to determine if a guy is *really* into you:

His eyes: Of course, elevator eyes, flirting eyes (not directed at you), and wandering eyes are a big no-no. Elevator eyes refer to when a man skips your eyes and is constantly engaged in your lips, hips, boobs, butt, or "strut" instead. He's clearly not respecting you for who you are and instead only focusing on what you offer in bed. Now, don't get me wrong! It's okay for a man to be physically attracted to you, but it shouldn't be his sole focus.

There have been multiple times that I have observed a man and woman on a date, and as they're talking, he will be flirting and sending seductive messages to other ladies around them. This is often done with nothing but the magical eyes. It's essential to make sure that the man you're with only has eyes for you; he shouldn't be planning his next pick-up. If he does have wandering eyes, he may be more sexually aggressive than other men. It may seem innocent at first, but then he quickly rushes into a physical relationship that you're not ready for. When you don't give in, he'll go straight for those other women at the bar!

Related Link: [What Chris Pratt and Anna Faris's Goofy Red Carpet Pose Says About Their Love](#)

His facial expressions: If you've read my expert dating advice before, then you know I'm talking about facial expressions that include microexpressions, which happen much quicker than

regular facial expressions and are more genuine and real.

Two expressions to look for are true happiness and true sadness. Be aware that he may be faking these facial expressions and emotions to trick you into sleeping with him. If he looks genuinely interested in what you are saying and falsely supplies you with the comfort you crave, enough to get you into bed...well, then, you just fell into his trap! Most likely, he was only half-listening and just knew the right time to smile and respond.

True happiness is often shown through a smile that takes up the entire face. The corners of the lips rise upward; the teeth show; and the mouth may open. Crows feet or wrinkles near the eyes form as the ocular muscles flex. Look for this expression in order to be confident that he is truly happy and not just faking it. A phony smile only happens with one part of the face, either the eyes or the mouth. Think about how you would smile in a picture (fake smile) verses how you would smile when seeing your significant other after an extended time apart (real smile).

True sadness also uses the entire face. The corner of your lips point downwards; the chin dimples; the eyes start to lose focus; and the inner eyebrows rise upwards. When someone is really sad, tears form and fall not only from the eyes but from the nose, as they share the same passage way. When you share a sad story with him, see if he can empathize with you and if he shows signs of sadness. Obviously, let's hope for no full-force tears and snot, but if he's listening and cares about what you are saying, you'll see a definitive change in his facial expressions. It's good to have a man who is a "rock" in your relationship and love, but you also want a partner who can feel his emotions and relate to you when you are sad.

Related Link: [John Legend and Chrissy Teigen's Body Language: More Intimate Than PDA](#)

Be aware that some men will pretend to be sad and care just to gain access into your arms. They may even use tears as a tool to manipulate your emotions and trick you into believing them and their story. You can prevent this mistake by keeping a close eye on the details. See if his story changes or he gets very angry after becoming sad.

Expert Dating Advice to Improve Your Relationship and Love Life

His salesman personality: I have heard from so many of my friends (usually women) that “men can be so stupid sometimes.” I am sure that you’ve had a boyfriend or guy friend say something so dumb that it caused a fight. Yet on a first date or second date, if a man acts like a man and says something stupid, you go running for the hills. It’s funny, really: In the beginning, men have to act like James Bond to gain your trust and your affection, but in reality, it is *those* guys that should have you running.

It’s the case of a player versus a genuine man. Someone who is more like a salesman – always saying and doing the right thing at exactly the right time – has acted this way time and time again. Their skill level is through the roof, and you should be on guard. Either this guy has more charm than most or he has a goal to get you into bed!

So what should you look for? According to my expert dating advice, look for a man who is willing to open up. Look for someone who can act a bit goofy and is able to have fun. Look for a man who is a gentleman and knows how to treat a woman on a date. Look for something called “class,” which has been almost extinct in recent years but *does* still exist.

Related Link: [Sofia Vergara and Joe Manganiello Are Like High](#)

School Kids In Love

Let's play a game; we'll call it "Class or Classless." Opening the door for you? Class. Calling you beautiful when you first meet? Class. Asking you back to his place on a first date? Classless. Being too touchy-feely and invading your personal space too quickly? Classless. Looking into your eyes as you speak? Class. Looking at other woman or at your assets rather than into your eyes? Classless. Paying on a first date? Class. Giving you a good night kiss? Class.

If a man is trying too hard to sell himself to you, it's a definite red flag. It's important to note that that some men are charming and genuine, but they are easy to spot, as they are not always "on guard." They are open and will answer any questions. They will share the good, the bad, and the challenging times in their lives. They listen and care about what you have to say.

The salesmen will be focused on themselves and try to show-off, either with what they do or what they have. It's a thin line between confidence and cocky. Confident men don't need to talk about themselves all the time, while cocky men do. Confident men put the emphasis on the company that made the night and the building of the relationship and love; cocky men put emphasis on what *things* made the night, such as the location or the bottle of wine.

A guy who is only interested in sleeping with you will try to make you feel comfortable and make you trust him quickly. He is doing so because he knows that, once you feel comfortable with him, you are more likely to sleep with him. A man who truly likes you won't rush these emotions from you, but a man looking to only sleep with you will. You want a man who looks at you with caring eyes and leans in and who is engaged with what you are saying instead of someone who comes up with lines to make you feel comfortable and in turn trust him.

Related Link: [Ryan Reynolds and Blake Lively's Body Language: Confidence is Key](#)

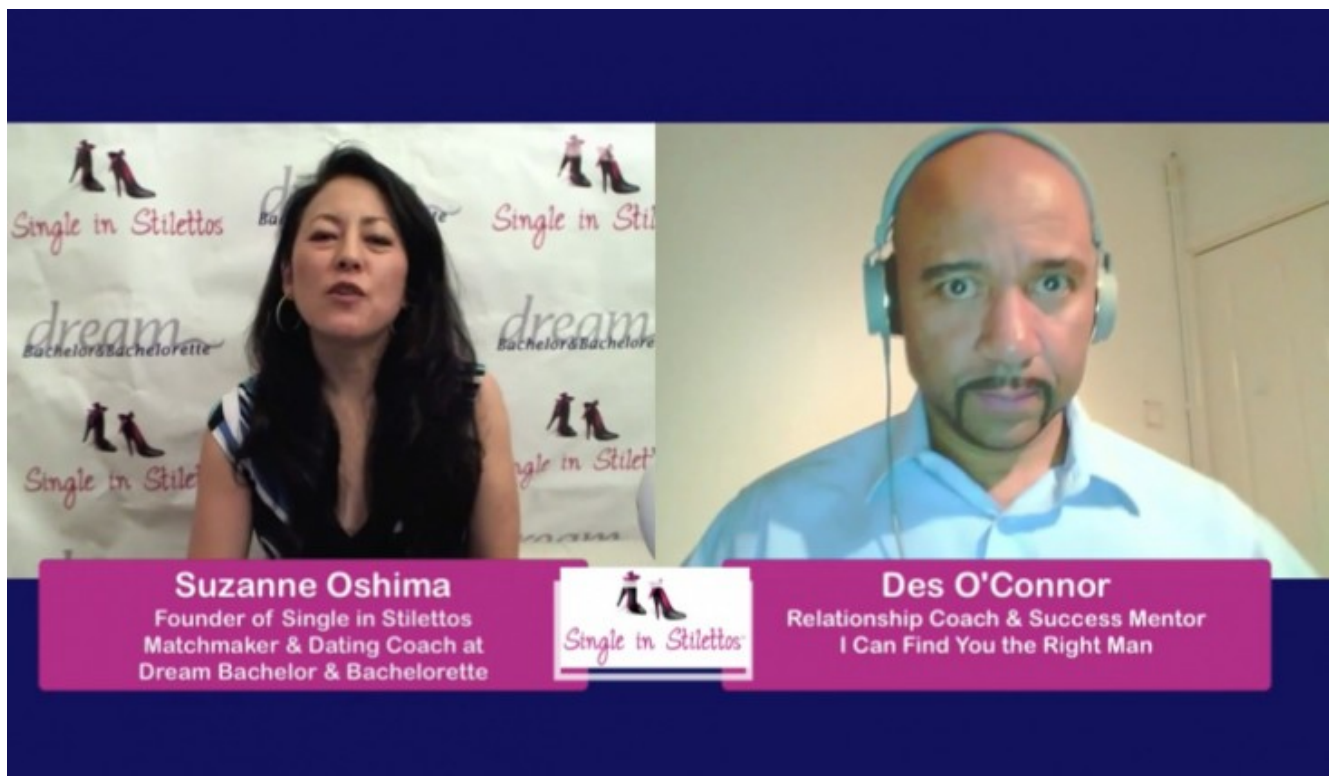
Remember that a salesman has a designated time frame to “sell you.” It can be a few hours or into the second or third date. The best defense is not sleeping with them right away. Wait it out at least four or five dates. This behavior will do three big things. First, if the man is truly into you, waiting for sex won't be that hard for him. He will just be happy you're still going out with him. Next, if the guy is looking for sex and sees that you are a “hard sell,” he will go for an easier target. And third, it gives you all the power and saves you from having to deal with a creep.

Once you've considered these three non-verbal cues, be aware of the gentlemen disappearing act. Think of it like *Cinderella*: Once the clock strikes midnight, the charade is over. He might become increasingly aggressive or repeat how beautiful you are as if that's the only English he knows. Look for slip-ups or hints of his true goal. I bet either “I had a wonderful time and would love to see you again” or “Do you want to get out of here and go to my place?” will come out of his mouth.

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

Former ‘ Bachelor ’ Jason

Mesnick Surprises Celebrity Love Molly Malaney for Fifth Wedding Anniversary



By Emma L. Wells

It has always been a tradition for celebrated jeweler Neil Lane to offer a selection of engagement rings before the finale of *The Bachelor*. Jason Mesnick and celebrity love Molly Malaney met during season 13 of the reality TV show, but Malaney never received one of these coveted rings because she was technically the runner-up. Now that this famous couple has been married for five years, Mesnick wanted to rectify the situation by giving his wife a new engagement ring for their anniversary. Malaney told People.com, "The past five years have been the most amazing years of my life because of Jason."

Our relationship and love started all because of *The Bachelor* franchise, and Neil has been such a meaningful person within the franchise, so I am so honored to have a piece of that relationship...This is the most amazing gift I've ever received!"

This reality TV star gave his celebrity love a beautiful ring for their recent anniversary. What are some ways you can make sure your romantic surprise goes off without a hitch?

Cupid's Advice:

While diamonds are always a great way to show you care, little romantic surprises are also beneficial for relationships and love. Cupid has some relationship advice to help you pull them off without any issues:

1. Be unexpected: Thoughtful presents are a wonderful way to demonstrate that you've been listening to your partner. Give them something they want but aren't expecting. If you pay attention, they are bound to mention something you can keep in mind!

Related Link: ['The Bachelor' Stars Jason Mesnick and Molly Malaney Share New Picture of Daughter Riley](#)

2. Make it unique: Malaney's ring was so romantic because her celebrity love had it made especially for her. Go the extra mile and give your significant other something unique and just for them. Even if it's homemade, they'll surely appreciate the effort.

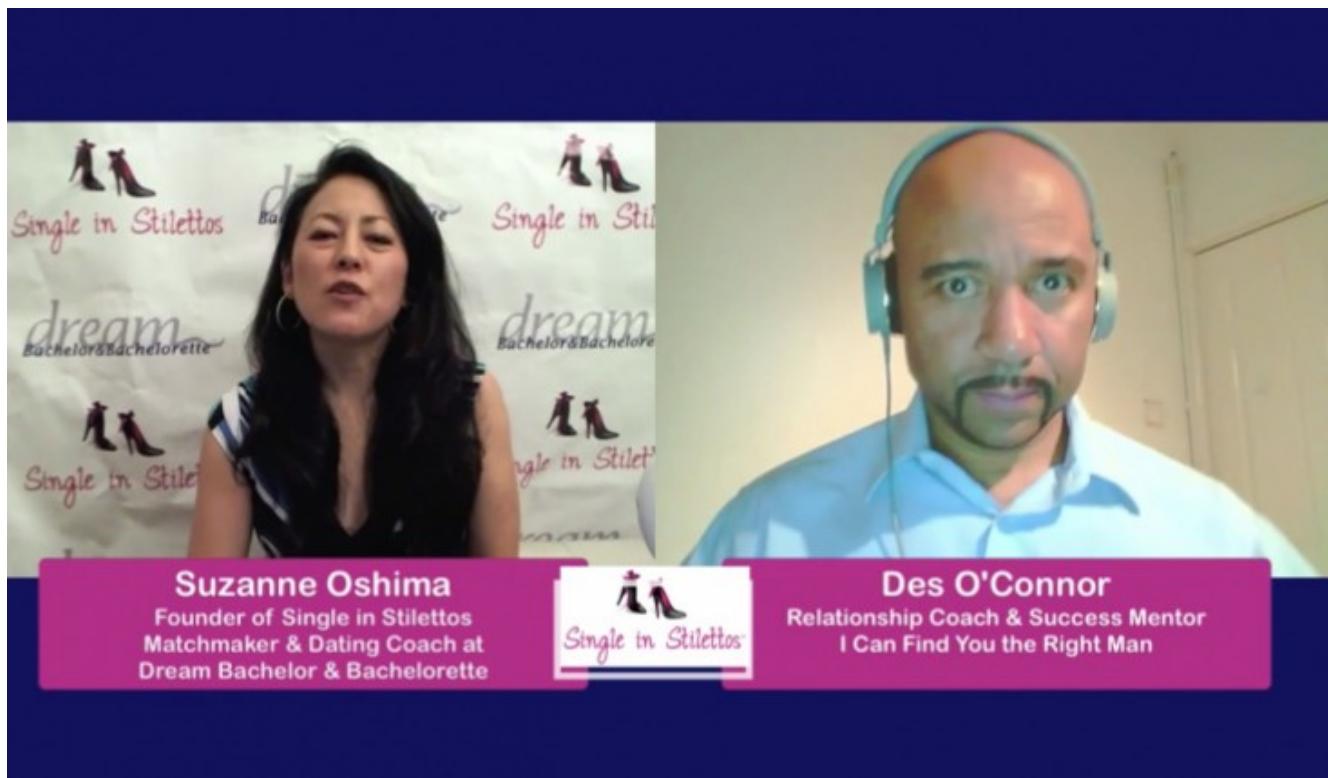
Related Link: [5 Bachelor and Bachelorette Couples We Can Learn From](#)

3. Ask for help: Surprises can be very hard to pull off, especially when you're excited about them. It doesn't hurt to ask a few friends to help you succeed. Also, make sure your plans aren't too elaborate. Chances are, if you follow these guidelines, your surprise will be a success!

How have you surprised your partner in the past? Tell us in the comments below!

Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) explains why you might be to blame for dating losers and jerks.

Expert Love Advice from E!'s *Famously Single* Dating Coach Laurel House: You Get What You Give

According to House, if you're not in a "healthy headspace and living the life you want to live," you may be unknowingly attracting the wrong type of partner. "You need to look inside yourself and think about who you are," she explains. "You attract how you act and get what you give."

Related Link: [Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth](#)

After all, you are the one consistent thing in all of these relationships and love. "Take a beat. Inhale into your belly.

Fully exhale out the stress and the fears and the emptiness," House advises. "Now, think about it: How have you been acting? What patterns have you been experiencing?" If you follow this expert love advice and figure out *you* first, you'll find a good guy before you know it!

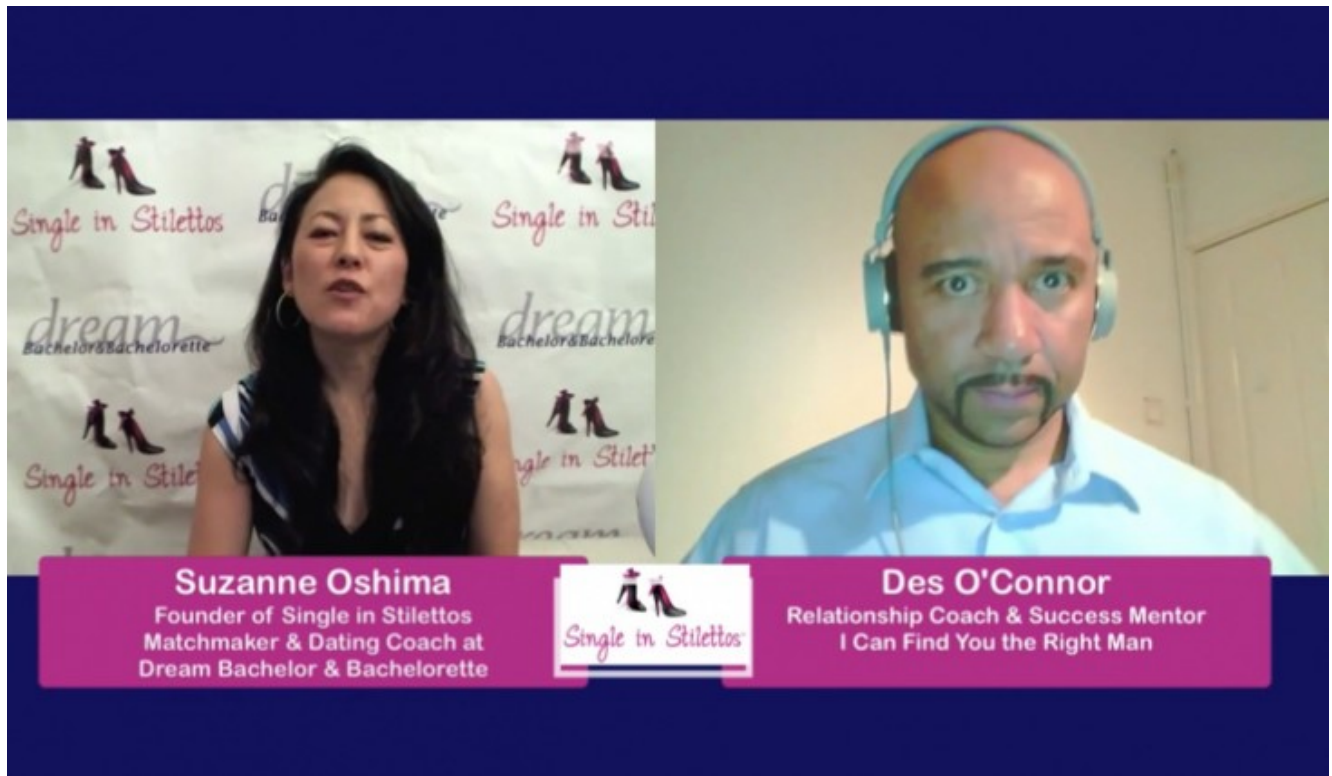
For more relationship advice videos from House, click [here](#).

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

What's the best way to understand your own needs and desires when it comes to relationships and love? Share with us in the comments below!

'The Bachelor' Season 19 Contestants Rehash Old Feuds During "The Women Tell All" Episode





By Emma L. Wells

The Bachelor season 19 "The Women Tell All" special brought all the women back together to reminisce about their time on the reality TV show and clear the air. They had many grievances with each other – and many more with *The Bachelor* himself, Chris Soules. Kelsey came under attack from all the contestants (yet again) for being conniving and fake. After taking the hot seat, Britt Nilsson immediately called out Carly for being a bad friend. Additionally, both Jade Roper and Kaitlyn Bristowe confronted Soules about why he rejected a relationship and love with them. He assured Roper that it was not because of her *Playboy* spread. Bristol, unfortunately, received a less clear answer. [USAToday.com](https://www.usatoday.com/story/entertainment/2020/01/13/bachelor-women-tell-all-chris-soules/5144444002/) reported that Soules said, "I apologize...In that moment, I did the best I could and that's all I know." We can't wait to see how *The Bachelor* season 19 will end next week!

When it comes to past relationships

and love, how can you get over old disputes and move forward? The ladies from *The Bachelor* season 19 need to listen to this dating advice!

Cupid's Advice:

Holding on to old grievances isn't good for you. Why should you dwell on the past when you can move on and find happiness again? This dating advice applies to friendships as well as relationships and love:

1. Reach an understanding: Kaitlyn made the right choice to confront Soules about her hurt feelings. It's hard to move on when you don't understand what really happened. The best way to do so is to have an open conversation – preferably not on reality TV! – with the person *without* being accusatory. Let them explain their actions in their own words. You might not get a satisfying answer, but it will help you to talk it through.

Related Link: [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](#)

2. Look inward: In most cases, while you may be hurt, you're probably not blameless. It's equally important to understand what you did wrong and could have done better. Ask your ex about your behavior or just put yourself in their shoes and examine the situation. Either action will help you ensure that the same mistakes aren't made again.

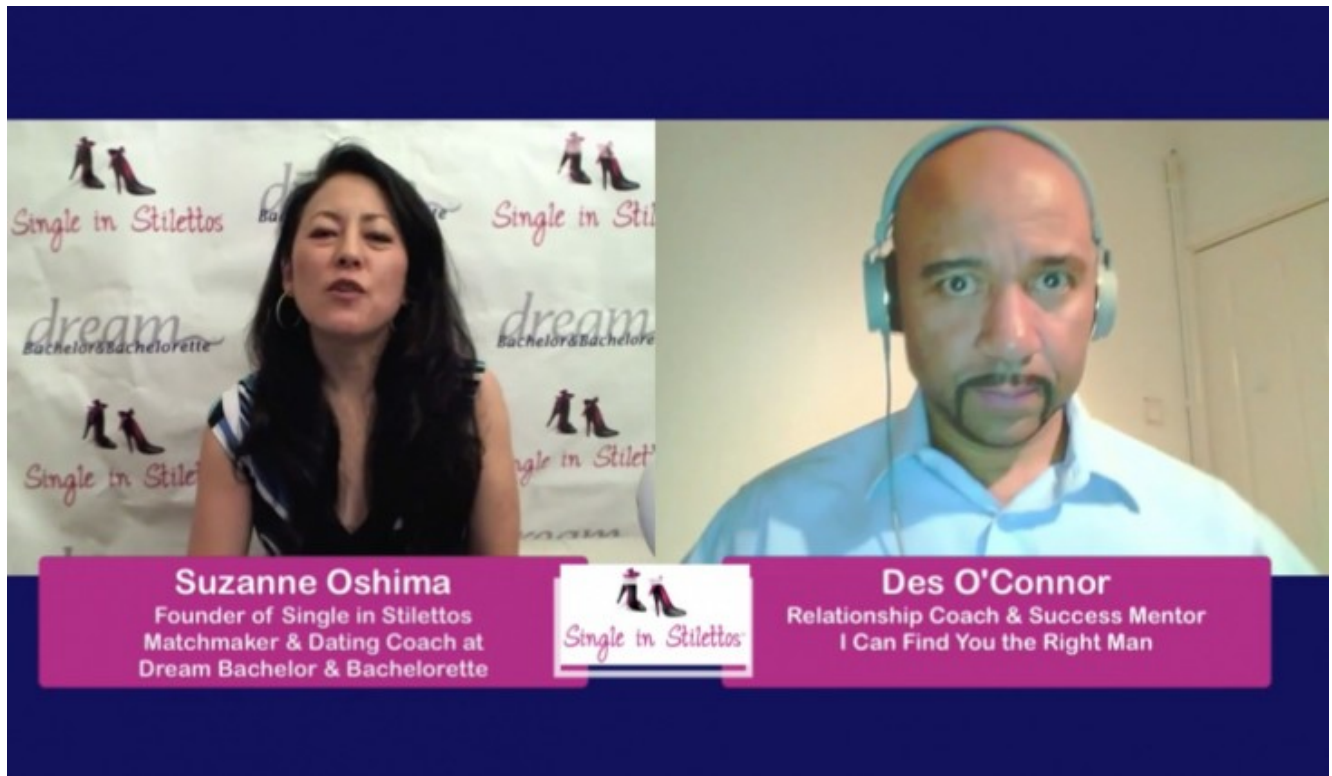
Related Link: [‘The Bachelor: Women Tell All’ Recap: Old Catfights Resume and Michelle's Redemption](#)

3. Forgive and forget: Just because you're at a place where you're ready to move on doesn't mean the other person is, so don't expect an apology or forgiveness. The best thing you can do is say your peace, move on, and hope that, someday soon, they will be able to do the same.

How have you settled past relationship and love grievances? Tell us in the comments below.

Single in Stilettos Show: Love Advice About What You Need and Don't Need in a Man





On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about what you *think* you need in a man but don't.

Related Link: [Duana Welch on Finding Love By Not Looking for Love: Is It Fact or Fiction?](#)

Relationship Author Shares Love Advice

According to the writer of *Love Factually*, many women focus on the wrong must-haves when they're looking for The One. Doing so may be keeping you single! Here are a few qualities that you think you need in a partner but actually don't: every shared interest, a "cool" guy, someone who respects your independence, love and sexual attraction *only*, and someone who is wealthy. To follow this love advice, reevaluate your checklist and remove those things that you don't really need in a man.


For more expert dating advice and additional information about

Single in Stilettos shows, click [here](#).


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

What is a quality that you thought you needed in a significant other but actually don't? Share your love advice in the comments below!


Lady Gaga: Does Her Celebrity Engagement Ring Raise the Bar?




Cupid's Pulse
* * Celebrities. Love. Opinions. * *



Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



Des O'Connor
Relationship Coach & Success Mentor
I Can Find You the Right Man



Single in Stilettos

By Dr. Jane Greer

Singer and superstar Lady Gaga got engaged to her longtime boyfriend Taylor Kinney on Valentine's Day weekend. The [celebrity engagement](#) involved Kinney giving Gaga a one-of-a-kind huge heart-shaped engagement ring that includes a T and S for their initials. We could all see it sparkling on her finger when she sang at The Academy Awards recently. It harkens back to young love when everyone would write their initials in a heart, and it's both romantic and lavish.

What Lady Gaga's Celebrity Engagement Ring Means for Other Couples

So, what does the magnitude of her celebrity engagement ring mean for everyone else – her followers and fans? Does it raise the bar, and possibly make non-celebrity couples who are now getting engaged feel that they have to do something extraordinary and unique in order to make their partner feel special?

Related Link: [Latest Celebrity News: Lady Gaga Takes the Polar Plunge with Fiancé Taylor Kinney](#)

Getting engaged is a big deal – and not just because of the ring. There are so many pieces of love advice to consider as you figure out the best way to make it exceptional for both of you. Of course, there is no denying that the ring has become symbolic of the whole event. When it comes to Lady Gaga's celebrity engagement, that has certainly been something the press has been focusing on. She and her ring are both distinctive and seem to suit each other perfectly. While that is wonderful for her, it is important to keep in mind that we are all original and rare, so what might be perfect for her won't necessarily be right for your non-celebrity couple

status. Your ring can be remarkable without having to be a showstopper.

The idea that an engagement ring has to be original, handmade and/or very expensive can skew what everyone hopes for, and if those expectations are too high, you might end up missing the point of what you are actually doing – which is pledging your love to each other and agreeing to spend your lives together. I have seen many women who were let down by the engagement ring they received because it wasn't the size, style or stone they had wished for. The engagement ring speaks to commitment and endurance, and the willingness to go the distance with your partner.

With that in mind, try to keep what you envisioned realistic to the man you are with, the resources he has, as well as his interest and taste in jewelry. Just because he doesn't design it or get you as big a ring as your girlfriend may have received, that doesn't mean you are loved less. Whatever ring you receive will be testimony of his relationship and love and the desire to share his future with you. So when he pops the question and holds out the much-anticipated ring he chose for you, it can usher in excitement rather than disappointment. Keep it about for better or worse, rather than for bigger or worse.

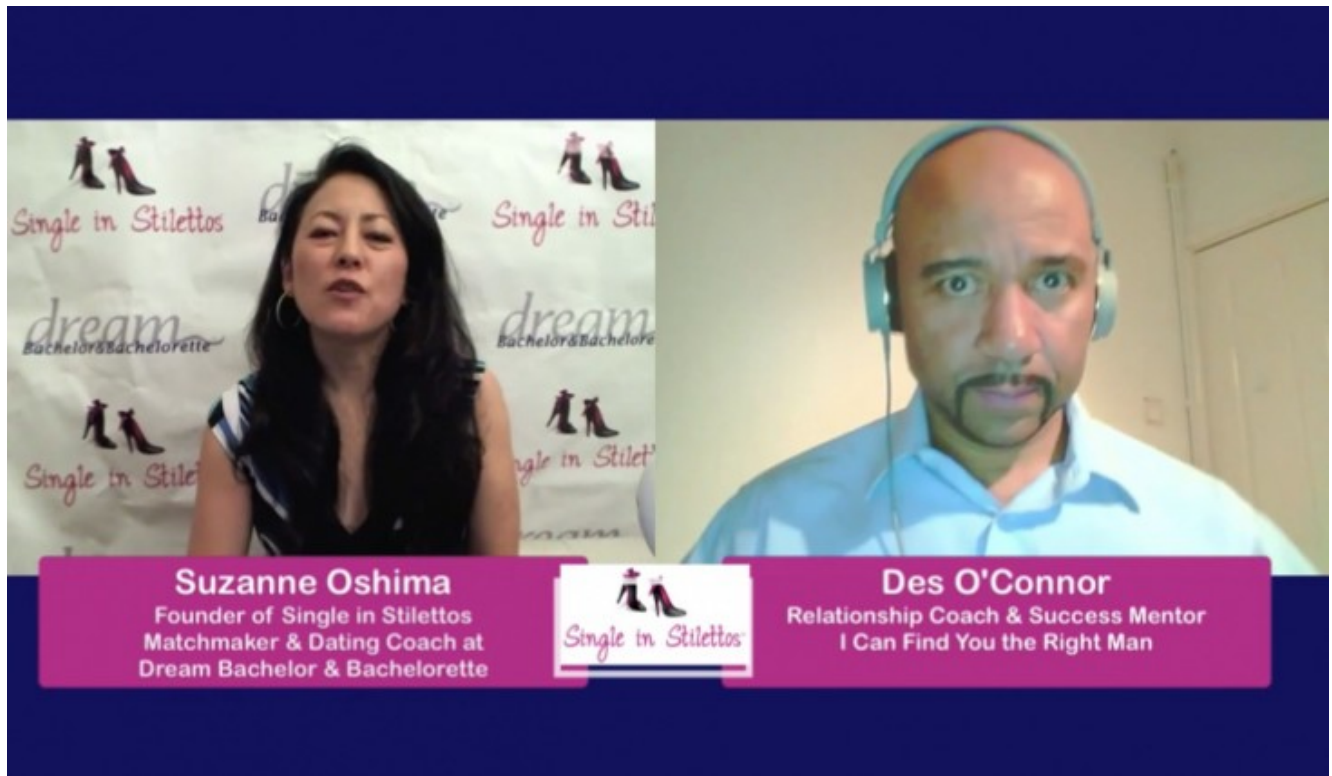
Related Link: [Lady Gaga Celebrates Celebrity Engagement with Taylor Kinney's 'Chicago Fire' Family](#)

The bottom line is that an engagement ring does not have to be the only one of its kind, over-the-rainbow-fabulous to symbolize the love you share for each other and the commitment you are making to each other. For Lady Gaga it is a huge diamond heart, for you it might be something else, possibly not even a diamond but an emerald or a ruby. In the end, though, you both hope the ring will lead you to the same place – bringing in a life full of love and adventure together.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.

Latest Celebrity News: Lady Gaga Takes the Polar Plunge with Fiance Taylor Kinney





By [Rebecca White](#)

Lady Gaga and fiancé Taylor Kinney made the latest celebrity news when they participated in the polar plunge in Chicago on Sunday, Mar. 1. According to UsMagazine.com, the celebrity couple ran into icy Lake Michigan for the fundraiser, which benefits the Special Olympics. Gaga said that it was so cold that she thought her wig would freeze in the lake!

Lady Gaga and Taylor Kinney are part of the latest celebrity news because they supported the Special Olympics by plunging into Lake Michigan on Sunday. What are some ways to bond as a couple by supporting charities?

Cupid's Advice:

Participating in charity work as a couple can be a great bonding experience in your relationship and love life. Even though you may not be a part of the latest celebrity news by doing so, you and your honey will strengthen your bond by helping others out:

1. Donate joint money: Save money together, and donate joint funds to a charity of your choosing. You will grow as a couple, especially if you aren't married, because it may be the first time you have joint money together and make a decision on where to spend it.

Related Link: [Lady Gaga Celebrates Celebrity Engagement with Taylor Kinney's 'Chicago Fire' Family](#)

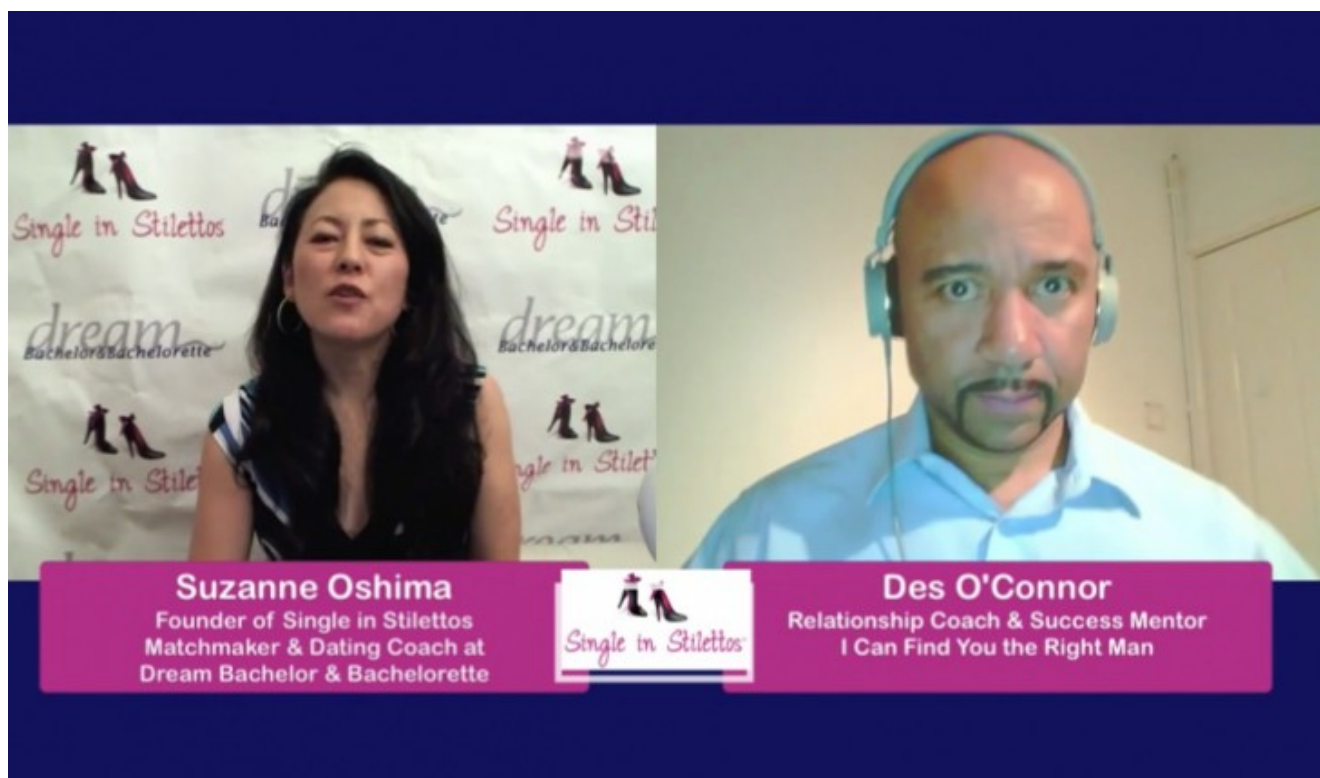
2. Participate in activities together: Follow this celebrity couple's lead and participate in activities such as the Polar Plunge, a 5K for charity, or the ALS ice bucket challenge. There are always fun things to do for charity, whether it be by donating money or just raising awareness. Plus, doing this with your loved one will create a special moment for you as a duo.

Related Link: [Lady Gaga Says Boyfriend Taylor Kinney Is a Weirdo Like Her](#)

3. Attend charity events: Support charities by attending fundraisers together. Get dressed up and go to a gala or a silent auction. This will easily make for a fun night out, and you'll also be doing something good for society with your partner.

How do you bond as a couple by supporting charities? Comment below!

Exclusive Celebrity Interview: Soon-to-Be Mom Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!



By [Rebecca White](#)

Terri Seymour is famously known for dating Simon Cowell for six years before their [celebrity break-up](#) in 2008. However, the *Extra* correspondent has moved on since then: She announced her celebrity pregnancy with boyfriend Clark Mallon in September and is excited to welcome their daughter into the world later this week. In our exclusive celebrity interview,

the TV host opens up about her relationship with her ex and her celebrity baby news.

Terri Seymour Talks About Celebrity Ex Simon Cowell

As fate would have it, Seymour is due around the same time that Cowell celebrates his son Eric's first birthday. The celebrity exes have remained close friends since their split, and the actress is even Eric's godmother. Of course, the possibility of these two celebrity kids falling in love has been discussed among their closest friends. "Simon's joked about that. He's told me they will date, so we'll see what happens," she says with a laugh. "Eric is the most adorable, well-behaved little baby, so I'm sure he'll grow up to be a lovely young man."

It's no surprise that she often wonders how Cowell ended up with such a sweet baby. "I've said to Simon before, 'I can't believe he's your child!' because he's been so good since he was born," the star gushes. For her daughter's sake, she adds that they'll "just have to make sure he doesn't get on the naughty side!"

Related Link: [Simon Cowell Shares Photo and Gushes About Newborn Son](#)

Clearly, the celebrity exes have maintained a close friendship, despite their relationship and love life not working out so many years ago. "I think sometimes, when you're in a relationship with somebody and you become such good friends, if you don't have a terrible break-up, it makes it easier to remain friends," Seymour shares in our celebrity interview. "If you have a terrible split, then that's probably not going to happen."

Cowell has even said that he will be the godfather

of Seymour's baby girl, although the TV host has yet to confirm.

TV Host Reveals Difficulties During Her Celebrity Pregnancy

A pregnancy can be hard on anyone, even more so if you have systemic lupus like Seymour does. "I had a lot of sickness in the first seven months – I felt sick the whole time basically," she divulges. "Now, I'm just feeling very tired and getting ready for the big day."

While her lupus had nothing to do with the sickness she felt, her doctors are still monitoring her and the baby closely. "They won't let me go past my due date because of it," the actress says. "They're talking about maybe inducing me a little bit early."

While preparing for a baby is a great bonding experience for a couple, it can also test their partnership. "Pregnancy is really hard on a relationship and love. I think it can be very stressful," Seymour explains. "It can be hard for the guy, I think, when his wife, partner, girlfriend, whoever, is going crazy with all these hormone changes. We can be quite testy on them, like I've been for the last couple months! Towards the end, though, it just brings you even closer together."

Related Link: [Simon Cowell Is Having a Baby with Socialite Lauren Silverman](#)

Now that they're in the homestretch, the famous couple is focusing on getting their daughter's bedroom ready. "The nursery is really cute with a little bit of pink," the celebrity mom-to-be says. "It's got this very light-colored and fluffy cloud-like rug. We're just doing the accessories now, like pillows, baskets, and toys. We're trying to make it all cozy."

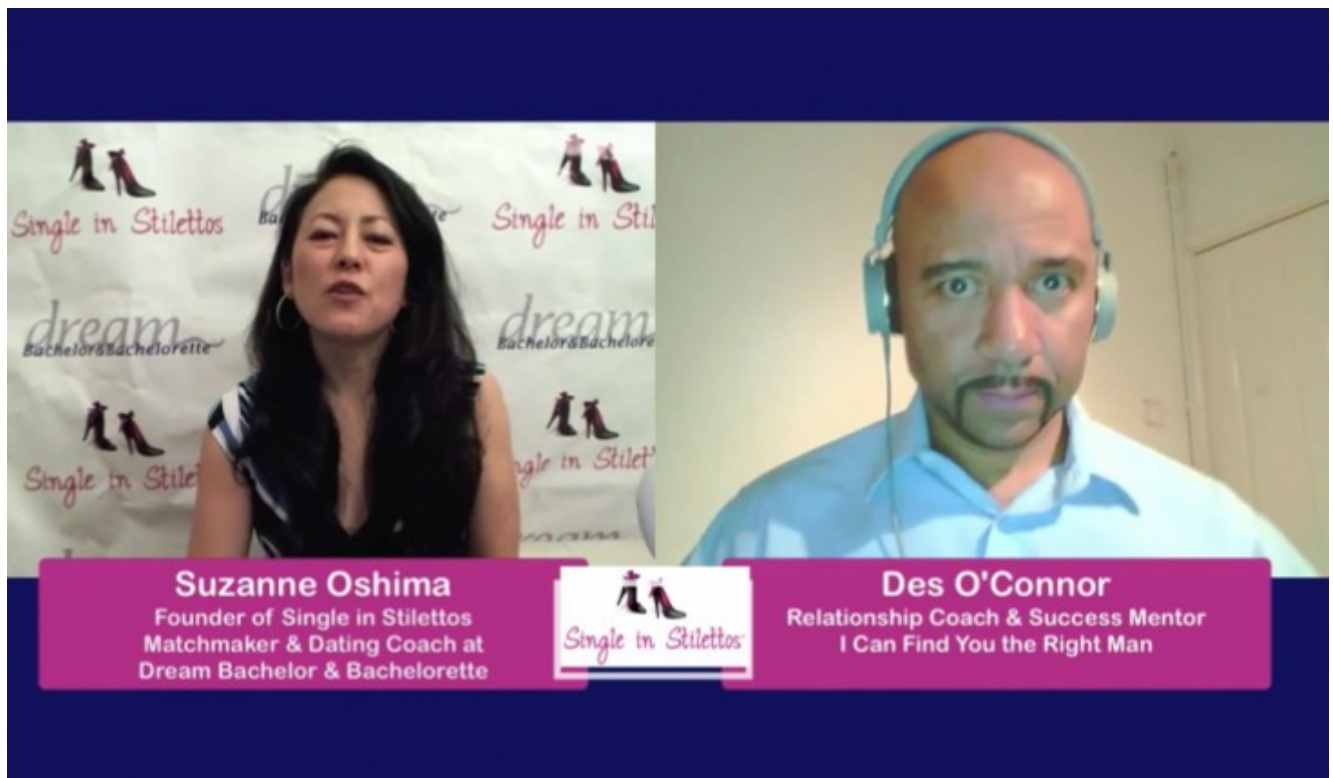
It's easy to see that the *Extra* correspondent and her celebrity love can't wait to become parents. "I'm definitely most excited about meeting our daughter for the first time," she reveals. "By the time you come to the end of your pregnancy, it feels like it's been going on forever, so you just want to meet your healthy, beautiful, new baby. I'm excited about becoming a mom. It's going to be life-changing."

Still, the host isn't going to let parenthood slow her down. In fact, she's already got a new project in the works: "I'm designing a diaper bag because I've had terrible trouble finding a beautiful, cool bag," she explains. "I'm really excited about that. I'm hoping it's going to be ready when I have the baby because I still don't have one!"

You can keep up with Terri on Twitter @terriseymour and www.instagram.com/officialterriseymour/.

Carmen Milian Talks Reality TV Show and Dating Advice in Exclusive Celebrity Interview: "Love Can Conquer All"





By [Sarah Batcheller](#)

The encouraging, protective, all-powerful role of momager is becoming ever more prominent in the most glamorous celebrity families, and Carmen Milian is no exception to the population of fabulous moms taking over the entertainment industry. Mother to singer and actress Christina, hairstylist Danielle (who just announced that her third [celebrity baby](#) is on the way!), and chef Lizzy, the family matriarch has a lot of fame on her plate, as seen on the hit reality TV show *Christina Milian Turned Up*. Milian is not only a successful businesswoman; she happily raised her three equally-successful daughters following her divorce. In this exclusive celebrity interview, the celebrity mom describes life and love under her roof.

Exclusive Celebrity Interview with Reality TV Star Carmen Milian

Milian reveals that filming their reality TV show was a good experience for her family. "It actually brought us closer,"

she explains. “We worked out some underlying issues throughout filming that we were able to resolve, and I think we came out better in the end by finally dealing with them.”

The mother of three also had a lot of favorite moments, but unfortunately, many of them won’t be seen by audiences. “There were a lot of beautiful scenes that we shot that they didn’t use. The footage showed us joking around and being silly or even a lot more lovable. I wish people could have seen that,” she says. “We also filmed an episode for Viva Diva Wines, which Christina and I own along with our partner Robyn Santiago. It was a charity event that we supported, and our wines were such a great hit!”

Related Link: [Christina Milian Talks New Reality TV Show, Viva Diva Wines and the Status of Her Love Life](#)

In regard to her high-profile business venture with her daughter, Milian makes it sound like a match made in heaven. “I love being Christina’s partner!” she gushes. “I feel like we understand and respect each other’s roles now better than ever. We work better side-by-side than when I work *for* her.” She then adds, “Our relationship has remained pretty much the same. The partnership is based on the same work ethic and trust that we’ve always had.”

The entrepreneur likes to add a familial aspect to everything she does. Even while working, her children and grandchildren are at the forefront of her mind. Making it sound easy, she divulges her secret to balancing it all: “My grandkids are team players. They know that sometimes they have to be quiet while I’m on a business call, but they don’t mind because those calls usually come while I’m in Toys “R” Us, at the park, or at Chuck E. Cheese. I spoil them plenty, so they are fine with me working while we play. I try not to text or email during my time with them though because I don’t want them to feel ignored. “

Celebrity Mom Shares Dating and Relationship Advice

Milian is looking forward to this year, as she intends to make it a noteworthy one in terms of her relationship and love life. She believes that this is her time, saying, "The truth is that I used to date back in the day after my divorce, but it's been a while. Dating is the one thing I wish I would've taken more time for in the past, but it's never too late, and that is my intention in 2015."

Related Link: [Reality TV Star Christina Milian Talks About Her New Partnership and Being a Celebrity Mom](#)

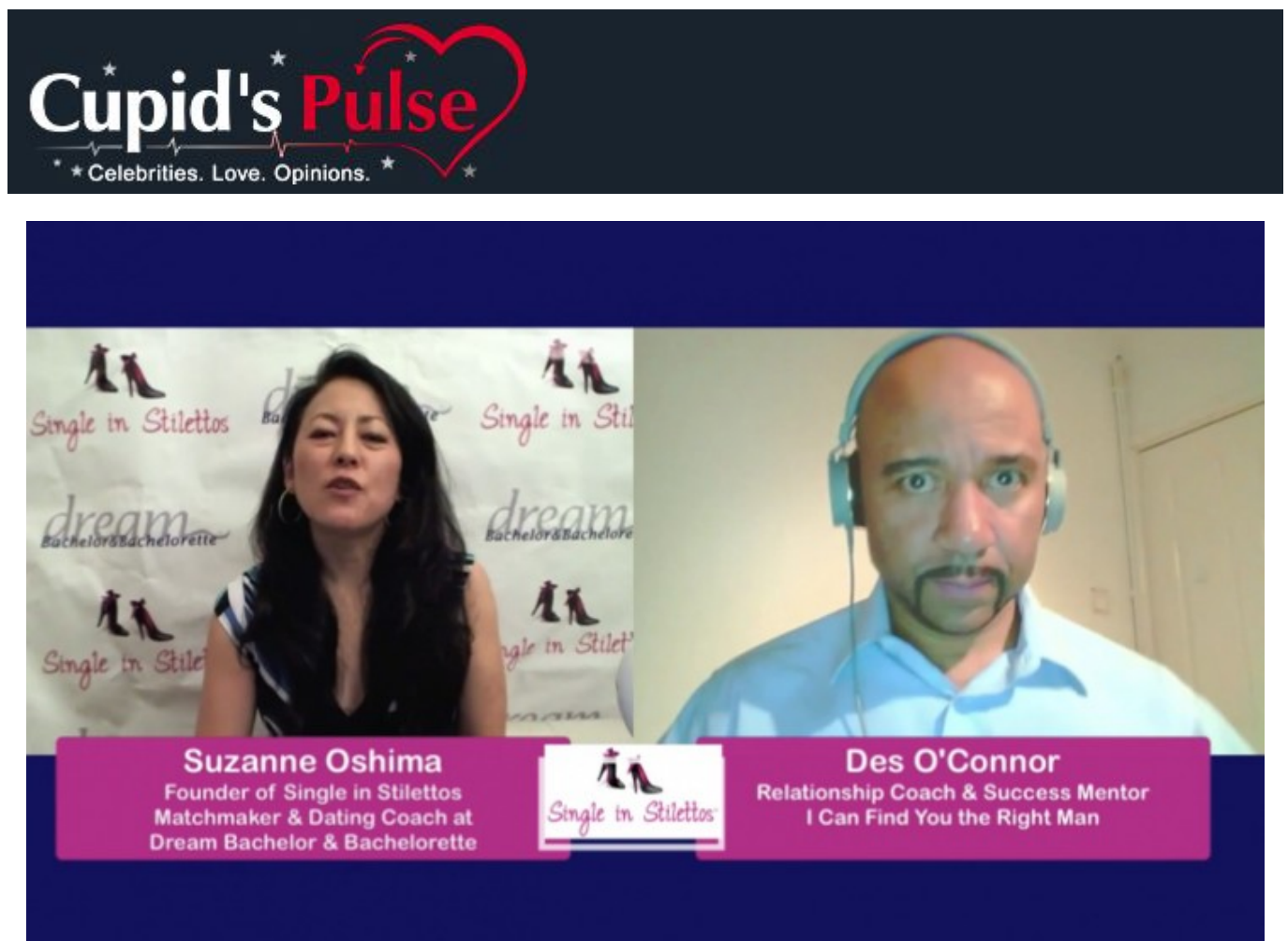
She also has some dating and relationship advice for other single mothers looking for someone special. "Be open to it," she insists in our exclusive celebrity interview. "Date as many frogs as you like, but only introduce your kids to a few princes. Hopefully, one of them will turn out to be your king!"

When it comes to the season finale of *Christina Milian Turned Up*, which airs this Sunday, Mar. 1, viewers have a lot to look forward to. "They are definitely going to see our worst sides at the beginning of the episode. They'll see that my family is in no way perfect," she candidly shares. "But at the end, everyone will see how we work through our issues and that love can conquer all."

The reality TV star reassures fans that the closing of the first season of *Christina Milian Turned Up* doesn't bring a halt to the family's success. Christina will be dropping a hit single next week and is appearing in the Hulu series titled *East Los High*; Danielle is an avid blogger for *Latina Magazine* and has a line of hair extensions in the works; and Lizzy is a private chef and has just begun writing for *Latin Kitchen*.

Catch Carmen on the exciting season finale of Christina Milian Turned Up on E! this Sunday, Mar. 1 at 10/9c!

Expert Relationship Advice: What's In a Name?



By Toni Coleman, LCSW, CMC for [Hope After Divorce](#)

I recently received the letter below and offered my expert relationship advice in my response.

Expert Relationship Advice from Hope After Divorce

Dear Toni,

I have a problem that many people might feel is one of my own making and something I should be able to deal with myself. However, I haven't been successful so far, and it's causing a real disconnect between me and my fiancé.

This will be my second marriage; I was married many years ago for about twelve years and have been divorced for over five. When I married the first time, I took my husband's name. Many women did that back then, and since it was important to my ex, it was an easy decision for me to make. Following our divorce, I kept the name because it had become my identity; it was my children's last name; and more importantly, it was how I was known professionally.

Related Link: [Can Love Be Better the Second Time Around?](#)

Now, my fiancé wants me to drop my last name and take his. He has said that my reluctance to do so points to my lack of commitment and to our future relationship and love together. I have explained my reasons for wanting to keep it, primarily my professional identity and recognition, which is very important, especially in the virtual world where I have a strong presence. My identity is also wrapped up in my name, as I have been this person for 17 years. Not changing it would change nothing else about who I am, who we are together, and how strong my commitment to him is.

I have presented my case in detail and, at times, have grown so weary of the resulting power struggle that I have thought about just giving in or calling off the engagement to see if he will relent. Our relationship is truly good on so many levels, and I don't want to lose him over this issue. We are at a dead end here. I would love your thoughts and any expert

relationship advice you might have on how to go about resolving this stalemate.

– Identity Challenged

How To Compromise In Your Relationship And Love Life

Dear Identity Challenged,

What's in a name? Apparently, much more than many of us give any real thought to until we are put in a position like the one you now find yourself in. Our names contribute to our identity: where we come from, our history and experiences, who we are connected to by blood or choice, and how others get to know and define us. In other words, our name is significant to our sense of self and is therefore something we don't easily relinquish. This is why you are not able to easily "deal with this" yourself.

Ironically, your fiancé appears to share your strong name attachment, so much so that he is willing to risk your relationship and love rather than have you be called by another man's name. Yet while you have "presented your case in detail," he hasn't been able to acknowledge your feelings, even though he clearly hears and understands them. Therefore, I have to wonder what else might be going on here.

Related Link: [Learning to Compromise: My Way or the Highway!](#)

You have shared that the relationship is good on many levels, but I feel I must play the Devil's Advocate here. What makes it so good? How well do you discuss and come to compromises on other issues? Do you find that you often give in because a problem just doesn't feel important enough to get into conflict over? Are you generally a "pick your battles" kind of person who can let things go and let the other person win more often than not?

The reason I ask these questions is because I have to wonder if the relationship works because he is dominant and you are submissive, because your yin works well with his yang. If so, this dynamic could work very well until you encounter an issue that is a potential deal breaker, as this one may be. You shared that you have considered calling it quits even though you don't want to lose him, and he has expressed concerns that you are not really into him and the relationship. This definitely brings you at least close to deal breaker territory!

If I am even slightly warm, challenging your status quo could help you move towards an answer. Sit down again for another talk, but this time, talk about your relationship and love in general, how you often discuss and resolve issues together, and how it feels for him when he is asked to compromise on something that's important. If he gets defensive, gently point this out and remind him that you are on the same side and really want to understand how he feels and what he needs from you.

That brings me to a key issue here: what he is looking for in a partnership. Have you been the easy and compliant woman he prefers until recently? It's also possible that the whole name issue is a loaded one for him and that he isn't even completely tuned in to why. So exploring what his name means to him and what the significance of a woman taking her spouse's name is for him should yield some useful information.

Related Link: [Hang Tough – You'll Get Through It](#)

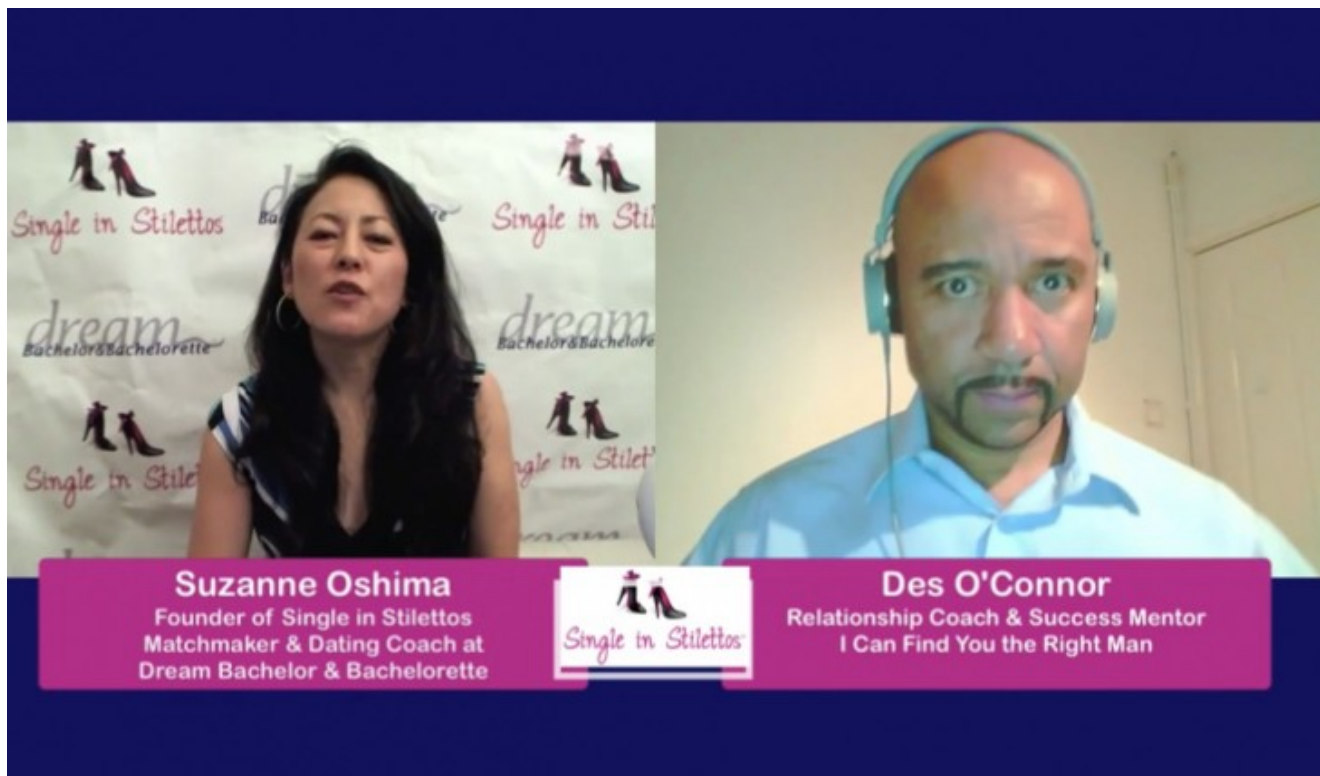
It might be hard to have this discussion without an objective third party. Premarital counseling is widely accepted and often recommended to couples of all ages and marital histories. Finding an experienced therapist to help you work through this issue is certainly a middle-step to consider before walking away. In addressing it together, you will inevitably wander into discussions about your different

personality styles and how you generally discuss and negotiate issues together. The answer you're looking for will be found in the overall way you communicate your wants and needs to one another and whether or not you both have a willingness to be there and compromise for one another.

For more information about and additional expert dating advice from Hope After Divorce, click [here](#).

Relationship Author Susan Anderson Explains Common Patterns in 'Taming Your Outer Child'





By [Sarah Batcheller](#)

If you've ever spent a day using retail therapy to calm what's upsetting you, then the [self-help relationship book](#) *Taming Your Outer Child: Overcoming Self-Sabotage & Healing Your Life* is for you. Relationship author Susan Anderson uses her expertise in psychotherapy to pinpoint the cause of behavior she's named the Outer Child, and she attributes these actions to our fear of abandonment. In relationships especially, fear of being left causes us to act out irrationally and push our partners away, even when we don't mean to. Analyzing our Outer Child allows us to prevent such behavior in the future. Read on for more of Anderson's fascinating love advice on how to tame the Outer Child!

Love Advice From Expert Relationship Author

We love the concept of the Outer Child, the counterpart to the all-too-familiar Inner Child. What inspired you to explore this idea in your new self-help relationship book?

My primary area of expertise is abandonment, and I've developed a program to help people heal from the primal wound. The biggest problem that many people have is that they develop patterns out of abandonment that affect their next relationships. It also impacts how they eat, drink, and shop; it gives rise to a whole host of bad behaviors. The Inner Child is about healing, but the Outer Child is about acting out. It's the part that shows on the outside, like a wart or a mole. Therefore, one of the most important parts of helping people overcome the Outer Child is helping them overcome self-sabotage.

Would you say that every person has an Outer Child and the degree in which it acts out varies or that some people have no Outer Child at all?

Everyone has an Outer Child because everyone has a way of looking for fulfillment. Not everybody can have deep personal fulfillment at every level, so everybody has little guilty secrets. For instance, they may pop a piece of candy in their mouth when they're feeling a moment of emptiness. We're all imperfectly human in that way.

Related Link: [Why We're Wired to Sabotage Our Relationships](#)

Is there a correlation between having experienced abandonment and the intensity of Outer Child behavior?

Yes. Abandonment is primal, so it's really the root of everything – it's that first fear we have. If you have a more fresh experience with abandonment, something that still throbs, then you will have lots of Outer Child behavior.

A very common pattern is the tendency to be attracted only to the unavailable, and when someone comes along who is available, you have no chemistry and you don't feel a connection. This is particularly common pattern among celebrities; they have a very difficult time because they're very eligible and everybody wants to be with them. They

struggle to feel connected with someone who is actually available.

The way this connects to abandonment is complicated but interesting. First of all, there's the fear of abandonment. If you get attached to someone, you risk losing them. So if you're going after people who are unavailable, you're constantly trying to have a relationship, but you're never really having one. You're trying to avoid the pain of really losing someone. The only problem is that, while you're pursuing someone like this, it's usually a very emotional and difficult experience.

Secondly, when you go through abandonment, the feelings are so horrible that you can't wait to get better, so you try to find ways to get rid of those feelings, maybe by meeting a new person or tackling a big project. Since abandonment is a wound and scar tissue forms over the wound, that area becomes numb, so you can't feel love unless it's in the form of insecurity. If you're with somebody who's totally available, you can't even feel that. The only thing you can feel is when somebody makes you feel like they're going to leave you any minute or that you're not good enough. Then, you *think* you're attracted to that person.

Susan Anderson Presents Compelling Dating Advice in Self-Help Relationship Book

How does the Outer Child play into compatibility or incompatibility in a relationship? For example, if two people have similar Outer Child tendencies, could that make them more or less compatible?

In the ideal relationship, two people's adult selves would be very sweet to each other's Inner Children. The Inner Child is

the vulnerable part of a person, so in a relationship, we should be very sensitive, kind, caring, and understanding towards each other. But what happens in a lot of relationships is that the Outer Children get into a power struggle because the Outer Child is always trying to create problems and has control issues.

Related Link: [Ways to Remain Confident in Your Long-Term Relationship](#)

In your book, you mention the Emotional Pendulum: Fear of Abandonment versus Fear of Engulfment. Can you give us some examples of how the Outer Child acts out as a result of these two opposing feelings?

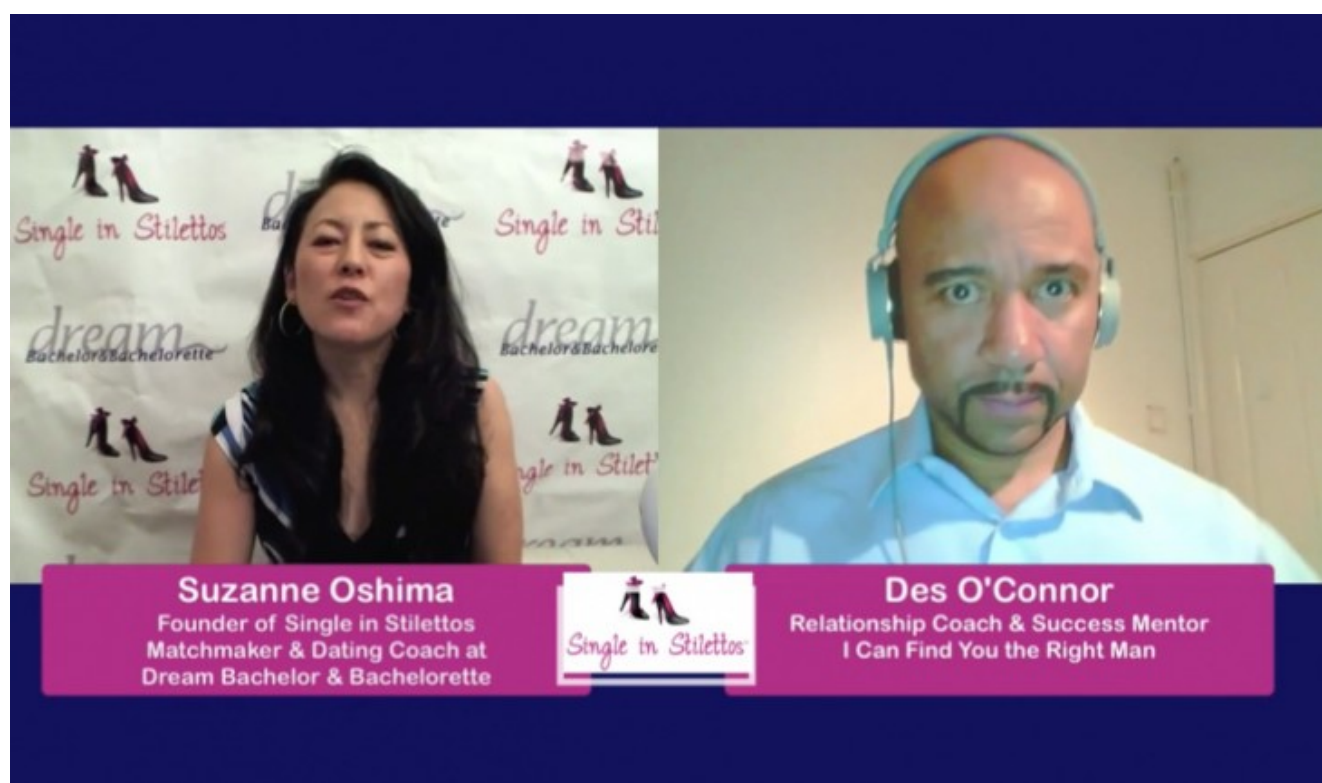
It's a very natural to have those two opposing feelings. The Outer Child has a tendency to act them out, so when you feel the fear of abandonment, the Outer Child aims your emotional suction cup at your partner and scares them away, or it gets stiff and angry. On the other hand, when your partner is available, you now feel the engulfment. The Outer Child acts that out by leaving, being cold, being critical, or shutting down. The pendulum swings between the two.

Finally, we'd love to ask you for some dating advice! How can acknowledging the Outer Child help someone find love?

When you realize how much your Outer Child has been interfering, you realize that you need to do some healing. This involves developing a relationship between your adult self and your Inner Child. When these two are in alignment and there's a caring, nurturing relationship going on, that sets the tone for you to be able to relate well to someone else. It also keeps the Outer Child out of the picture.

For more information on Susan, visit www.outerchild.net and www.abandonment.net. Don't forget to pick up a copy of Taming Your Outer Child!

Lea Michele Takes Home Her Late Celebrity Ex Cory Monteith's 'Glee' Jersey Post-Wrap



By Maggie Manfredi

Say goodbye to *Glee*. In latest celebrity news, according to UsMagazine.com, Lea Michele wrapped her sixth and the final season of *Glee* this weekend, along with her fellow cast mates. The actress took to Twitter in light of the big changes and said, "Thank you so much to all of our amazing Gleeks who

supported us so much! I love you guys. We were so lucky to have had the most amazing crew who worked so hard everyday to make the show amazing. I'm so grateful for them...So thank you all again so much from the bottom of my heart. I will miss Rachel Berry so very much." Michele also posted a beautiful picture of her leaving the set with late celebrity ex Cory Monteith's football jersey from the show. Emotions are high, but we are very excited to see what this superstar will do next!

In latest celebrity news, Lea Michele is honoring her late celebrity ex Cory Monteith by keeping his 'Glee' jersey as a memento. What are some ways to honor a partner who has passed away?

Cupid's Advice:

Some of the hardest moments in life include a large amount of heartache. But like Lea Michele, you will be able to move on and still honor your past relationships. Cupid has some advice on how to handle a loved one who has passed away:

1. Take the time you need: When tragedy strikes, it can be a full body experience. When the news broke about Monteith's death, Michele got away from the public and mourned in her own way and in her own time. You are allowed this time to internalize the tragedy and work through your loss like Lea did with the loss of her now celebrity ex.

Related Link: [Lea Michele Posts Touching Picture on Anniversary of Cory Monteith's Death](#)

2. Careful with social media: Social media can be a tricky space when it comes to dealing with death. You need to be cautious in order to respect the life and family of your love, but you also want and need to express your feelings. Michele has made many beautiful posts in honor of Monteith and their relationship together on social media since his death in 2013.

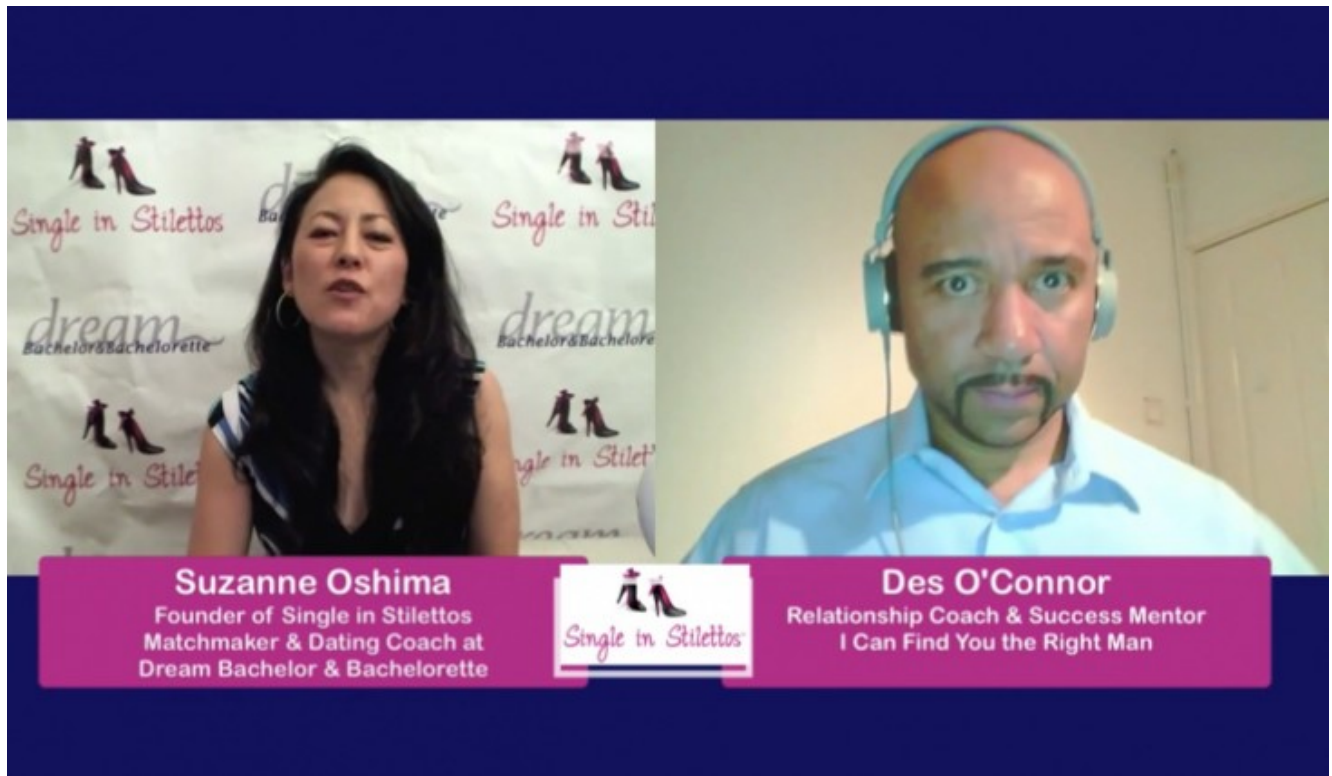
Related Link: [Lea Michele Says Cory Monteith Is 'Watching Everything I'm Doing'](#)

3. Look to love again: It is important to avoid fearing love or holding back after you have mourned the loss of your beloved. We can never anticipate what he or she would say, but Cupid is guessing they want you to be happy in this life, and happiness can be found in love.

Are you sad to see Glee go? Share your favorite thing about Rachel Berry below!

Dating Advice for Dealing with a Jobless Boyfriend





By Maggie Manfredi

There are multiple common sayings when it comes to the relationships and love: “love is a two way street,” “what’s mine is yours;” and “love is patient; love is kind.” But, what happens when your main man is stagnant and jobless? Are you expected to do all the heavy lifting? How do you know how to approach the topic with sensitivity, honesty and love?

Cupid believes that you have every right to confront your jobless boyfriend. In fact, we have some valuable dating advice to help you navigate through this tough situation.

1. Talk it through: First things first, talk to your partner. One of the main reasons to be in a relationship and love is to have that person you can talk to and that you trust. Be brave,

but not brash when you move to bring up your boyfriend's jobless status. Ask questions that will help him to open up. For example, ask, "If you could have any job in the world, what would it be?" Or, "What and who inspires you?" Not only will you learn more about your beau, but this might open their eyes to different career paths that they had not thought of before. Help them visualize an opportunity, and then you can take the steps toward making it a reality together.

2. Motivate and keep moving: The hardest thing about being unemployed is finding the motivation to get up and apply to jobs, and it can be hard to watch someone you love not able to take initiative in the situation. This is especially true if you are taking care of your man and providing for the both of you. Consider this love advice, and make sure you are supporting him in his quest for employment by not letting him sit and complain all day. Remind him to be proactive in a tactful way. A man with dreams is sexy, and a man with a job? ... Also very sexy.

Related Link: [Relationship Advice: How To Keep The Spark in Your Relationship After Valentine's Day](#)

3. Work and play hard: If your guy is totally comfortable sitting on your couch and not contributing to your relationship and love, then maybe it's time to hit the town with your ladies. Happy hour is made for the working girl, so take full advantage. However, if your jobless boyfriend is making an effort to find work and do right by your relationship, then make sure you are both going out and enjoying life together. It is easy to let the stress of bills, careers and aging get in the way of having a good time. Make sure to continue scheduling date nights to keep the spark alive.

4. Be patient and kind: Life is a wild ride with bumps and road blocks. You and your partner need to feel love, especially if he has been laid off or is struggling to find

something to be passionate about. Be patient if they are doing some soul searching, and when they face rejection, be kind and understanding. There's no doubt that the road will not be perfectly paved, and as their partner, it's important to be there as they try to navigate.

Related Link: [Relationship Advice: 5 Basic Workouts To Do With Your Partner](#)

5. No excuses: Cupid wants to make one thing perfectly clear: DO NOT MAKE EXCUSES FOR LAZINESS. A lazy partner now will be a lazy partner in the future, and this is not an ideal attribute in your soul mate. Everyone is allowed to make mistakes and to be unsure; but if your partner comes across a problem and doesn't want to solve it, then they might not be the best fit in a partner after all.

Work hard at your job, and work hard at your relationship. Your jobless boyfriend might need a little help to change his title, but with a little patience and a lot of love, you may see him make something of himself. Don't let him couch surf any longer, and if he makes excuses, it might be time to excuse yourself from the relationship.

**Have a different perspective on this relationship scenario?
Share with us below!**