

Jennifer Lopez Says Celebrity Ex Marc Anthony Predicted They'd Marry When They First Met



By Maggie Manfredi

In the latest celebrity news, Jennifer Lopez tells all! According to UsMagazine.com, the super star and now author is putting everything out there in new memoir *True Love*. Fans get details on past relationships and loves, such as Ben Affleck, Cris Judd, and Marc Anthony. For instance, [celebrity ex](#) Anthony's first words to the starlet were, "One day, you're going to be my wife." A pretty impressive prophecy considering

she dated multiple men before their marriage!

Hollywood couples sometimes rush into marriage, only to end up with yet another celebrity ex. How can you tell if you've really met The One?

Cupid's Advice:

Have you been searching for a soul mate, a lover, The One? Curious how you will know when you find them? Cupid has some relationship advice to consider:

1. Mutual respect: Whether you prefer bluntness like Lopez's celebrity ex Anthony or a sweet, subtle sweep-off-your-feet kind of romance, you have to feel respected. You also have to give respect for any type of relationship to work. With respect comes admiration and then potentially love.

Related Link: [Jessica Chastain Dishes On Not Dating Other Stars](#)

2. Butterflies and warm fuzzies: It is important to get excited and to feel it. Who knows if there really is such a thing as "a spark," but there is such a thing as feelings, and tuning in to whether you truly have them is an important step.

Related Link: [Jennifer Lopez Reveals Ben Affleck Was Her "First Big Heartbreak"](#)

3. Long-term potential: Being someone's person means it's much more than a fling or an attractiveness. Even Hollywood couples long for solidarity in their whirlwindish lives. You are supposed to be with this person for worse or for better, through good and bad times. Make sure that The One you have

chosen will love you, defend you, protect you, and laugh with you.

Will you be reading JLo's memoir? Comment below and share what you think of the singer's revelation and other love advice!

Khloe Kardashian Approves of Kris Jenner's New Celebrity Relationship with Corey Gamble





By Amanda Boyer

Reality TV show *Kourtney & Khloe Take the Hamptons* premiered last Sunday, and the two girls invited their mom along for the ride. Kris Jenner debuted her new [celebrity relationship](#) on the small screen, bringing her celebrity love Corey Gamble to the Hamptons with her. According to [UsMagazine.com](#), Khloe is happy for Jenner. Sources said, “Khloe thinks Corey is great and so sweet. She loves him and loves how happy Kris is.”

Khloe likes her mom's new celebrity love, but what do you do if your kids don't approve of your relationship and love?

Cupid's Advice:

Not everyone is as lucky as Jenner when it comes to her daughter's approval of her celebrity relationship! You may

like your new partner, but what if your kids think otherwise? Cupid has some relationship advice to make this easier on all of you:

1. Be open: Talk to your kids, and explain your feelings to them. If you like someone who they don't, share why you like this person so much. Likewise, listen to why they *don't* like the person. Seeing the situation from the opposing point of view may help matters.

Related Link: [Kris Jenner Gets Cozy with New Man Corey Gamble at Kim Kardashian's B-Day](#)

2. Be active: Have your kids go on a trip with you and your new significant other. This way, they get to see his fun side and get an opportunity to bond with him. Plus, they can see how happy you are when you're with him.

Related Link: [Kourtney Kardashian Confronts Khloe About Partying with Scott Disick](#)

3. Be honest: Let them know how happy you are and let them know that you understand that it'll take time for them to adjust. Remind them that you don't expect them to form a bond with your new beau overnight.

What are other ways to tell your kids about your new partner? Share your own love advice in the comments below!

Single in Stilettos Show: Are You an Unavailable Woman?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about ways you're being unavailable and how to attract love in your life. Here are some things you may be doing to block love from entering your life: You're not really trying to meet the right man; you complain to your friends and family that there are no good men out there; you think all men are cheaters; you think it's impossible to meet a man because there are more women than men in your city; you keep making excuses as to why you can't meet someone; you're stuck in a past relationship; you're using your looks or work to hold you back; you think men your age just want to date younger women; you think of yourself as a victim; or you're afraid of the love you deserve, being vulnerable, and/or intimacy.

Related Link: [Abiola Abrams on Insecurity and Dating](#)

Sure, it's hard to meet the right guy, but it's not impossible. If you're feeling hopeless, it's time to look inward and consider the advice in the video above!

For more information about Single in Stilettos shows, click [here](#).

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

How do you make yourself available to potential partners? Tell us in the comments below!

Find Out Bette Midler's Rules for a Successful Hollywood Marriage





By Maggie Manfredi

Hot Hollywood couples are great, but we've got the scoop on two celebs who have had years of love and know how to make it work. According to People.com, Bette Midler and Martin Von Haselberg have been married almost 30 years. Though they spent a short, six weeks together and then headed straight to the chapel, Midler knows they are not the norm. Today they have a 27-year-old daughter who is also jumping into show business, and some helpful advice on marriage. "It's best to pick your fights wisely and just meditate. Stay calm. Don't go from zero to 60 in two seconds. Just stay calm and try to breathe. Breathing is really important," Midler said.

What are three rules for a successful marriage?

Cupid's Advice:

1. Patience: Like Bette said take deep breaths and stay calm. Be patient with your partner and listen to what they have to say before you do or say anything.

Related: [Jennifer Lopez Reveals Ben Affleck Was Her “First Big Heart break”](#)

2. Respect: Understanding that you are both individuals with lives and wants and wishes is imperative to staying afloat. Make sure your partner feels respected by you and feels support from you as their partner to succeed in life.

Related: [Find Out Why Kris Jenner is ‘Livid’ at Bruce Jenner](#)

3. Love: Continue to have date nights. Kisses goodbye, little things that show you care and surprises. Love is why you started this and will be how you make it through both the good times and bad.

Married and making it work? Share your advice below!

Flirting While In A Relationship: Is It OK?





By [Katie Gray](#)

A common question couples are faced with is, “Is it okay to flirt while I’m in a relationship?” Another is, “If I’m flirting while I’m in a relationship with someone, is it considered cheating?” These are not always simple ‘yes’ or ‘no’ answers, as it truly depends on the individuals in the relationship, the degree of flirting, the context of the relationship and many other factors. Obviously, if one of the partners in the relationship is doing more than flirting – that is a big no, no. Clearly, if one partner is just giving someone else an innocent compliment – that is quite alright. The answers and options aren’t always crystal clear, however. Cupid has some advice:

1. Get on the same page:

It’s often difficult to detect whether flirting in a relationship is harmless or hurtful. Because; the truth is, it can be both. There are a lot of people who believe that flirting is healthy, even if you are in a relationship and

indeed committed to that person. Then there are many who adamantly believe that you shouldn't flirt at all if you're serious with someone else. Some claim it's just being friendly, while others say it's cheating. The real way to determine this; is to communicate with your partner and set boundaries. You two should both be on the same page and come to a mutual agreement.

Related: [Duchess Kate and Prince Harry: Is it Flirting?](#)

2. Define “flirting” with your partner:

Everyone has a different definition of what ‘flirting’ actually entails. If the nature of the flirtations are sexual, that is not okay. You should be devoted to the person you're in the relationship with, otherwise you should get out of it. Maybe there are some exceptions if it's meant in a joking and/or sarcastic nature, but that's playing with fire. If you are being secretive and keeping your flirtations a secret from your partner, that is a sign that you shouldn't be doing it. Another sign it's wrong, is if you feel the need to make excuses and rationalize. If your partner is jealous, that doesn't constitute a good reason to hide something. You should respect how they feel and address it with them.. Bravo reality star and relationship coach, Dr. Heavenly says, “I believe it all depends on the relationship.” She explains, “I have seen couples that think it is fun to flirt with the opposite sex as long as they don't go too far. Some people find it exciting and they bring that excitement back home to their bedroom. However; I think flirting can be harmful if the person on the receiving end takes it too seriously.” It's best for couples to set their own guidelines.

Related: [Katy Perry Is Caught Flirting with a New Man](#)

3. Don't set yourself up for failure:

Tiffany Mason, author and owner of Mason Coaching and Consulting, says, “Whether you are in a committed long-term

relationship or you recently started dating someone, flirting should not even be in your vocabulary. There are no exceptions when it comes to flirting with someone else other than your partner. You are only setting yourself up for failure if you are even thinking about flirting with someone else.”

4. Make sure to measure personalities:

You must take your partner’s personality into consideration. Christina Pesoli, relationship expert and breakup coach, blogger for *Huffington Post*, and author of *Break Free from the Divortex*, says, “The best way to evaluate whether flirting is okay or not is to view in context with a person’s overall personality. Some people are more flirtatious by nature. If you get into a relationship with someone who is flirtatious by nature, that side of the personality is not a secret to you.” She added, “I don’t think it’s fair or healthy (or fun) to expect them to stop being flirtatious. There’s a difference of course, between flirting and having an emotional affair – and it’s true that every affair (emotional or physical) likely began with some flirting.”

The real conclusion is that people will always have a different opinion on this, so it’s best to discuss it with your partner and find out how they truly feel. That’s the only person who should matter on this subject.

The First Official Look at Chris Soules on ‘The

Bachelor'



By Emily Meyer

Start planning for *The Bachelor* Season 19 viewing parties now! While the reality show isn't set to air until January 5, 2015, eonline.com has the first exclusive look at Chris Soules. The 32-year-old Midwest farmer who won our hearts on Andi Dorfman's season of *The Bachelorette* now has his chance to find a relationship and love. The first promo pic for the season is captioned: "Traditional. Classic. All-American." It was also just announced that *The Bachelor* premiere will be three hours long *and* live! "Coming from a small town, I never really expected to have this opportunity to be on either show, let alone to be the lead on *The Bachelor*, so it's been awesome," Soules shared after his announcement was made on

Good Morning America.

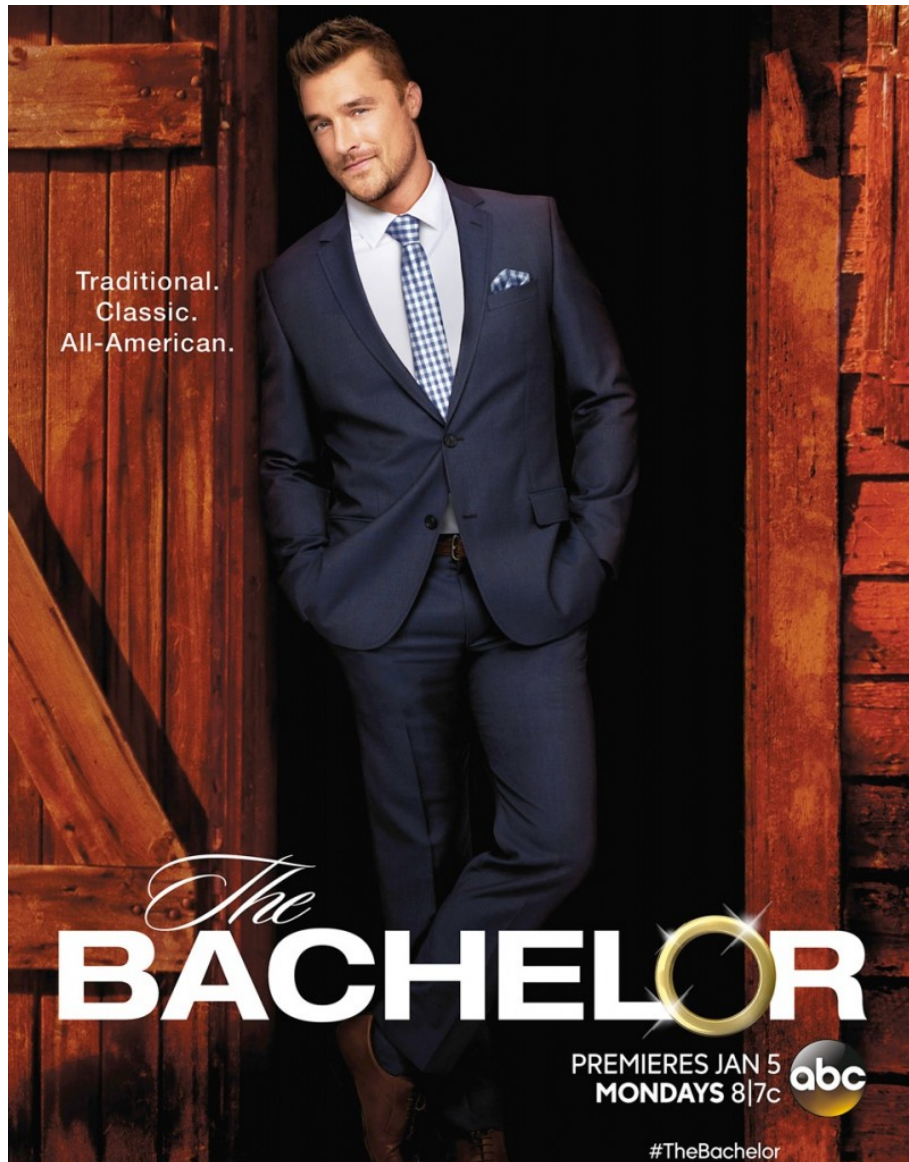


Photo courtesy of ABC.

‘The Bachelor’ offers a unique way to meet a new partner. What are some other ways to meet someone?

Cupid’s Advice:

Are you tired of the same boring potential partners you

meet each weekend at the local watering hole? You probably don't want to go as far as being the next *Bachelor* or *Bachelorette* (if only we were all so lucky!), but you *do* want to find fresh and exciting people to bring into your love life. Cupid knows it can be tough, so here is some dating advice to help you meet someone new:

1. Hang out where big groups gather: Think about where men and women often spend time together. Get a few girlfriends and go to a place you know will be flocking with men, like a local steakhouse or a nearby sports bar on game night. If you're looking for ladies, head to the mall or a popular park in your town. The more people around, the better chance you have of meeting someone who's a good fit for you.

Related Link: ['Bachelorette' Andi Dorfman Quits Assistant District Attorney Job](#)

2. Volunteer: What could be better than a significant other who gives back to their community? It's time to get involved and start volunteering! You will meet single men and women who are caring and passionate about something. Plus, you'll be doing something good for your town while you search for The One!

Related Link: [Ryan Seacrest Aspires for a Marriage Like His Mom and Dad](#)

3. Join a local sports team: Not only will you meet tons of single men and women— but you can get in better shape and release any stress from work. That cute pitcher is sure to be turned on by your impressive batting skills!

What are some different ways to meet someone special? Tell us in the comments below.

How to Meet A Man on Halloween



By [David Wygant](#)

I know. You're about to unlock the inner bad girl version of you for Halloween. Some of you love to dress up as sexy school girls. Some of you are even more rambunctious and like to dress up as a naughty nurse. Maybe you're the dominating dominatrix, the meanest witch, or the cutest little ghost a man has ever seen. That's what I love about this holiday. It allows the inner woman, that naughty version of you, to come flying out. To you, it's just staying in costume all night

long.

Related Link: [10 Fun Halloween Date Ideas](#)

Halloween is also one of the most overhyped nights of the year. This year, it's coming on a Friday night. Everybody's going to want to go out and party, have fun, and meet someone before the cold winter settles in, before you really need a broomstick to fly you down to Florida to warm your hooked nose and evil brew.

So what is a woman to do to meet a man on Halloween? It's simple. It's not *you* who's flirting; it's the naughty little witch. Perhaps it's the dirty schoolgirl, the cute little ghost, or the Disney princess. Halloween gives you the opportunity to be audacious like never before, to spend the night approaching men. It's the only night of the year when you can be bold beyond belief and do things you normally wouldn't – because it's not really you doing it. It's the character you're playing.

If you really want to meet a man on Halloween, the best thing to do is comment on his costume. Whether it's creative, sexy, or funny, just say something nice to him. This is your chance to practice flirting skills you don't use on a daily basis. It gives you an opportunity to work on your conversation skills and be playful. Halloween is just another day. You can use those same skills and approaches on men on a regular basis, but tonight, it'll be even more fun.

Related Link: [What Your Halloween Costume Says About You](#)

You might even walk around with a bag of candy, giving out Hershey's kisses to men. Or you can walk around with a little pumpkin and have men fill your basket. Halloween is an opportunity to get outside yourself. Get over the self-conscious feelings and get into a character you always wanted to be. It gives you an opportunity to boldly approach a really

sexy guy...because it's not really you saying hello!

So dress up, flirt, and stay in character. When the conversation gets good, jump out of character so he can see the real, relaxed version of you. That's all you need to do to meet a man on Halloween.

For more articles from David Wygant, click [here](#).

Screwing the Rules Video Dating Tips: Dress Up for Your Man





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

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Communicating About Tough Topics](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how Halloween can influence your time spent between the sheets with your partner. "Halloween is a great excuse to dress up, to play a role, to be something a little different, to be edgier, to be sexier, to be more demure, to be more discreet, to be dangerous," she shares. This idea extends beyond what you wear to that Halloween party too. If you're in a serious relationship, this is a great opportunity to dress up in a costume for just your man to see. Even if your chemistry is still off the charts, "changing it up is always a good idea," House explains. "It's not just about being scary or having

crazy teeth. It's about fulfilling fantasies."

Listen up for her best tips for "adding a little spice" to your relationship!

For more information about our dating mentor, click [here](#).

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

Cupid wants to know: What's your favorite Halloween costume – both in and out of the bedroom?

Learn the 20 Steps to Heal a Broken Heart in Lesley Robins' New Book 'The Breakup Book'





This post is sponsored by Lesley Robins.

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

When it comes to bad breakups, Lesley Robins has been through them all. In her new book, *The Breakup Book: 20 Steps to Heal a Broken Heart*, the E! News producer and Young Hollywood contributor walks her readers through a 20-step process to get over your broken heart. Executive Editor Lori Bizzoco recently chatted with the new author about how she managed to thrive after her tough split as well as her best advice for hopeless romantics who are dealing with heartache. Here's what the nationally-recognized journalist had to say:

Why did you organize your book with a 20-step approach?

There is a reason why the chapters go in the order that they do. At the beginning, I'm not telling you to be grateful; I'm not telling you to travel; I'm not telling you to create a new home the day he leaves you. The first chapter just encourages you to *not* be alone. You need love – you lost love; now, go

find it.



Lesley Robins talks about new book in an exclusive interview.
Photo courtesy of Amanda Boyer.

What inspired you to write your book?

As a journalist, I am a host, reporter, producer, and writer. I had all of these things, but I've always wanted to be an author. So in 2010, my ex and I had broken up for good. It was a few months after that, and I was still in a really dark place. I was out to dinner with my mentor's wife, and I was talking about my breakup and what I was trying to do to feel better. She turned to me and said, "That's your book." It was at that dinner that we discussed that every chapter should be a piece of advice someone gave me to get through the split. We

talked about what worked and what didn't work, and I crafted it in that moment.

Related Link: [10 Signs That Your Relationship Has Hit a Dead End](#)

It seems like every woman has a story about a bad breakup. Do you think this book will be successful since everyone can relate to it?

We all have a breakup story, yet no one wants to talk about it. We're human, which means we have flaws. The thing I stress is, when you're trying to talk about your breakup, you want a neutral party, someone who is not going to judge you. No relationship is alike, and no breakup is alike. However, at the same time, when we talk about it and we can share our story, it's comforting to know that other people are going through the same thing.

What advice do you give to woman who want to feel confident instead of depressed after a breakup?

You're not going to feel your best right away – and that's okay. I'm giving you permission to be sad, depressed, and pathetic for a minute. That's why the first step is to never be alone. Since you used to have someone by your side 24/7 and now that person is gone, you will need to be surrounded by love. Go find your people!

What do you say to people who feel overwhelmed by the thought of completing 20 steps?

The beautiful thing about these steps is that they can happen simultaneously. You're not going to start them all at the same time, but they will all eventually merge together to form the new you. It is all really about self-love. I think the main thing that I want women to grasp is the importance of being grateful. Be grateful for everything around you – your family, your friends, your career. Be in the moment and focus

on what you *can* control.

Related Link: [How to Get Through a Breakup and Heal Your Heart](#)

Something that I think is really important for our readers to know is that you were in your 30s when this breakup happened. You were thinking about a long-term commitment, even marriage.

In my first draft of the book, I actually didn't include my age. Then, my editor told me I needed to add it. I met my ex when I was 29, and here I was, single again at 36. Any woman reading it gets it. Being single in your 20s is so different from being single in your 30s! So my life became about doing everything by myself, which was a big adjustment. I had to be okay with being on my own.

What was the hardest chapter for you to write?

I think the hardest chapter for me to write was "Go Cold Turkey with your Ex" because I didn't master it for a really long time. But once he got engaged, I went cold turkey. That's when I was finally done. I had no more fight left in me. I went through every emotion I could imagine – and I write about that.

How is your love life going now?

I'm dating, but I'm single. I'm happy and strong, and I'm still a hopeless romantic. The first few months after my breakup, I didn't want to be with anyone. But now, I am back to being the girl who loves romance and finding love. I love it!

~~GIVEAWAY ALERT: Two lucky readers will receive a copy of *The Breakup Book: 20 Steps to Healing a Broken Heart*. To enter our giveaway, email cupid@cupidspulse.com with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on November 12th. In the subject line, please write "The Breakup~~

~~Book Giveaway."~~ ~~You can also enter on Facebook.~~ ~~You can enter the contest only once.~~ ~~Good luck!~~

Giveaway is now closed. Thank you to all who participated!

Pick up a copy of The Breakup Book: 20 Steps to Heal a Broken Heart today! You can keep up with Lesley on Twitter @LesleyMia.

Kris Jenner Gets Cozy with New Celebrity Love Corey Gamble at Kim Kardashian's B-Day





By Amanda Boyer

It's official! The latest celebrity news reveals that Kris Jenner has a new celebrity love. This single mom was spotted with Corey Gamble in Sherman Oaks, Calif. earlier this month at Kim Kardashian's birthday party, according to UsMagazine.com. This was not the first time they were seen in public together though; other sources have also reported seeing the duo recently.

Celebrity couples have to face the whole world when it comes to announcing a relationship. What should you keep in mind when introducing your new partner to

your loved ones?

Cupid's Advice:

Sure, you don't have a new celebrity love like Jenner, but that doesn't mean your relationship and love isn't a big deal! Knowing when and how to break this news to family and friends can be tricky though, so Cupid has some relationship advice to consider:

1. It should be serious: Make sure that you're new relationship isn't just a fling. When you realize you're ready to make a commitment to that person, you know it's time to inform those close to you.

Related Link: [Kris Jenner Warms Up to Khloe Kardashian's New Boyfriend French Montana](#)

2. Update your partner: Informing your new significant other about your family *before* bringing them home is a good idea. Telling them about your parents and your siblings can help them feel more comfortable when they're first introduced.

Related Link: [Kris Jenner Says Kim Kardashian and Kanye West's Wedding Will Be Big](#)

3. Remind them to be themselves: Let your partner know it's okay to be themselves and to just relax! If you're happy with who they are, then your family and friends should love them too.

Have another way to know it's time to introduce your partner to family and friends? Share your ideas below.

Single in Stilettos Show: How to Get a Second Date



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Robert Manni, author of *The Guys' Guy's Guide to Love*, about how to get a second date. It's easy to get him to say yes to a first date, but securing another night out with the right guy can be a bit trickier. Here are some tips that Manni recommends following: have confidence; don't drink too much; dress the part; talk about your dreams; have a conversation and really get to know him; and send a "thank you" text afterwards.

Related Link: [5 Ways Women Sabotage Themselves with Men](#)

Of course, whether or not he asks you out again is ultimately up to him, but if you follow the advice above, he'll be more likely to do so. Good luck!

For more information about Single in Stilettos shows, click [here](#).

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

What's your best advice for ensuring that he asks you out again? Share your comments below!

Chris Hemsworth Spends a Beach Day with Family





By Maggie Manfredi

WARNING: cuteness overload ahead. According to UsMagazine.com, Chris Hemsworth is the picture perfect papa during a day at the beach with his wife and three children. The dad looked ultra casual on Sunday Oct. 26 in black and white board shorts, brown baseball cap and a baby bjorn. We cannot get enough of this celebrity family and all things Hemsworth. The actor shared his thoughts on parenthood, "I think [parenthood] brings out the child in all of us. That's what's so beautiful. It reminds you of the fascination you had with things, and how you can spend hours just being with someone."

What are some ways beach activities can help you bond as a couple?

Cupid's Advice:

Are you in the mood for some fun in the sun? Nothing beats a couple's retreat to the beach! Here are some activities you

and your loved one can do by the ocean:

1. Play: Build sandcastles, skip rocks, find sea shells...Bring out your inner child and do whatever makes you smile together!

Related: [‘Bachelorette’ Couple Ashley and J.P. Rosenbaum Talk About Life with Newborn Son Fordham](#)

2. Relax: Grab your towels and beach chairs and just chill. Listening to the ocean, getting some sun and being together sounds like the perfect way to reconnect and enjoy the day.

Related: [Jude Law Is Expecting Fifth Child](#)

3. Move: You know what has to be said here, “take a long walk on the beach.” But you can also start your day together and take a beach run or horseback ride on the sand.

What are your favorite beach-side activities? Share with us below!

Best Celebrity-Inspired Halloween Candy Choices





By [Jessica DeRubbo](#) and Molly Jacob

Each year, October 31st brings with it a chance to carve the face of KISS frontman Gene Simmons in your pumpkin, dress up as a sexy version of Jasmine from *Aladdin*, dance to the “Monster Mash” at a masquerade with your honey and, most importantly, stuff your face with as much sugary goodness as you can possibly muster. Even though you’ll most likely be clutching your aching stomach the next morning, Halloween and candy are inseparable, because you simply can’t have one without the other.

Hollywood isn’t innocent either when it comes to indulging in candy on All Hallows’ Eve. Celebrities may stay in shape thanks to strict diets, but everyone has been known to splurge once in a while. In fact, places like Dylan’s Candy in New York City honor those celebrity sugar binges by dedicating a whole wall of treats to all of their favorites. Here are five candies that have been officially endorsed (at least verbally) by some of your favorite Tinseltown hotshots:

1. Reese's Peanut Butter Cups: Neil Patrick Harris has a sweet tooth along with his funny bone. The "Gone Girl" star told *Entertainment Weekly* that the peanut buttery sweet is his favorite movie theater snack. "They are like the crack cocaine of the candy world," said Harris.

Related: [Neil Patrick Harris is Married](#)

2. Hi-Chews: Ryan Gosling, according to an interview with *Esquire*, has a candy obsession and "speaks of it the way rich men discuss wine." While Gosling loves many forms of goodies (excluding anything chocolate), he is particularly partial to Hi-Chews. "It's the candy that never quits on you," says Gosling.

3. Swedish Fish: While Justin Bieber is known for his love of Sour Patch Kids, the superstar has had a change of heart. Bieber told the *Montreal Gazette* that he is done with his addiction. According to Bieber, his fans kept bringing him the candy to his shows, "so I kept eating them and now, if I eat another Sour Patch Kid, I'm probably going to just throw up." He now sticks to Swedish Fish when he's in the U.S. and Big Foot gummies when he's in Canada.

Related: [Justin Bieber and Selena Gomez Reunite at Coachella](#)

4. Sugar Daddies: Khloe Kardashian favors Sugar Daddies, according to Wonderwall, and the reason behind it only partly has to do with its taste. She says the hard candy reminds her of her dad because he loved Sugar Daddies. "I just love anything bad for you. Anything bad is good," says Kardashian.

5. UNREAL Candy: Not every celebrity's sweet tooth has to be unhealthy. According to Yahoo!, celebrities such as Tom Brady, Gisele Bündchen, Twitter founder Jack Dorsey and Leonardo DiCaprio are endorsing this "junk-free" brand, which offers alternatives to traditional treats. In a statement DiCaprio said, "By working together to better understand the health of both people and the environment, we can produce healthier food

that will benefit large populations of people while minimizing our impact on the planet.”

Whether you prefer sweet, sour or chocolaty varieties of candy in your trick-or-treat sack, and whether you’re an accountant or a movie star, sugary treats have always been a staple on Halloween.

With that in mind, what’s your favorite candy, and why? Share your thoughts below.

Weekend Shopping	Date	Idea:	Go
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By Shannon Seibert

Winter is coming, and with the exit of warm weather, it's time for an update to your wardrobe. So this weekend, head into town with your sweetheart for some snuggly sweaters and adorable boots, and plan your next date idea to showcase your new fashions.

Related Link: [Date Idea: Game On](#)

Shopping Date Idea for the Cold Weather

The fall chill is the perfect excuse to pick out some new clothes, so grab your man's attention with a sexy winter wardrobe. But remember: Shopping isn't only for ladies, gents! In fact, a shopping date idea is the perfect way to strengthen your relationship and love by indulging a bit in your lady's fashion interests.

For her, pick out items that match the season. Scarves, cute hats, sweaters, and cardigans are great staples for the upcoming temperature drop. For a fall feel, play up the season with purples and golds. Before hitting the shops and participating in this weekend date idea, do some research. Search for “Fall Women’s Clothing” on Pinterest for a little shopping assistance.

For him, you can never go wrong with simplicity. To really incorporate the changing seasons, go for an arrangement of ties. Deep oranges, dark reds, and hunter greens are great colors. Find an array of examples at Brooks Brothers.

Related Link: [Date Idea: Picnic With Pals](#)

But you don’t have to limit your shopping to high-end boutiques. Thrift stores are the perfect treasure chests for warm, woolen sweaters for the fall season. Goodwill is a popular place to start, but the best places are the hole-in-the-wall ones that may require some searching. Don’t fret! You and your man will pass the time easily with good conversation and the happiness your company brings.

Pick your pumpkin out a batch of sweaters and jackets and make your way to the dressing room. Consider this dating advice and incorporate some fun during your shopping trip. Have your man rate his favorite choices and do the same for him. Even make a game out of the day and see who can pick out the most unique item. Put on a winter fashion show for each other and strut your stuff for your sweetheart. The only thing better than the cozy feel of the sweater is the affordable price tag dangling off of the sleeve!

Bask in the glory of your shopping success and celebrate your findings with a tall glass of Chardonnay as you snuggle next to the fireplace. After all, you both deserve it, right?

What is your favorite fall accessory or clothing item? Share with us below!

How to Defend Against Four Emotional Vampires



By Judith Orloff, MD

Adapted from the new book, "The Ecstasy of Surrender"

Many of us are drawn to emotional vampires. From bullies, to clingy lovers, to complainers, emotional vampires wear many different disguises. Intentionally or not, these romantic partners can make us feel depressed, overwhelmed, defensive, wiped out, and angry.

It's important to figure out why you choose to date people who deplete your energy. Then, you need to learn self-defense strategies to keep them at bay. If you don't, you could become a victim of the emotional vampire and develop unhealthy behaviors and symptoms, such as overeating, isolating, mood swings, or fatigue.

Below are four common types of emotional vampires you may unwittingly get involved with, adapted from the book *The Ecstasy of Surrender*, along with some "silver bullet" tips for fending them off.

Type #1: The Passive-Aggressive Person. This type of vampire expresses anger with a smile or exaggerated concern but always maintains their cool. They are experts at sugar-coating hostility.

Self-defense Tips: Let go of self-doubt and trust your gut reactions. Tell yourself that you deserve to be treated more lovingly. Address their behavior. In a calm, firm tone you might say, "I would greatly appreciate it if you can be on time when we go out to dinner." If nothing changes, keep setting limits with this person and scale back on the time you spend with them.

Type #2: The Narcissist. For this vampire, everything is about them. They are ego-centric, self-important, and starved for admiration and attention. They may be charming and intelligent until their guru status is threatened.

Self-defense Tips: Enjoy their good qualities, but have realistic expectations. Their motto is "me-first," so getting angry or stating your needs won't have any effect on them. Beware of this type, because narcissists lack empathy and are incapable of unconditional love. You may be able to get their cooperation by appealing to their self-interest and showing them how your request will benefit them.

Type #3: The Anger Addict. This vampire deals with conflict by

accusing, attacking, humiliating, or criticizing. Some anger addicts withhold things, or resort to using the silent treatment to punish you.

Self-defense Tips: Don't let their anger wear down your self-esteem. Pause when agitated. Take a few slow breaths to relax, and do not respond until you are in a centered place. Try to stay neutral and balanced, and disarm the person by agreeing with them or acknowledging their position. Then state your case. It's also useful to empathize with anger addicts. Ask yourself what pain or inadequacy makes them so angry.

Type #4: The Guilt Tripper. These types are world-class blamers, martyrs, and drama queens. They know how to make you feel bad about something by pressing your insecurity buttons.

Self-defense Tips: Let go of the notion that you have to be perfect. Everyone makes mistakes. If you feel really guilty, find a private place and let yourself cry. You can also reply with a positive statement such as, "I can see your point of view. But when you say ___, my feelings are hurt. I'd be grateful if you didn't keep repeating it."

* * * * *

Judith Orloff MD is a UCLA psychiatrist and author of "The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life". A New York Times bestselling author, Dr. Orloff teaches workshops nationwide, has given a TED talk on this book, and has appeared on The Dr. Oz Show, Today, PBS, CNN, NPR, and many others. Learn more at www.drjudithorloff.com.

How to Know When to Make a Move For Him



By [Marni Battista](#)

Serious relationships, a status most singletons strive for, present their own set of complicated issues that naturally arise when two people are on the precipice of sharing the rest of their lives together. And then, life throws a crossroads into your partnership's trajectory: the dreaded move.

Regardless of the plans you've made, a too-great-to-resist job opportunity or unforeseen family emergency will make it suddenly imperative that he relocates, and the difficult question remains: Will you follow? Diehard romantics or

impulse decision-makers might immediately say, “Of course!”

Related Link: [Moving In Together: How to Know When the Time is Right](#)

But there are some absolutely essential questions to consider before you decide to make such a monumental decision based on someone else. I’m here at Dating with Dignity to guide you towards the right choice for you, your relationship, and your future with these five questions:

1. Are you on the same page about where the relationship is going? You don’t necessarily need a ring on your finger to make the move, but ensuring you both share a vision about the future of your relationship is paramount to making this life-changing decision. Broaching the topic may feel daunting, especially if you’re in the earlier stages of a relationship, but if the possibility of moving to be with him is already on the table, this question should naturally follow.

2. Are you on the same page about living arrangements? If you aren’t living together in your current city, feel out his thoughts on where you would reside in the new one and don’t shy away from your own expectations. There’s no right or wrong answer on whether you should live together or separately, but it’s all about making sure you know exactly what to expect. Clearing this up will also help you to plan financially as well – rent and utilities are a major expense, no matter where you’re moving!

3. What would you do if the relationship didn’t work out once you’re there? You may not want to think about this possibility, but unfortunately, there are a number of reasons the move may not work out, whether it’s because of the relationship itself, the city, or some unpredictable x-factor. Though letting your mind wander to negative outcomes may not feel productive or encouraging, it’s important to have a back-up plan so your life isn’t leveled by unforeseen

circumstances.

Related Link: [The Big Merge: 3 Tips for Moving In Together](#)

4. How do you feel about the new city in question? Thinking about the new city is likely taking a back seat to the countless relationship questions you're churning over, but how you feel about your prospective new home has everything to do with the future of your relationship. Moving somewhere unsavory that has few opportunities within your chosen career field can cause you to build resentment toward your significant other and ultimately lead to the downfall of your relationship. Plan regular visits and do your research to make sure this is somewhere you could build a healthy social and professional life.

5. Do your current feelings for your partner outweigh those of your life where you live now? Perhaps the most important question to ask is whether or not being with your fella alone fulfills you more than the current life you lead or if it would even be the same without him in it. This is a tough one because, in most cases, you will have built a social circle and comfortable life for yourself where you are, and the thought of moving somewhere completely new is nothing short of terrifying. This is where your rusty "trust gut check" comes in. No matter how bittersweet it may seem, someone you just know will make you happy no matter where you live is worth taking the leap for.

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'



By Shannon Seibert

Life is a cycle of ups and downs filled with both happiness and discontent. With this thought in mind, author Christine Hassler used her unmet expectations as a catalyst for profound transformation. In *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life*, she writes about leveraging frustrations at any age. CupidsPulse.com had the pleasure of speaking with Hassler about her own expectation hangovers and her book, which was released on October 14th.

How did you come up with the idea of expectation hangovers?

I was very much a planner my whole life. I had this vision of what I wanted to do, and I just started having expectation hangovers. I came up with the term because I knew what it felt like to wake up and have my life not living up to my expectations. It was similar to or worse than a hangover from alcohol! I'd have a headache; I'd be spinning in confusion; and I'd lack motivation. It was just a miserable feeling.

I thought, "Wow, I suffer so much from my reality when my expectations don't match." When I started coaching people 10 years ago, I noticed that this mismatch is the biggest reason people suffer. This is why I am so passionate about the concept of expectation hangover because it truly is our plans and the way that we want to control things in life that not only create suffering but also create tunnel vision so we sometimes miss opportunities.

Related Link: [Red Flags That Mean It's Time to End Your Relationship](#)

Was there an expectation hangover you experienced that really changed your life?

Getting married in my twenties and getting divorced in my thirties! That's why I'm so passionate about this idea: I have walked this walk many times. I've left a successful career; I've survived health problems; I've had strains in my family; I've had to move unexpectedly – there are so many things! Now, I can look back on those situations, and even though they weren't what I expected, they were for the highest good. I'm still so grateful for what's happened or what hasn't happened.

What's the best way to go into a relationship in an effort to prevent one of these hangovers?

I think what we have to remember is that no one is your soul mate. We project so much on our partners to be our *future*

partners, and that's a big burden to put on someone. To find one person to complete us, to make us happier, and to fulfill every need that we have is way too much pressure.

Instead, I encourage people to go into a relationship knowing your non-negotiables. Do you want someone with family values? Someone that isn't a cheater? What kind of religion or spiritual passions matter to you? That's more important and healthier than having a bunch of expectations. Any time we have expectations, we set ourselves up for disappointment. People are clinging so hard to those things, so it's better to go into any type of dating situation with a clear vision of what you want and what you value. Really allow that person to show up how they are.

Similarly, how can you avoid these hangovers if you're already in a committed partnership?

The most important thing is communication. Women don't really hear what men are saying, but men are really clear. When men say they're not looking for a serious relationship, they mean it.

In terms of communication, we need to be asking for what we need or for what is important to us. We really set ourselves up for an expectation hangover when we assume that people will read our minds and know what we like and how we like to be communicated with. Really explaining our needs, our desires, and our wishes is what we need to do.

On the other end of the spectrum, how can you help a partner who is experiencing an expectation hangover?

You just need to listen. When someone is in an expectation hangover, the first thing they need to do is feel their feelings about it. You shouldn't try to problem solve with them or give them pep talks or advice. Just say, "I'm here for you. Anything you want to say, anything you want to share, I'm here." Vulnerability is a big part of treating the expectation

hangover, so really allow them to share their feelings about it rather than trying to fix it right away.

Then ask them, “How can I support you? What would help?” And really let them tell you rather than thinking that you know. Try not to be their coach. A lot of couples get in trouble when one partner starts coaching or being the therapist. Instead, you just want to be there for them.

Related Link: [Sharing May Not Always Be Caring](#)

Lastly, are there any words of advice you’d like to leave our readers with?

I hope people read my work and use the tools and spread the information. I’m really on a mission! The most important relationship that you have is the one you have with yourself. The degree in which we have self-honor, self-love, self-care is the degree in which we are able to retract any pain in relationships that we suffer. The more we love ourselves, aren’t mean to ourselves, and are proud of ourselves, the more we are able to show up with less expectations of a partner and more of an open heart.

I know we all heard the news of Robin Williams, and it really cuts deep because so many people suffer from pain, from feelings of loneliness. When you’re in an expectation hangover, you’re feeling this pain, this loneliness, and I think we need to help each other not feel alone. The biggest thing to remember is that we’re not alone. When you feel alone, reach out for help. It’s always important to remember that there are people around us.

Pick up a copy of Expectation Hangover: Overcoming Disappointment in Work, Love, and Life today! You can also visit Christine’s website ChristineHassler.com and follow her on Twitter @ChristinHassler.

Single in Stilettos Show: Conquer Your Fear of Talking to a Handsome Man



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon, dating coach at TheDatingTruth.com, about conquering your fear of talking to a handsome man. We've all been there: We're approached by an incredibly good-looking guy, and before we know it, we're tongue-tied or babbling, looking down at our feet, and feeling like a fool. Here are a few tips from Ms. Solomon to help you gracefully handle this situation: Talk to every man, not

just the attractive ones; have a prop or a conversation topic in mind; and recognize and acknowledge that you're nervous.

Related Link: [The One Thing Men Want from Women](#)

Next time, armed with this advice, you'll be ready to talk to the hottest man in the room!

For more information about Single in Stilettos shows, click [here](#).

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

Any other tips for approaching a handsome guy? Tell us in the comments below!

Leighton Meester Says "Stupid" Split Inspired New Album





By Amanda Boyer

Gossip Girl alum turned singer Leighton Meester performed songs from her new album on Tuesday, Oct. 14 in NYC at the Apple store. After the performance, according to USMagazine.com, Meester spoke about her inspiration for the album and why it's entitled "Heartstrings." She explained that a past split she had when she was 25 years old or younger inspired one of her soon-to-be hit singles.

How can you turn heartbreak into a positive?

Cupid's Advice:

Heartbreak is one of the most painful things you can experience, but it's also something you can make into a positive in your life. Cupid has some tips:

1. Vent: Find a friend that you can be one hundred percent yourself around. Sit down with them and just talk about how you feel. This will help you find pros and cons and be able to get everything out, and as an added bonus, it will bring you

closer to your friend.

Related: [Leighton Meester and Adam Brody Secretly Marry](#)

2. Distract yourself: Now that you aren't tied to attending events just because your partners wants you to go, you'll find some extra time on your hands. Find a new hobby or interest. Outside of distracting you from heartbreak, it may open up new friendships and relationships for you.

Related: [New Couple: Adam Brody and Leighton Meester Are Secretly Dating!](#)

3. Channel your hurt into art: If you're a creative person, sometimes heartbreak transcends itself into art, whether that means sculpture, drawing, painting, writing or music. Use what you're feeling to your advantage and create something beautiful out of it.

Have another way to turn your heartbreak around? Comment below!

The Smarter Way to Meet New People and Actually Enjoy It!





By [Melanie Mar](#)

These days, looking for love is more accessible than ever. To fit it into life's busy schedules, there are a vast number of websites and events available to attend, but often, one can start to see dating as a daunting task. To assist you in finding the joy of dating, I've listed some tips below on how to enjoy the process. It's time to date smarter!

1. Be proactive: "Should I sign up for that online dating event in my area this week?" "Perhaps I'll join that online dating site everyone's talking about to meet someone." "Maybe I'll go to that meet-up singles party tomorrow." These are all common thoughts that tend to ruminate in the mind of someone who is single and interested in finding love but feeling a bit overwhelmed.

Just pick one new thing to do at a time. See if you're comfortable and progress slowly on to other, more "scary" dating scenarios. If socializing in a bar with friends is a more appealing way to meet new people than a dating site, put

on that little black dress and go for it. If the idea of working your way through numerous interactions and exchanging resumes fills you with dread, then simply pass. Dating smart is all about not wasting your time. Knowing where you excel and where you're most relaxed is key to starting the process.

Related Link: [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

2. Fly, social butterfly: Don't be a hermit! Make sure you're not saving all your love life activities for one day a month. Many singles tend to choose one or two nights to focus on dating. It's easy to get into a routine of coming home from work and getting into your pajamas, but make the effort to get out there. Otherwise, you're simply missing out on all the people you could be meeting. Consider the places that you're socializing and make sure that the type of mate you're looking for frequents those spots.

3. Talk to three new people each week: Look for ways to meet people who share the same passions you do. Compatibility is crucial, and meeting someone that already has common interests with you is a great way to go. Give yourself a goal and challenge yourself to talk to three new people every week. It's likely that you'll find a way to be in closer proximity to other people by doing so. Don't forget there are singles who cross your path every day. Practice flirting by striking up conversations with them!

Related Link: [Can You Tell by Someone's Social Network If They're the Relationship Type?](#)

Being a smart dater means that you give everyone a fair chance, but you don't continue dating someone if they don't have the same long-term life plans as you. Always go on three dates with someone new. The first date could simply be awkward, and the second one may be "take it or leave it." By the third date, though, you should have a very good idea if

this person is someone you'd like to continue dating or not. It's important not to let weeks turn into months just because it's "comfortable" and you "can't be bothered with the dating scene." Eventually, this relationship will fizzle, and you'll be back to the drawing board.

So stay smart in your dating. Keep focused; know what you want and don't want; and make a list of your non-negotiables. Then, get out there and enjoy dating!

[Melanie Mar](#) is a relationship and life coach as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association.

Screwing the Rules Video Dating Tips: What's Wrong With You?





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

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Your Must-Have Dating Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks to *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life* author Christine Hassler about a simple question: What's wrong with you? When faced with that question, what do you think? There's generally a common theme of "judgment," says Hassler. "We're terrible critics of ourselves." Instead, the answer should be, "Absolutely nothing." As Hassler explains, "We forget our fabulousness and look to our flaws."

Listen up for more tips on how to recognize your gifts and your uniqueness!

For more information about our dating mentor, click [here](#).

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

How do you see the good in yourself? Share your tips in the comments below!

‘Bachelor in Paradise’ Couple Marcus Grodd and Lacy Faddoul Still Together





By Emily Meyer

Do we still hear wedding bells for Marcus Grodd and Lacy Faddoul? Although the *Bachelor in Paradise* couple is pretty low-key, from the looks of their social media accounts, the hot duo is still very much in love. Even though neither of them has made the big move across the country yet (to either Los Angeles or Dallas), it's obvious they have been traveling back and forth to be with each other. According to Inquisitr.com, Faddoul was in Texas about a week ago with Grodd when she tweeted that the two of them were at the state fair. The couple has previously said they are planning to wed next year, but it looks like fans will just have to stay tuned for more details.

What are three ways to make a long-distance relationship work?

Cupid's Advice:

It's hard when the person you love is living in what seems a world away. Long-distance relationships can be tough, and Cupid wants to help! Here are three ways to stay connected to

your love despite the miles separating you:

1. Say what you're thinking: It is very important to say what's on your mind. Since the two of you aren't together all of the time, your partner won't be able to see that something's wrong. This will cause confusion in the relationship and maybe even unnecessary fighting if you don't share your feelings.

Related Link: [Cody Sattler Surprises Michelle Money For Her Birthday](#)

2. Build trust: A relationship is nothing without trust. If you cannot learn to fully trust your partner, try and find the root of this problem. Trust leads to a smooth and healthy relationship.

Related Link: [Trista Sutter Surprises Husband Ryan With Colorado Camping Trip](#)

3. Do something together: Technology is so advanced these days that you and your partner can be together even when you're apart! Whether it's watching a show or movie together, playing a game, or video chatting, actually seeing each other can really help you bond.

Know any other ways to make a long-distance relationship work? Share below!

Single in Stilettos Show: He's Great, But...



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about common first date mistakes that women make. So often, we immediately dismiss a guy if we don't feel an instant attraction to him...but doesn't he deserve another chance? Here are four things women often think after a date that hold them back from finding love: I want amazing chemistry from the start; I just wasn't attracted to him; he's great, but I don't want to go on a second date; and if I'm not going to date him, I don't need to be his friend.

Related Link: [Do You Push for Commitment Too Soon?](#)

Listen up for more great dating tips!

For more information about Single in Stilettos shows, click [here](#).

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

[channel](#).

Cupid wants to know: How do you keep an open mind after a not-so-great first date?

Lea Michele Posts Loving Instagram Pic with New Boyfriend Matthew Paetz



By Maggie Manfredi

Lea Michele is sharing her insta love. According to UsMagazine.com, the *Glee* starlet shared her first instagram pic with current boyfriend Matthew Paetz. Although the picture only reveals their shadows, the caption gives a hint as Michele stated, "To love and be loved is to feel the sun from both sides." She shared multiple pictures on Instagram on Sunday, Oct. 12 in the Los Angeles hills. Fans are still reminded of Lea's on and off screen love with Cory Monteith who died back in July of 2013. But the songstress seems to be happy, healthy, and back in love!

How do you know when you're ready to move on after tragedy?

Cupid's Advice:

Every person deals with pain and grief differently. It can be difficult to know when you are truly ready to move forward, but Cupid has some advice for a wounded heart:

1. Take it slow: When it comes to heartbreak and tragedy together, that combination can lead to destructive behavior because you may feel like you have lost all control. Be cautious and take the time you need to process.

Related: [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

2. Express yourself: Lea Michele wrote songs, but you could simply write in a diary or something that will help you release your emotions that might be weighing you down.

Related: [Nicholas Hoult Breaks Silence Regarding Ex Jennifer Lawrence's Leaked Nude Photos](#)

3. Be honest: When you do get lucky and find someone new, make sure you are honest and open about your past. The tragedy is in your past but that doesn't mean it won't come into play in the future. Be good to your heart and to your new potential partner by putting it all on the table when it feels right to

do so.

Do you think Matthew will pop the question to Lea? Share your thoughts below!