

Will Arnett Says Dating Seems 'Very Scary' Right Now



By Kerri Sheehan

Since his split from fellow actor comedienne, Amy Poehler, Will Arnett has taken a step back when it comes to dating. After nine years of marriage and two sons together, Arnett isn't looking to rush back into dating. "I'm 43 and I've found my happiness – which is my kids," Arnett said according to [People](#). He added, "Yeah, I don't know what you do. Do you put out an announcement in the trades? I'M DATING! It all seems very scary to me, to be honest."

How do you get back in the dating game after being out of it for a long time?

Cupid's Advice:

The dating world is scary for everyone. It's a jungle full of random people and you never know who is in it just to play and who is in it to find love. Cupid has some advice:

1. Put yourself out there: You never know who you're going to meet and where you're going to meet them so always be open to new settings and environments. Maybe your soul mate was hiding somewhere at that party you did want to go to last week, but you'll never really know.

2. Don't be afraid to strike out: You can't let the fear of striking out keep you from winning the game. Just because you don't succeed once, twice, or a thousand times doesn't mean that your next home run isn't just around the corner. Dating has always been hot or miss, so just keep hoping for a hit.

3. Know yourself: You can't truly fall in love with someone else unless you know who you are first. Expecting someone to fall in love with you without first loving yourself is like expecting a halfhearted salesman to get any business.

How do you recommend getting back into the dating game? Share below.

Tabatha Coffey Says That Staying True to Yourself Is Important In All Aspects of

Life



By Kerri Sheehan

Australian hairstylist, salon owner and television personality Tabatha Coffey sure has a solid resume. She has been in the hair industry for over 30 years, and in 2007, she was voted the first ever Fan Favorite on the Bravo network's reality series *Shear Genius*. Since then, she received her own spin-off series, *Tabatha's Salon Takeover*, in which she helps failing salon owners turn their businesses around. After three successful seasons, Coffey has moved on to sprucing up a variety of small businesses on her newest reality television endeavor, *Tabatha Takes Over*.

"I just had such an overwhelming, positive response from everyone writing to me and saying, 'I really love what you do. I wish you could help me, but I'm not a hairdresser. I really

need help with my business.’ It seemed like a natural progression to be able to go into other businesses and help them turn things around,” says the reality star sensation.

The current season of *Tabatha Takes Over* is the second of its kind, and Coffey hints that viewers will have quite a lot to look forward to. “We still have some salons that I’m going into, and for a lot of people, the salons are still the favorites. We have a lot of non-salons that we’re going into as well, and I know a lot of people enjoy that too. It’s a lot of fun. There’s a nice balance with both.” Coffey also alludes to the return of some of the show’s alumni. “We may check in with some past favorites,” she says.

After seeing her in action, it’s no surprise that the hairdresser loves filming the show and helping people turn their lives around. “I get so emotionally invested with every business that I go into that I take the journey with the owners and the employees.” Her favorite times on the show are when she is really able to help the business owner and employees turn over a new leaf. “I always enjoy any time that I see success, that I see people turn their business around. When we’re able to save a business, that’s my favorite because that’s ultimately what I hope for every time.”

Related Link: [Celebrity Couples Who Have Turned Over a New Leaf](#)

Of course, her life isn’t all work. Coffey has been in a committed relationship with her partner for more than a decade. She cites communication as the key to keeping her love a priority despite her hectic schedule. “It’s hard for everyone to find a balance because I think we all get so busy and get so into our own things,” she explains. “So if I’m travelling, I make sure that I’m sending a text and seeing how everything’s going. It’s important to check in and not just be concerned with what’s going on with me.”

As someone who is open about being gay, the television personality shares some tips to anyone struggling to be honest and open about their feelings: “It’s easy to become wrought with the fear of having to tell the truth to your family and friends, but you have to really believe in yourself and be true to yourself. It’s your life, and you have to live it and be happy with who you are and be honest about who you are. You can’t live inauthentically.”

Coffey believes that staying true to yourself is vital in every facet of life, especially when it comes to your primping rituals. When asked about hairstyles for different events, she thinks the best rule to follow is to be you. For a first date, she says, “It’s great to glam it out a little bit and, you know, put a little bit more makeup on or dress your hair up a little bit, but you should also be true to who you are. If you’re going to go overboard and really glam it out and that’s just not you, then you’re really not letting your date see who you truly are.”

Related Link: [Four Dates and a Wedding](#)

For a more glamorous night, like a romantic dinner, she thinks that it’s okay to do something fancier with your locks. “I’m sure that the dress you’re going to wear is a little bit sexier, and your hair should follow suit.”

More likely than not, your spouse has a strong opinion about how they like your hair. “Let’s say your guy likes your hair when it’s curly, but that’s not your favorite thing. Maybe then, your romantic date night is the time to indulge your significant other. Make sure that you play into their opinion a little more and do what they like.” Whether it’s wearing your hair up, down, slicked back or with some extra texture, show your partner what he wants to see.

As for a wedding day, Coffey urges readers to not stray from what they know works and says, “Never make a drastic change

before your big day!" The weeks before a wedding are always heavily laden with emotions, so a bride may feel like she's being spread thin. Therefore, a major change can lead to disaster. When you feel out of control, the one thing you *can* control is hair, so it's never a good time to change your hair when you're engulfed in emotion. "Stay true to yourself because a lot of brides go crazy and do something that they normally wouldn't do with their hair. When they look at their pictures, they don't even feel like themselves anymore."

You can catch Tabatha Takes Over on Thursdays at 10/9c. If you can't get enough of Coffey on Bravo, you can catch her speaking tour called Meeting with Tabatha, which will begin in Connecticut before it heads to Los Angeles and Arizona. It will give business owners tips for turning their business around and allow them to have an up-close-and-personal questions-and-answers session. You can also follow Coffey on Twitter and Facebook.

Celebrity Couple: Adam Levine Dating Nina Agdal After Behati Prinsloo Split





By April Littleton

According to comments made to UsMagazine.com by multiple insiders, the Maroon 5 singer Adam Levine has been dating *Sports Illustrated* supermodel Nina Agdal since early spring. Levine was recently linked to Victoria's Secret Angel Behati Prinsloo, whom he began dating in May 2012. A source close to Levine said, "Behati was in and out, but they finally ended it. It wasn't an abrupt ending." Levine has yet to comment publicly on their split.

When is it the right time to start dating someone new after a recent breakup?

Cupid's Advice:

Getting over a breakup can be rough, especially when you're faced with the option of getting back in the dating pool. People move on at different speeds. Some can get back in the game in a matter of weeks, while others take months to fully feel OK with the idea of giving their heart away again. Ultimately, if and when you decide to date again is entirely up to you. To help make the decision a little easier, Cupid

has some tips:

1. Mentally ready: Have you played around with the idea of moving on? If it hasn't even crossed your mind yet, then it's not the right time to let someone into your life. Don't rush yourself into dating someone new when your head is still filled with memories of your ex. Getting into a relationship you're not ready for will just make matters worse for you and your potential beau.

2. Emotionally ready: Have you stopped doodling your ex's name all over your notebook? If you have, it's safe to say you're ready to open yourself up to new love and possibilities. Do you still get emotional every time you hear "your song" on the radio? If you still tear up when that song plays and every little thing reminds you of your former boo, you still need time to heal.

3. You've met someone: If you have already met someone who completely takes your mind off of your former flame, this may be a small sign that you are ready to start dating again. If you find yourself thinking more about the new guy than your ex, you might want to consider taking things to the next level.

When do you think is the right time to start dating someone new? Comment below.

**Celebrity
Patrick**

**News:
Crashes**

**Danica
After**

Boyfriend Forces Her Car Into Wreck



By [Marisa Spano](#)

In car racing, car crashing is just a part of the sport, but things get complicated when it's your boyfriend who makes you bite the dust. Danica Patrick was involved in a car crash during the Coca-Cola 600 race in Concord, North Carolina this past weekend, according to [UsMagazine.com](#). Her boyfriend, Ricky Stenhouse, Jr. may be responsible for the incident. The *Associated Press* says Patrick was on lap 319 of the race when Stenhouse Jr. bumped into her, sending her car into the back of Brad Keselowski's car. Both Patrick and Keselowski had significant damage and had to take their cars back for repairs.

How can competition help your relationship?

Cupid's Advice:

Although competition can sometimes lead to fights in a relationship, it can also be a good thing if used correctly. Cupid has some advice:

1. Share each other's good points: When competing with your partner you are able to recognize and enjoy each other's talents. Make sure to highlight how your individual gifts shine positively on each other. Your partner will feel appreciated by you.

2. You can help each other: If you make this promise to each other it will decrease the level of competition and also squelch the need to be better than the other person. You can encourage each other to become a better person.

3. Shared interests: Competition in some form is a good thing. It means that you two have something in common. A common interest can bring you together; you can share the fun in whatever you both like to compete in.

What ways do you think competition can help your relationship?
Let us know below.

Dating Advice: 10 Great Date Ideas Under \$50



By Laura Seldon for GalTime.com

Great dates don't have to come in the form of a helicopter ride at sunset or a weekend spa getaway (although a massage does sound nice right about now...) No, contrary to what *The Bachelor* would have you believe, romance doesn't depend on spending money in big flashy ways. To prove it, here are 10 fun and unique date ideas that will cost you less than \$50!

1. Hit up a video arcade

Tired of playing games in relationships? You won't feel that way when the games are part of a video console! "This kind of date makes you feel like a kid again," says Tripp, a dating coach in Los Angeles and the founder of TrippAdvice.com. "Playing games and building up the tension of competition can make for a steamy date!"

2. Plan a picnic

Seems a bit cheesy for a date, right? Well, think again! Planning a picnic is a great way to get to know someone new beyond the walls of a coffee shop. "Go to the grocery store with your date and pick out the food together," suggests Tripp. "Make sure you have a blanket in your car and pick a scenic spot."

3. Visit the farmer's market

Like planning a picnic, heading to the farmer's market allows you to spend some quality time with your date in a relaxing outdoor space. "Check out your local farmer's market and make a nice afternoon of it," says Tripp. "Pick out some fresh food and eat while you enjoy the day together."

4. Compete in a game night

Nothing stokes the romance flames like a little competition! "Invite your date over to play an array of games together while you eat some snacks or have a few drinks," says Tripp. However, Tripp also suggests you go beyond playing innocent board games. "There's nothing like a risqué game of strip poker when the mood is right!"

5. Make it a group date

"Get a bunch of other couples to screen a movie on the side of someone's garage," suggests Dr. Nancy Irwin, a therapist and life coach in Los Angeles. No place to screen a movie? Throw a potluck picnic in your backyard. "This is really fun because it is a party with as many other people as you like."

Not only will you reduce your costs if you get a few other couples in on the fun, but you'll also be bonding with your friends and your date all at once.

6. Visit a museum

Museum tickets don't necessarily have to add up to a pricey date. "In many cities, there are usually free museum days,"

says Larry Moore, a relationship expert and blogger in Houston, Texas. "Museums are great for dates because there's always something in the museum that sparks conversation or serves as an ice breaker, giving each person a chance to get to know more about the other person."

7. Show 'em your hood

Consider spending a romantic evening touring your neighborhood with the object of your affection. "What better way is there to show a date who you really are than to show that person where you are from?" asks Sujeiry Gonzalez, a relationship expert and author in Los Angeles. "Besides, you have home advantage. You know the little shops and restaurants that won't bleed out your wallet!"

8. Explore your hobbies

Always wanted to learn a few skills in the kitchen? Longing to try out rock climbing? Ready to take your love for dance to the next level? Then do it... but with a date! "Not only will you build your relationship, but you may also end up realizing you both have another shared interest," says Marni Kinrys, founder of MarniWingGirl.com. "It's also great for conversation starters!"

9. Peruse a thrift store

Take a date shopping at a thrift store and compete to see who can find the silliest outfit. You can even take pictures and have a few mementos from your date. "Showing your fun side while trying on silly hats and taking pictures will create a lasting memory for both of you," says Jeff Callahan, a dating coach in Little Rock, Arkansas. "I believe that having a fantastic date shouldn't crush your wallet."

10. Browse your local bookstore

Judge a few books by their covers while perusing the romance

novel section of your local bookstore. Not only is it free, but it's also utterly entertaining. "Reading trashy romance novels aloud to each other will make you both laugh," says Callahan. "And possibly set the mood for romance." So, head to a local book shop and tell your date to read between the lines!

Author Roy Sheppard Bridges the Gap Between Mothers and Daughters In His New Book



By [Andrea Surujnauth](#)

Growing up in today's society is full of challenges, especially for teenage girls. They tend to forget, though, that their mothers went through similar difficulties when they were young. In his new book, *Dear Daughter: what I wish I'd known at your age*, author Roy Sheppard hopes to connect mothers and daughters, revealing their similarities and making communication easier.

Drawing on his experiences as a psychotherapist, neuro-linguistic programming (NLP) practitioner, journalist and [relationship expert](#), he reaches out to everyday mothers and gives young women helpful advice about topics ranging from financial issues to [boy problems](#). These words of wisdom come straight from the hearts of moms who want to help their daughters grow but have a hard time reaching out to them. Here, CupidsPulse.com chats with Sheppard about his varied career path, his inspiration for his new book and his advice for girls as they search for [love](#).

You used to be a reporter for British Broadcasting Corporation (BBC), and then, you became a hypnotherapist and NLP practitioner. What influenced you to make such a big change?

My proper job is interviewing people, so after I spent years working at BBC, mainly doing live reporting, I switched to the conference industry and interviewed executives. I wanted to be a much more effective journalist, not just talking about data and information. I wanted to be more [insightful](#), so that's the actual reason I trained to be a hypnotherapist, which might sound a bit bizarre. As a therapist, you're taught to notice more details, and as a hypnotherapist, it's almost a forensic understanding of how people think, how they perceive the world. So when you can tap into that ability, your interviewing becomes so much more perceptive. It totally changed my life.

Related Link: [Use Your Five Senses For a More Fulfilled Love](#)

Life

Once in the therapy field, you focused on relationships. What drew you specifically to relationship coaching?

I wanted to write about [relationships](#) but with a different spin on them. I found that most relationship writing is by women, for women. As a man, I have a different perspective. I always make sure that I make it very clear that I have a male point of view. If women are open-minded, when they read my writing, they get a perspective that they won't get from a female writer. So the big thing that I try to do is bring men and women together; I want to be able to help them understand each other better.

Let's talk about your new book, *Dear Daughter*. What inspired you to write a self-help book for young women?

I wanted to write something that would be relevant for young people today. I realized very quickly that you can't do it in one book, so I decided to split it up: *Dear Son*, which was published late last year, and *Dear Daughter*. *Dear Daughter* is about 15 percent longer – there's more information that [girls](#) need to know! I had the most fantastic conversations with women, talking about stuff that they wouldn't normally talk about with a man. I felt very privileged.

You include a lot about relationships, and you discuss why it's unwise for women to overanalyze men. Why is this a bad habit to develop?

I just don't think that it's a productive use of your time and energy. There are two types of men: good guys and [bad guys](#). Most men are actually straightforward, and if they say one thing, they mean that. Men are not as complicated or Machiavellian as women. We both know that there are some women who are extremely calculating and who behave atrociously to other women, but men don't do that. Because women think in this way, it's easy for them wrongly apply the same

sophisticated analysis to a man as they would to a woman.

We've all heard of the book *He's Just Not That Into You*. How can a woman tell if a man is into her?

He calls. It really is that simple. A man will find any excuse to talk to a woman if he [likes](#) her.

Related Link: [How Not To Scare A New Man Away](#)

What would you say are some of the most important things that women should do when looking for Mr. Right?

Don't look for [Mr. Right](#)! Just be somebody who, if Mr. Right comes along, he decides to stop. If you focus on being a special person for yourself first, that makes a huge difference.

I think dating is the new addiction. It's so easy to [date](#). But I genuinely believe that, if you put energy into being a decent human being, it makes the process so much easier. As a therapist, the biggest problem I see is that people – women in particular – create a fantasy figure in their head. They compare Mr. Perfect to the man in their life, but no person will ever live up to that fantasy figure. Why? Because that fantasy figure doesn't exist. Focus more on enjoying your partner and accept that your differences actually add richness to your relationship.

Do you feel that daughters who are close with their mothers have a better chance at finding a healthy relationship? If so, why?

I definitely agree with that. I hope that my *Dear Daughter* and *Dear Son* books can be something that parents give to their kids and say, "Look, I know you don't want to talk to me about a lot of this stuff, but read this book. Afterwards, if there's anything that you want to talk about, please do." A number of friends of mine who have teenage [daughters](#) were

reading the manuscript separately from each other, and they all asked if they could share it with their daughter. Every single time they did, they had the most amazing conversations. It brought new topics into the open, and they talked about some really important things.

And finally, if you had one piece of advice that you would give to our readers, what would it be?

Of course, I want them to read the book!

In the introduction, I say that I want to build a bridge between [parents](#) and young people. Remember that a bridge is built from both sides. Even though you may believe that adults have no idea what it's like to be you, listen to them a little bit more. Before you decide that somebody's wrong, just be silent and think about what they're saying. If you decide later that they're wrong, that's fine, but don't let "no" be your knee-jerk reaction to everything.

The book is now available from [Kobo](#) as an e-book. You can currently purchase a copy of Dear Daughter from www.TheSensibleUncle.com, and it will be more widely available on July 8, 2013. For more information about Sheppard, please visit www.royspeaks.com or follow him on [Facebook](#) and [Twitter](#).

Dating Advice: Technology, Social Media and Dating – The

Good, the Bad and the Oops!



By Robert Manni

It is the best of times. It is the worst of times...for dating.

The deepening integration of technology into modern life has in many ways pulled the world closer together. Unfortunately, when it comes to developing basic social skills and maintaining a sense of privacy and decorum it has also pushed us further apart. Dating is a prime example of the fall out with both men and women paying a price. Here is a quick snapshot of how technology and social media can make dating easier and more challenging.

Related: [The Most Powerful Tool to Help You Find Your Soul Mate: Intuition](#)

The Good.

Hooray for online dating. I scored many dates with hot women while sitting at home in my tightey whiteys. My wife likes to say that she found me online. This saved me years of hanging in clubs, bars and gyms in search of Ms. Right. Dating online is fast, empowering and fun. All you need is spell check, a handful of flattering photos, and the mindfulness to read between the lines of another person's profile before investing your valuable time. Once you meet, it's business as usual. And when you meet online, you can end things swiftly. There's an unspoken rule that makes anyone we meet online more disposal. It's not necessarily fair, but I think you'd agree.

The Bad.

Just because you meet someone online doesn't make him or her less deserving of respect. That's the flip side of eliminating someone via one keystroke. What is intended as expediency can come across as cold. Although there is an endless pool of prospective partners available online, an itchy trigger finger on the delete button can prevent you from getting to know someone you met via your handheld device a little better before tossing them back. Not everyone is at the top of his or her game on that first coffee [date](#). That's not to suggest that you waste time on a bad fit. Just keep in mind that everyone has feelings. After an awkward first date a woman I met online wrote to me and stated that she did not "feel the sparkles". How could I be upset?

The Oops.

Between Facebook, Twitter, Google +, Instagram, etc. we live in an age of maximum exposure. Once it's online, it's there forever. You need to be mindful when being photographed at the party wearing just your tats and drinking directly from a bottle of Rang Tang vodka. This might not be something you want to share with future paramours or potential employers. My

policy when dealing in the online space is if you can't keep it positive; don't put it out there. That goes for this post, too.

Related: [Returning to the Dating World](#)

Technology and social media can be a dater's best friend or worst enemy. It's up to you to decide. Be kind, be mindful, be loving and technology will serve you well.

Robert Manni is the author of the critically acclaimed novel, THE GUYS' GUY'S GUIDE TO LOVE. Visit his website www.robertmanni.com to read his syndicated blog and listen to his weekly Guy's Guy Radio podcast at www.blogtalkradio.com/guys-guy-radio. Robert is currently working on his next book.

Relationship Advice: Your Partner Has Cheated. Should You Reconcile?





By Samantha Menjor

You notice that your partner has been acting differently lately. The occasional late night work meeting now falls on every day of the week. He or she has been constantly texting and having secret telephone conversations in the bathroom. The scent of a different perfume or cologne lingers on their clothing. There's an emotional distance in your relationship that ceased to exist before. You have a gut feeling of what is really going on, but you don't want to believe it. Plus, there is no proof ... until you get a call from a friend letting you know they have spotted your other half in a compromising position with another person at a local restaurant. You rush over to find your beau holding hands, kissing and gazing lovingly into the eyes of someone else. All you see is red through the blurred vision of your tears.

Fast forward to a few weeks later. You're feeling hurt, pain, betrayal, confusion and anger. Your partner has admitted their wrongdoing and has apologized countless times. Friends and family are all trying to give you their best advice, but you're hearing conflicting resolutions of what you should do.

If you've never been in this situation, you most likely know someone who has. It may not have happened exactly like the given scenario, but we've all had a friend come to us for advice on infidelity in their relationship. So what do you tell them? What would you do if you were in a similar situation? Here are some questions you need to ask yourself and your partner when deciding between reconciliation and a breakup:

Related: [When Can You Trust Him?](#)

1. Was the affair short-term or long-term?

Some affairs last months, even years and others are just a night of poor judgment. While you may not want to know the details of your partner's infidelity, it's important to know how much time was spent cheating. This allows you to better understand whether there was an emotional investment, whether it was strictly physical or both. Either situation would be difficult to rectify, but it helps in getting to the root of the issue.

2. Why did this happen?

There had to be something your unfaithful partner felt was lacking in the relationship for an affair to happen. Did they feel you were working too much and not showing them enough attention? Did having children cause you to lose your spark as a couple? A decision to reconcile is often dependent upon what caused the infidelity. Is it something that the two of you can fix through compromise, communication and counseling? If not, then the chances of reconciliation are slim.

3. Do you still love each other?

How did your spouse react to being caught? Did they express remorse and shame, or were they trying to justify their actions by putting the blame on you? A partner who shows regret for their actions is a better candidate for

reconciliation than the latter. While their profession of love for you and endless apologies could be just words, it shows they are willing to try and do whatever it takes to get you back. It's imperative for you to consider your partners past behaviors in your relationship as well. Have they always shown their love for you or have there been signs of cheating before? More importantly do you love your partner enough to try and work it out? The answer to these questions will help you figure out whether you choose the path of reconciliation or separation.

4. Will you be able to forgive and move on?

For many people cheating is a deal breaker. No amount of love, good behavior or money will allow them to get past the fact that they were betrayed. Many couples try to stay together and work through their problems only to find out that trust was never regained and forgiveness was never given. Before you consider reconciling, sit and think about whether you can get past the infidelity. If not, it may be time to part ways.

Related: [Can Love Conquer All?](#)

Countless other questions should be considered when deciding upon reconciliation. Each relationship has different factors to reflect upon after dealing with infidelity. Forgiveness and resolution take a lot of effort, time and healing for both parties involved. While many couples have split due to cheating, many have resolved their issues forming an unbreakable bond.

Have you ever found yourself in this predicament? Let us know how you resolved it below.

Celebrity Couple: Mila Kunis Introduces Ashton Kutcher to Her Parents in London



By April Littleton

According to UsMagazine.com, Mila Kunis and Ashton Kutcher were spotted hanging around the streets of London with two unexpected visitors – Kunis' parents! On Saturday, May 18th, the foursome enjoyed *Billy Elliott: The Musical* followed by dinner at Duck & Waffle the next day. Before meeting Kunis' parents, the couple spent the holidays with Kutcher's family in Cedar Rapids, Iowa. The lovebirds have been publicly dating since last March.

How do you know when it's time to introduce your partner to

your parents?

Cupid's Advice:

Introducing your significant other to your family is a big step. As a couple, the two of you are headed toward a solid, committed relationship. Before you make the decision to show your special boo off to your parents, Cupid has some tips you should take into consideration first:

1. Define your relationship: Do you think the relationship has the potential to be long-term? If you're the type of person who breaks up with a partner if a family member doesn't approve, you should introduce your love to your parents as soon as you get that, "Maybe this is really going to be something serious" feeling, but there's no sense in urging a guy to meet your parents when you know in your heart he will end up just being a friend.

2. Discuss it with your partner: You might be ready to take the relationship to the next level, but your significant other may feel differently. Talk to your man about the possibility of him meeting your family and see how he reacts. If he's a little hesitant, you may be moving too fast for him. If you rush him into something he isn't ready for, be prepared to call it quits sooner than you would like.

3. You're thinking about marriage: If you can hear wedding bells ring in the near future, or you already have a ring on your finger, it's definitely time to introduce your beau to your family. Your parents may freak out if they have to witness a wedding between you and a stranger!

When did you know it was the right time to introduce your love to your parents? Comment below.

Dating Advice: Are You Dating a 'Mad Man'?



By Sarah Gooding, PlentyofFish for GalTime.com

Mad Men never change, regardless of how much time has passed.

Don Draper may have seduced women in the 1960s fantasy world of advertising, but his modern day version is very much alive today, especially in the world of online dating.

As a product manager with the world's largest online dating site, PlentyofFish, I can tell you Don Draper and his coworkers – Peter Campbell, Roger Sterling, Paul Kinsey, etc.,

are all online, looking for women and relationships.

So what would Don Draper's online profile look like if he were on PlentyofFish? He would be fairly easy to spot. In fact, you may have viewed a modern day Don Draper, or even emailed him without realizing you were interacting with a charismatic, serial womanizer.

DON DRAPER

A modern day Don Draper will ooze confidence. He won't hesitate to ask you out. Online dating is a perfect platform for a Draper-type because communication closes the deal in his world of work and pleasure.

Draper would also do very well with profile views on PlentyofFish. He would get a lot of emails from women, but not just because of his good looks. In fact, his profile pictures probably wouldn't even be close-up photos. His pictures would be full of mystique, perhaps even downplaying his chiseled good looks behind muted sunglasses. That's because Don Draper doesn't identify himself by his handsome features. His confidence stems from his ability to achieve success and women on his own terms.

You need to remember Don Draper seduces us into buying things for a living. He moves us to action through the poetry of his words. In the online world, a modern day Draper will use that charm to seduce you into believing you are special. Be careful not to fall for it. As for profile details, don't expect to see income listed under a Don Draper profile since money is a private matter. However, intelligence is important to him; his educational background will be listed.

PETER CAMPBELL

A modern day Peter Campbell doesn't have that confidence, which is why he will sprinkle status hints in both his profile and emails to women that is he from an elite class.

If you're interacting with a modern day Peter Campbell, you will hear his name drop in conversation and emails. He won't have any qualms about listing his salary on his profile.

ROGER STERLING

Roger Sterling doesn't need to create an online profile with all of his women, unless he is between his relationships. If you meet a Sterling online, you will know it by his genuine expression. If he tells you in an email that he likes your dress, he probably means it. Unlike Draper and Campbell, Sterling says what he means and means what he says. As for details, a Sterling type will list himself as "Family Centric" and describe himself as a "Big People Person." He might even post pictures of himself with friends and family.

PAUL KINSEY

If you watch *Mad Men*, you will know Paul Kinsey, but you may not remember him. The online world of dating is full of Paul Kinsey types who grow on you over time. They don't stand out in the crowd until you meet them in person. And when you do meet them, you will find they don't have the social graces of a Don Draper or Roger Sterling, but they make you feel at ease. A Paul Kinsey isn't going to be Type-A. He's the guy who will like to smoke and listen to jazz, so he will definitely list "Very Easygoing" under his profile.

We all know every woman has a type, so don't be afraid to hold out for that Don Draper or Paul Kinsey type. PlentyofFish knows they are alive and online.

QuickieChick's Video Dating Tips: Have You Been Cheated On?



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

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

Once a cheater, always a cheater – fine. But can you cause your boyfriend or girlfriend to cheat? Yes, you can! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House talks about how to drive your partner into someone else's arms – and what

you can do to avoid it. The dating expert believes that confidence is key to keep your partner from straying. Don't let your insecurities rule your relationship by focusing on everything that's wrong with you or your partnership; instead, let your confidence be your guide and always have fun with your love. Make them feel lucky to be with you! Watch for more great tips to keep your relationship a happy one and ensure that your significant other remains faithful.

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

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

How do you keep your partner from cheating? Share your tips with us below.

Relationship Advice: Signs It's Time to End a Long-Distance Relationship





By Jennifer Harrington

Relationships are never easy, but long-distance relationships pose their own unique set of challenges. If you have ever been in a long-distance relationship, you definitely know the miles separating you from your sweetheart can eventually place an obstacle in your romance that can be impossible to overcome. What are some signs that it is time to end a long-distance relationship?

You find yourself exploring other options.

If you find yourself checking out other people or having feelings for somebody in your city, this is a clear sign it's time to end your current relationship. You're either ready to be single, or to pursue a relationship closer to home.

Related: [5 Ways to Spice Up Your Relationship](#)

He meets a girl in his city.

If your man meets a girl in his city, this is an important sign. She may just be a friend, but having a lady in close

proximity to him is going to affect your relationship. It may bring out your jealous streak, or it may make him re-evaluate if he wants a girlfriend who's available for a spontaneous pizza on a Wednesday night. The same is true if you meet a special someone in your city! Need some celebrity examples to reinforce this example? Look no further than Tori Spelling and Dean McDermott and LeAnn Rimes and Eddie Cibrian.

The contact becomes less frequent.

Less contact is a sign of trouble. Be sure to honestly compare the amount of contact you had when you embarked on your long-distance relationship, compared to now. If you used to spend hours on the phone together, and now the relationship is simply a few sporadic text messages, you need to assess what's going on. It could mean it's just a busy time, or it could signify that you and your partner are truly living separate lives and there's not much left to say.

You feel emotionally distant from your partner.

Physical distance is one thing, but emotional distance is a completely different issue. If it's apparent your partner in California no longer understands (or is no longer interested in) your life in New York, you may be dealing with early warning signs. Also, be weary if you're unable to get ahold of your partner when you really need them. Being emotionally close to your significant other is essential, and if you feel like that closeness has disappeared, it might be time to move on.

There are no future plans.

Future plans and the thought of spending physical time together is what keeps long-distance relationships alive. If you and your sweetie used to have a calendar full of plans together, and now the calendar is empty, it's important to recognize this and question what has changed. Of course, there are practical reasons why you aren't logging tons of frequent

flyer miles to see each other (lack of funds, a major deadline at work, etc.). But, it could mean that your partner no longer wants to commit to future plans with you, which means they no longer see a future with you.

There is no end in sight.

Countless couples find themselves separated over a period of time for different reasons. Two lovebirds may have to attend different colleges or one partner may be forced to relocate to a new city to pursue a job opportunity. However, the important thing is for couples to communicate and have a plan to change the situation. If you and your significant other are living apart, and you never discuss when and how you are going to be in the same zip code, it's time to question your decision to stay together. There's only so long a romantic relationship can survive based on phone calls and weekend rendezvous.

Related: [The Key to a Lasting Relationship](#)

There is a lesson to be learned here: long-distance relationships can work, but they can be difficult to manage. Ending a relationship is never easy. It's important to be honest with yourself and make sure you are truly happy and fulfilled, especially when you're apart. If you find yourself in a similar situation, be sure to keep these warning signs in mind.

Have you ever been in a long-distance relationship? If so, how have you known when it was time to end it? Share in the comments below.

Celebrity Couple: Brad Pitt Supports Angelina Jolie During Her Surgery



By Meghan Fitzgerald

[People](#) reports that Angelina Jolie has undergone a double mastectomy due to a high risk of breast cancer. Jolie wrote a article titled "My Medical Choice" on [NYTimes.com](#) and explained, "My chances of developing breast cancer have dropped from 87 percent to under 5 percent. I can tell my children that they don't need to fear they will lose me to breast cancer." Although Jolie was the one who had the surgery, the procedure did have an affect on both partners in this celebrity couple. According to the actress, her celebrity love Brad Pitt was there at every step of the way.

This celebrity couple supports each other no matter what. What are some ways to help your partner through a serious health condition?

Cupid's Advice:

If your partner is truly sick, it is sometimes hard for them to help themselves. Cupid has some relationship advice on how to follow in celebrity couple Pitt and Jolie's footsteps and create a support system for your partner:

1. Take them to doctor's appointments: If your mate has a serious health condition, it is probable that they will need to attend numerous doctor appointments. Doctors' offices can be scary, especially if you are ill. To make your partner feel comfortable, go with them to their appointments. You will be there every step of the way, and it will show your beau how much you care.

2. Communicate with their family: With a serious health condition, family is usually wondering how the person is doing. Instead of your partner returning phone calls, e-mails, texts, and more, you can take care of it. It takes stress off of your mate when they don't have to reach back to someone every twenty minutes.

3. Make them comfortable: When people are feeling sick, they may want certain things to make them feel better. It can be soup, cheesy 80's movies, a snuggle bug, a chocolate cake, or a back rub. Try to accommodate your partner with what they want. Whether it be a massage or caviar, try to fulfill that wish and attempt to make them the slightest bit happier.

Do you have any relationship advice on helping a partner who is ill? Share below.

Dating Advice: 5 Date Ideas Created Just for Moms



By [Whitney Baker Johnson](#)

It's always important to recognize the hard work moms do – not just on Mother's Day, but every day of the year. They often put their partners and children first, forgetting to take time for themselves. This May, we're encouraging moms to step away from their household duties and embrace some kid-free time with their significant others. Remember, your loved ones want to make you just as happy as you make them. Below are five date ideas that every mom will enjoy.

1. Chick Flick: Sure, your beau may want to see the latest action movie, but instead, pick the most romantic movie in theaters and enjoy every cheesy minute of it. Take this opportunity to snuggle up to your hubby and reignite the spark that may be dimming. You'll have at least two hours to relax and decompress before you resume your mom duties.

Related: [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

2. Spa Day: While your man may be hesitant to admit it, he'll enjoy a couple's massage just as much as you do. Be fully in the moment as you both take this time to recharge. Get a manicure, pedicure or a facial to make the most of your day of pampering. Your partner can sip on some champagne and keep you company while you feel like a princess for an afternoon.

3. Just Dance: Sometimes, the best way to let loose is to literally *let loose*. Sign up for weekly dance classes and learn a romantic waltz together, or head to a local salsa club and practice your moves in an environment filled with passion. Any mom will love the chance to not only bond with her significant other, but to also do an adult-only activity. End your night with a glass of wine at your favorite restaurant.

4. Date Night at Home: Plan for grandma and grandpa to watch your children so that you and your honey can have a fun evening in the comfort of your own home. Cook a romantic meal together and open up your favorite bottle of wine. Enjoy the warm weather by cuddling up outside and counting the stars. Steer conversation away from your babies, and instead, focus on your marriage. When bedtime rolls around, don't set an alarm!

Related: [How Celebrity Moms Keep an Active Dating Life](#)

5. Breakfast in Bed: Don't let your date night at home end when you crawl in bed. Wrap up your alone time with breakfast in bed. You can make an extravagant meal with all of your

favorite foods: from scrambled eggs with cheese and fresh vegetables to crispy bacon and toast topped with butter and homemade jam. Order in from a local diner – somewhere you may have frequented before the kids came along – and enjoy every greasy bite.

Moms, we want to hear from you: What's your favorite date idea? Share below.

Rejection Turns to Love for 'The Bachelor' & 'The Bachelorette' Cast-Offs Peyton Wright and Chris Lambton





By Kerri Sheehan

Celebrity couple Peyton Wright and Chris Lambton are both alumni of the popular reality TV show [The Bachelor](#) and its female counterpart *The Bachelorette*. Neither one found a lasting relationship and love with the final rose, but they later met through mutual *Bachelor* friends in 2010. Lambton told [People.com](#), "Every day I thank my lucky stars I was on that show because I met the woman of my dreams, my wife." The celebrity couple celebrated their one-year wedding anniversary this month.

Celebrity couple Peyton Wright and Chris Lambton are together thanks to some friends from *The Bachelor*. What are some ways to meet a partner through your pals?

Cupid's Advice:

Meeting the person who is right for you is easier said than done. Cupid has some dating advice for finding someone special through friends:

1. Be honest: Let your friends know that you're looking to add members of the opposite sex to your friendship circle. You never know who you're going to meet, and chances are, you'll find some awesome new pals in the process. A relationship and love may not come right away, but expanding your horizon never hurts.

Related Link: [Favored 'Bachelor' Turns Down Gig](#)

2. Be open: It's often true that our closest friends know us better than we know ourselves, so let them prove that by setting you up. The worst that can happen is you add another bad date to your list and move on to the next one!

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

3. Build a foundation: Many of the best relationships and love blossom from friendships. Being buddies shows that you're already compatible on many levels, so why not give a romantic connection a shot?

Have you ever met a partner through your friends? Share below.

Dating Advice: How To Decode Your Man's Texting Habits



By David Wygant

What does it mean when a guy waits a while to text you back? What if he gives you a short answer to a long question? How can you tell if he's bored and only texting you because he wants something to do? These are questions that most women have asked at one time or another.

So here are a couple of pointers to decode man-talk in texting. These answers are a simple guideline to help you understand the way that men think and communicate.

Related Link: [How to Understand Man-Talk](#)

If a guy waits forever to reply back, he's playing games. He's basically a guy who's pretending to be busy, pretending to have other things to do, and he's making you wait, thinking that's a way to increase your attraction to him. He's the type of guy who thinks that you're going to want him more if he

creates a false sense of busyness.

Texting is pretty simple. Most of the time a quick response – something like, “Hey, I’m busy right now and can’t really talk” – is far greater than making somebody wait all day.

If a guy gives you a response that’s short and sweet but doesn’t really answer your question, he isn’t paying attention to who you are and what you’re about. He’s too caught up in himself.

Or maybe you’re texting him at the wrong time or he just doesn’t like to communicate via texting. That’s not such a bad thing. It’s okay to confront him and find out his preferred communication style. We’ve become lazy as a society: sure, texting is quick and easy, but it’s not the only way to stay in touch.

Related Link: [The Real Reason He Didn’t Call You Back](#)

But how can you tell if a guy’s interested? Not only should he text you back in a timely manner, but he should also make plans to see you soon. A guy who texts back and forth but never asks you out is someone who just likes the attention. He’s not interested in you as a lover; he’s only interested in you as a text buddy.

So if you text a guy on and off for more than three days and he doesn’t ask you out on a date, then you need to stop the texting madness and realize he’s just not that into you.

Texting is fun, but it doesn’t substitute real conversation. Keep the texts short and simple, and make an effort to learn someone’s texting style. When you do those two things, you won’t be freaking out, showing the text to your girlfriends, trying to interpret it. Just pick up the phone and call him. Otherwise, there’s going to be a big miscommunication. When it comes to texting, never read between the lines.

David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked and speaker. Through his boot camps, personal coaching and his website (davidwygant.com), his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.

Dating Advice: Why A List of Requirement Won't Get You Mr. Right



By Laurel House for GalTime.com

When it comes to finding “Mr. Right,” I used to believe in lists. After each relationship, I would add to my “Musts” and “Won’t Stands” based on experiences had and realizations made.

It seems the whole list thing is pretty common. The idea is that if you make a detailed, honest list of exactly what you are looking for in a guy, it will help you find your Mr. Right. Why? Because you are being clear on what you want and putting it out there.

Essentially, you are creating this perfect person in your mind so that either:

A. You can use it as your gauge to judge each guy you go out with and be prepared to look out for red flags or (hopefully) your ideal perfection.

B. You are tossing your picture of perfection out to the universe so that that guy will be sent your way, cross your path, and you won’t be able to help but take notice when you come across the embodiment of your specifications.

But it’s more than a list of positive attributes and the components that you want your ideal guy to bring to the table (or what I call “must haves”). It’s also about the negatives- the “won’t stands.” Those are the deal-breaker elements that you absolutely cannot look past.

So I made my list. And after each date I would check it, x’ing the poor guy off because he didn’t qualify. When my list exceeded 250 pre-recs, I realized that pretty much no one could embody my needs.

... And then I found him. He was the complete (as hard as it may be to believe) embodiment of my list. Every single item was checked off. He defined who I have always wanted. He wrote little notes telling me how great I am. He picked flowers and put them in a bud vase beside my bathroom sink. He was

successful and interested in helping boost my career too. He woke up in the morning and allowed me to sleep for a few extra minutes as he prepared coffee for me – despite the fact that he wasn't a coffee-drinker himself. He wanted to and had the financial and scheduling means to travel with me – anywhere, everywhere, anytime – on a whim. He loved my body, and told me all the time. He was emotionally available and supportive. He liked to live a healthy lifestyle and wasn't addicted to any drugs nor did he excessively drink. I learned from him, both from his personal experiences and his career. He would make an amazing husband, partner, the type of man who you could spend a life with, and always have something to talk about. He was interested and interesting. He was perfect... *paper perfect*.

Sure, he was the embodiment of my list, but once the initial excitement wore off and regular life set in, we realized that we were better off as friends. We didn't have that spark, that chemistry that is so hard to define but so necessary in a relationship. And so we had a conversation about it and decided that that was what we should be – just great friends.

And that's when I realized... screw the list!

Like when a smile doesn't touch the eyes, just "paper perfect" sometimes doesn't touch the heart. But the fact is that you're not looking for a walking list. You're looking for a feeling. What you might find is that the person who in fact is perfect for you, might be very different from what you thought you were looking for. Because it's not your eyes that should be doing the looking. It's your heart.

So What Do You Do?

Create a list. But don't just write the musts in terms of activities, appearance, location, interests, or even personality. Think about:

1. Core Values. What are your core values? I mean, what are the most important things to you at the core? I'm talking

about home, family, trust, close relationship with parents, ability to be emotionally raw and available, compassionate, giving back, and close friendships.

2. Feelings. How do you want the relationship to make you feel? Comforted, excited, sexy, calm, balanced, secure, safe, at home... If "home" is on the top of the list, what does "home" feel like to you?

Now let go of the list. You aren't going to find someone who is "exactly perfect", someone who embodies every line on your list. But someone can be a lot of what you are looking for, and maybe even more of things that you didn't realize you wanted. Sometimes you didn't realize the things that really matter to you, because you were never exposed to them in the past.

Create an Intention Board

An Intention Board is a collage of images and words cut from magazines, drawn, or written that illustrate the energy, feelings, and loose goals of what you are looking for. Each morning, and before you go on a date, spend 5 minutes looking at the board. Focus on the elements that pop out at you and remind you what truly is important to you and important in the person you are looking for, and life you are looking to live.

How to make it:

- **Use a poster board and cover it in images**, words, photos, magazine cutouts, whatever you want, that helps bring to life your ideal
- **Visualize what living that wish might be like.**
- **Every morning as you are drinking your tea or coffee or eating your breakfast**, sit in silence with your board and just take it in. Look at the images, read the words, and imagine how the energy of that board, those desires, and that energy can translate into your life. Don't take each image literally, just take its energy.

– **With the intention of your board in mind**, see how you can make small changes throughout your day to make those goals take shape.

– **Don't be attached to the form or outcome of your wish**. You have to surrender a little bit of control here and trust that your wish will come true in some shape or form- just maybe not in the exact shape you saw in your head. Focus more on the energy or feeling that your board expresses instead of the exact pictures or words that it contains.

Screw the list, go with your heart instead.

Celebrity News: Leonardo DiCaprio Says He's Open to Getting Married





By Meghan Fitzgerald

Leonardo DiCaprio is one busy man. With hits like *Django Unchained*, *The Great Gatsby*, and *the Wolf on Wall Street* – he has undergone a lot of stress. This summer, according to [UsMagazine](#), the almost 40 year old actor is planning to relax. [Extra](#) reports: “To me, right now it’s about getting a little breather – getting some time off...just a few months off to do some other things.” DiCaprio is currently single but taking the days “as they come.”

How do you know if your partner is ready to get married?

Cupid’s Advice:

Getting married is a serious matter in your relationship and your life. When you are thinking about marriage, you need to make sure you and your partner are ready for the next step. Cupid has some more advice:

1. Love: Is your love stronger than the gods, mountains, and nature altogether? Does your love heal wounds, hearts, and souls? Does your love make you and your mate grow more as a

person, and as a couple? If you answered yes to these, you and your mate are ready to get on board to the marriage train. If you are doubting your love you have for your partner, or your partner has for you – you may not be ready.

2. Finances: Does your partner have their finances in check? Are they independent and strong? It is essential that your mate is ready to join into a combined relationship where financial situations are more than important. It is necessary for your partner to have a strong financial standing in order to take the next step, which is marriage.

3. Trust: Does your mate trust you with everything involving their life? It is essential that your partner does not keep secrets from you. It is one thing to keep secrets in a relationship, it is another to do it while married. You need to make sure trust is in the air before you put a ring on it. If you don't believe your mate trusts you, they may not be ready for the big step in their life.

Have you known your partner was ready to get married? Explain below.

Dating Advice: The Pros and Cons to Taming a Bad Boy





By Andrea Surujnauth

There is nothing like the thrill of dating a bad boy. He is exciting to be around and is always taking chances. They give you goosebumps every time you're around them. He is spontaneous and always knows the right thing to say or do to send shivers up your spine. You dated him for fun but what happens when you discover that you are beginning to feel real feelings for this bad boy? Can you eventually tame him and make him boyfriend material? If Angelina Jolie could do it to Brad Pitt then why can't we do it? We decided to weigh in the pros and cons of dating a bad boy to help you come up with an answer to your question, is it worth it to attempt to tame a bad boy?

Pros:

1. Best of both worlds: By taming your bad boy, you will be able to have a guy that is both exciting but also loyal. You can teach him to cut out the bad boy aspects that don't work for you while keeping the ones that do. You will be able to have a bad boy that is good for you!

2. Confidence: By taming a bad boy that many girls before you have always been running after, your confidence level sky rockets. You bad boy beau changed for you, you were the one that was able to get him under control. That's enough to make any girl feel good about herself.

3. Life changer: By helping your sweetie become a good boy, he will be thankful to you for helping him turn his life around. Getting his life on track towards a successful future will make him see how good you are for him and how much you care for him. He will see you as his savior and is sure to fall for you because of it!

Related: [What Attracts Us to Bad Boys?](#)

Cons:

1. Relapsing: This guy is a naturally a bad boy, those are his instincts. By attempting to tame your honey, you are risking him relapsing and going back to his bad boy ways. You might stop him from breaking the law or being a player, but you never know how strong the pull is for him to return to his old lifestyle. You are at risk of getting hurt.

2. Tables may turn: When taming a bad boy, you are also risking becoming a bad girl. If you let yourself get sucked into his lifestyle while in the process of trying to tame him, you might find yourself breaking laws, becoming irresponsible, or enjoying the recklessness of being bad.

3. Unwillingness: There may be certain things about the bad boy lifestyle that your new man may not want to give up. This may cause a fight about your desire to change him. No one is ever happy about changing who they are, so this may cause your relationship to expire.

Related: [When Do Opposites Not Attract?](#)

So are bad boys worth taming? After weeding through the pros

and cons, we still don't have a straight answer for you. Whether it is worth it is an answer only you can decide for yourself. Take all of this into consideration when deciding if you really want to tame your bad boy. Make sure you are confident in yourself and stick to your values if you decide to do it. Some bad boys can be tamed but take care of yourself first and don't lose your self respect or sanity while trying to tame the stubborn ones.

What are some of your pros and cons of taming a bad boy? Comment below and let us know!

Dr. Wendy Walsh Shares How Single Women Can Benefit From 'The 30-Day Love Detox'





By [Whitney Baker Johnson](#) and Andrea Surujnauth

You probably recognize Dr. Wendy Walsh from *Good Morning America*, FOX News or the *Today Show*. She's a well-known relationship expert, psychotherapist, author and actress. Currently, she appears as the expert commentator on Investigation Discovery's *Happily Never After*, a show that looks at stories of newlyweds who's marriage turned deadly shortly after saying their vows. "My job is to retrace the romantic steps of both partners and figure out what red flag could've saved the bride or groom's life," she explains.

Despite her busy schedule, she found time to write a new book, *The 30-Day Love Detox*, which was released on April 23rd. In it, Dr. Walsh answers common questions that women want to know: How can I stop falling for the wrong type of guy? How can I find a man who is willing to commit? She also lists common mistakes that women make when dating someone new and shares her tips for avoiding them. The author chatted with us about her ground-breaking new book.

What inspired you to write *The 30-Day Love Detox*?

I'm a single mother, and I wanted to explore the social reasons why a very smart, very attractive woman like myself would "end up" as a single parent. And what I discovered is the more educated a woman is, the more attractive she is, the more cities she's lived in, the more likely she is to be divorced. Attractive women will leave relationships earlier, they say, because they have more sexual opportunities than others. Having a higher education means that women are often using up their fertility window on schooling and careers and grabbing whoever they can at the end of their fertility window. The more places you live during your childhood, the less likely you are to have a committed relationship. Moving around, instead, teaches you to have a lot of mobility. It teaches you how to say goodbye.

How did you come up with the title?

It's called *The 30-Day Love Detox* because I found a study that showed that, if you have sex within 30 days of meeting somebody, you have a 90 percent chance of breaking up with them within one year. If you wait 31-90 days, you have a one in four chance that you'll be together a year later because you've taken the time to build some kind of friendship, some kind of emotional bond. Unfortunately, plenty of women think that a hookup is a stepping stone to a relationship. But I promise you that not one man thinks that! The true aphrodisiac is saying "no."

Related Link: [Is He In It for the Long Haul?](#)

You say that you saw yourself as Carrie Bradshaw from *Sex and the City*. Can you elaborate on this idea?

The *Sex and the City* generation and even young women today have been sold a false bill of goods, a mythology if you will, by the fertility clinics who market that women can have a baby when they're 50, which is absolutely absurd. The success rates for in vitro fertilization have not changed since the 1980s; it's about a 15 percent success rate, and it costs 13,700 dollars on average. So that means for your hard-earned

money, you've got an 85 percent chance of failing.

My point is that 80 percent of women are going to become mothers – good boyfriend or not, good husband or not. And where they end up financially, psychologically and physically at the age of 45 has to do with the choices they make in their 20s.

Can you share any positive results that people have seen after doing *The 30-Day Love Detox*?

Well, I did backward research. First, I held a series of wine-and-cheese focus groups for single women to hear the stories of what's been going on in the dating market place. Then, I went on a hunch and interviewed married women with children who were in, what I believe is, a healthy relationship, and I asked them how long they waited before they had sex with their husbands. I found that a number of them actually even waited until marriage. One of the things that people do as a reaction to the high-supply sexual economy is check out of it by saying, "I'm not even going to participate in this nonsense." So I found a population of post-modern virgins; some of them are married now, and some of them are single women who don't use religion as a reason for staying a virgin in their 20s. Instead, they stay a virgin so that they can take the time to find a real relationship.

Let's shift gears a bit. Our readers are fans of reality shows like *The Bachelor* and *The Bachelorette*. Do you think those shows are helpful in teaching viewers how to find good partners? Or do they ultimately damage our perspective of relationships and love?

I think they hurt as much as romantic comedies do because nobody is teaching anybody relationship skills. They don't practice slow love. They also subscribe to the myth that if you just choose the right partner, everything will be okay. The truth is being a good partner with good relationship

skills will increase your chances of having a long, healthy, happy relationship. A great example is people who divorce and say, "Oh well, my second marriage is going to be better because I'm going to choose better." But divorce doesn't teach you how to choose better; it doesn't teach you how to be a better partner. Divorce only teaches you to say goodbye. Therefore, second marriages actually have a much higher divorce rate because the only thing divorce teaches you is how to survive divorce, and once you learn how to do that, it's even easier to leave the second time.

Related Link: [Cancelled: Why NBC's 'Ready for Love' Fueled America's Hatred](#)

Can you tell us about any other projects that you have coming up?

Yes! I'm developing an app based around my book *The Boyfriend Test*. Women will be able to crowd source the guys that they're dating. They can share a picture and biographical information and then ask other girls if they know them, if they've dated them, if they think he'd be a good boyfriend. *The Boyfriend Test* itself is also coming out as an e-book right after *The 30-Day Love Detox*. And I'm continuing to shoot *Happily Never After* – we have a whole new season for you!

You can purchase a copy of *The 30-Day Love Detox* in bookstores and online from [Amazon](#). For more information about Dr. Wendy Walsh, visit [drwendywalsh.com](#). Be sure to check her out on [Facebook](#) and [Twitter](#) too.

5 Ways to Spice Up Your Relationship



By [Sarah Ribeiro](#)

Even if you and your love have been dating for a short time, it's not unusual to find yourself bored quickly. If you're spending all your time together, you may find yourself running out of things to do or talk about. You've gone on as many dinner-and-movie dates as you can handle, and you need to spice up your relationship before it grows stale. Here are some ways to keep your love exciting and new:

1. Try a different kind of date: Traditional dates may be fun, but they grow repetitive quickly. Try a unique date that involves something you've never done before. Go on a weekend

outing; explore some place exotic for a cultured experience that will broaden your horizons and give you and your babe something new to talk about.

Related: [10 Ways to Keep the Honeymoon Phase Going Strong](#)

2. Play a game: When your conversation runs dry, the only way to save it is to get creative. Not sure what you don't know about your love? Those ice-breakers you did all throughout high school may come in handy. Playing 20 questions or "never have I ever" is a good way to learn new things about your honey and feel like a kid again at the same time.

3. Spice things up – literally: Does your boyfriend burn water? Take a cooking class together. You can learn ways to incorporate different and exotic cuisines into your everyday cooking, like spicy Indian, Peruvian, or Brazilian food for a flavorful experience. Plus, a class gives you a chance to work hands-on and learn something together.

Related: [Date Idea: Attend A Stand-Up Comedy Show](#)

4. Stop saying no: Most of the time, relationships fizzle out because one person is constantly turning down the other's ideas. Next time your sweetheart asks you to go to a basketball, don't turn him down just because you don't like it. Keep yourself open to his interests and he'll be more open to try new things, too. Who knows – you may even have a blast!

5. Take some time: A big reason most people get tired of their partner is because they're exhausting all their time with each other. Take some time to yourself – hang out with your girlfriends, run some errands on your own, and stop spending every night at his place. You'll find the time you spend together more precious when it's not so constant.

How do you and your partner spice things up? Share with us below.

Date Idea: Go Paintballing Together



By Daniela Agurcia

This weekend, be a little playful and adventurous with your loved one: go paintballing together. Research places nearby and sign up for a day where you can both get away and have some fun. This activity is great for couples that are highly active and welcome a little challenge. You've already had those one-on-one dates where you get to know each other over a casual cup of coffee or fancy dinner out, and now it's time for something different. Paintballing is the perfect way to see the more carefree and child-like side of your partner.

Don't wear your typical date outfit; instead, wear something simple and comfortable like old jean shorts and a white t-shirt. This date is the perfect opportunity to show your man that you're low-maintenance and not always concerned with how you look. And be sure to bring a change of clothes – you may get dirty with all that paint flying through the air.

Make it a group outing, and invite other couples to join you. Get even more competitive and split into teams: girls versus guys. It's date against date. These games usually work like capture the flag, where the goal of each team is to capture the other team's flag. In this case, you'll be shooting the enemy with paintballs along the way.

Remember that well-known playground rule from your elementary days? If someone picks on you, it's because he likes you. Well, that idea comes into play when you collaborate with your teammates to make it a strategy for every one to target their date – or in this case, enemy. Don't hold back and don't be afraid to get dirty. Showing a competitive side is sexy and attractive to the opposite sex. Even make it a bet that the losing team has to buy their dates lunch afterwards.

Once the game ends and the winner has gotten their applause, clean up a little and grab a couple of burgers and fries at a place nearby. Spend the rest of the day taking it easy and regaining the energy lost from your paintball game. It's the perfect ending to a busy day! If you've had a long week of work and just want to let go of your stress, this date can be your solution.

What other adventurous dates would be fun? Share your ideas below.

QuickieChick's Video Dating Tips: Flirting With Your Man



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

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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for how to flirt with your man. Whether you're in a new relationship or you have a long-term, live-in boyfriend, it's important to still be flirtatious and fun and make your significant other feel special. You want to keep the spark alive, right? "You're going to look forward to flirting. It's

not going to be a chore,” the dating expert shares. “After a while, you’re going to start thinking, ‘What can I do that’s going to make him happy?’” Be sexy and sassy, and your love life will be rejuvenated.

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

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

What’s your favorite way to flirt with your man? Tell us in the comments below!

Dating Advice: When Do Opposites Not Attract?





By Courtney Allen

'Opposites attract'... a saying you've heard from your supporting best friend as you desperately try to put the puzzle pieces together in order to explain why you find interest in the 5'9" college freshman, instead of the tall, stacked senior track star that runs alongside you. Well, don't waste your time trying to figure it out; it happens to the best of us! The truth is: dating someone who is opposite from you is quite the learning experience if you have the right combination of differences. Sometimes opposites are not so hot, and can backfire at first sight or first discussion. If you meet someone whose opposite from you in the following three ways, your red flag will most likely go up:

1. Religion: Religion can be a killer when it comes to attraction. It's the one thing that many people are not willing to compromise on. If you and a potential love interest are on two completely different pages when it comes to religious beliefs, the attraction between you will suffer.

Related: [Five Reasons Why Opposites Attract](#)

2. Physical attractiveness: Physical attraction is the first and usually most important rules of attraction. It's very rare that you spot a picture-perfect model with someone who is short and seems to be out of shape. We are typically attracted to those we consider just as attractive as ourselves.

Related: [What Attracts Us to Bad Boys?](#)

3. Needs: Having different needs can ruin attraction right off the bat. People that are independent and needy, in search of a relationship and in search of a good time, the desire for kids and the desire to not have kids... all of these needs most likely need to be aligned.

What qualities that are opposite from your own do you find unattractive? Share your ideas with us!