

Dating Advice: A Summer of Love



By Melanie Mar

Are you wondering how you can find [love](#) this summer? Here's a list of things you can do *now* to get ready for a summer romance.

First, consider your lifestyle. Wintertime is synonymous with wrapping up in layers of clothes and eating hearty meals. While that may be comforting during the dark, cold days, it can also create complacency in your healthy living and add some extra-unwanted weight. But now, spring has sprung, and it's time to refocus on your well being. So take a look at your eating habits, write in a food journal to help you clearly see where you can make some healthy changes and give

yourself an attainable goal. When you look good, you feel good and ooze confidence, which is very attractive. Plus, men are visual; they initially pick who they want to date with their eyes.

Related Link: [How to Approach a Spring Fling](#)

Next, add exercise into your daily routine. Now would be a fine time to enroll in a fitness class or purchase a gym membership. Rather than look at this step as a chore, think of it as fun and a great place to flirt with some very fit men. If money constraints are an issue, lace up your tennis shoes and go for a hike or even just a walk around your neighborhood. Again, make it a joy by saying hello to prospective, single gentlemen. Another great and easy way to get your body bikini-ready is to simply purchase a workout DVD. Whatever you do, make it a routine and truly incorporate it into your lifestyle.

Once your body starts to transform, you will have a great excuse to go shopping for a new dress for a first date. It doesn't need to be a major investment, as there are plenty of outlet and retail discount stores, like Nordstrom Rack and Off 5th, where you can find great bargains and still look fabulous. It's important to decide what your favorite features are and choose clothing to enhance your best bits and detract from the parts that make you feel insecure. If you're overwhelmed, a friendly salesperson can help you. Don't put everything on display, as this may send the wrong signal to a potential mate. Be subtle in your sexiness.

With your new body and new clothes, it's now time to get a new haircut and/or color – nothing has a greater ability to make you feel more vibrant! Start tearing out photographs of celebrity hairstyles that you like. There are websites, like [InStyle](#), where you can upload a picture of your face and see what the styles will look like on you. It's a terrific way to

try before you buy. Then, pop into your local department store and get a free makeover from one of the beauty vendors. They will teach you how to apply your makeup and show you all of the latest colors and tricks.

Related Link: [Spring Cleaning: 5 Signs It's Time to De-Clutter Your Love Life](#)

And finally, the most important thing you need when getting ready for new love is what I call a “clear head, clear heart.” If you have any residual emotional issues from a previous relationship, you cannot possibly expect to present yourself to others with the openness needed to be viewed as available and seriously wanting to date. Make a conscious effort to move forward. Leave the past behind and look to the future with fresh eyes. There’s a summer romance waiting for you. Put your best foot forward and go get it!

For more information about Melanie Mar, click [here](#). Melanie 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. You can also visit her [Facebook page](#) or www.melaniemar.com.

Reality TV: ‘The Bachelorette’ Star Arie

Luyendyk, Jr. Says, “When You Stop Looking, You’ll Find What You’re Looking For”



By [Whitney Baker Johnson](#)

Most women know Arie Luyendyk, Jr. from appearing on Season 8 of *The Bachelorette* with Emily Maynard, but this eligible Dutchman made headlines far before ABC’s popular reality competition show.

Growing up the son of a two-time Indianapolis 500 winner and Indy speed record holder, Luyendyk initially made a name for himself in the car racing world. “I grew up at the track, so being a driver felt natural to me,” he says of his career choice.

Being a driver wasn't enough, though. "Honestly, I needed a break from racing after Dan Wheldon's tragic death, so when *The Bachelorette* producers called, I thought why not! I've always been a very open and optimistic person. I went into the show with that mentality and met an amazing person."

Although he didn't win Maynard's heart, the handsome runner-up formed lifelong friendships with two of the men he strongly competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard's final choice. "Sean and I still chat every now and then, and I'm really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit." He adds, "You definitely grow close to the other guys. I think it's because being on the show is so crazy and hard to explain."

Related Link: ['Bachelor' Sean Lowe Fires Back at Rumors Pointing to Troubled Relationship](#)

When it comes to dating, he confesses that he definitely learned some important love lessons from being on the show. First, "love potions don't work!," he jokes, referring to his last date with Maynard in Curacao.

On a more serious note, his relationship advice to others would be "when you stop looking, you'll find what you're looking for." It seems like he's strongly committed to this motto because, simultaneous to our interview with him, he took to Twitter to share the same quote with his fans.

Could these words of wisdom be a result of his short-lived relationships with Courtney Robertson, *The Bachelor* Season 16 winner, and Selma Alameri, one of Lowe's eligible bachelorettes?

"Dating is more difficult now because there are some big expectations." Still, he believes that he'll find "the one" someday. "I think falling in love is rare and the way that you are with someone special is unique. Hopefully, I can meet

someone who loves me and not the idea of who they think I might be.”

When it comes to the right woman, he says he wants someone who is “witty, amazing and has a good sense of humor.” And whenever she comes along, he’ll be ready. “When the time is right, I’ll know it, but you can’t plan a wedding if you don’t even have a girlfriend.”

Related Link: [Desiree Hartsock Is the New ‘Bachelorette!’](#)

So would he ever sign on to be *The Bachelor*? “I think I would if it didn’t conflict with racing and if I wasn’t dating anyone.”

For now, though, ladies, when it comes to dating, this man is taking to slow. It seems like he’s back to focusing on his career.

Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he’ll be driving at The Long Beach Grand Prix in Robby Gordon’s Stadium SUPER Truck Series and IndyCar’s 2-Seater. “I’m super excited for the weekend. This race is the only one we have on pavement, so I feel like I have the advantage going in,” he shares. “I hope the fans enjoy the race and come out to our stand-alone event at the LA Coliseum on Saturday, April 27th.”

Plus, he’s working towards a new show of his own, so we should be seeing the good-looking driver on the screen again soon. Cross your fingers!

For more information about Luyendyk, you can follow him on [Facebook](#) and [Twitter](#).

Relationship Advice: 7 Secrets to Make a Long-Distance Relationship Smokin' Hot



By Dr. Diana Kirschner

You meet a hottie and it is a glorious, soul mate relationship. You are dreaming about an amazing future with this great match, who definitely feels like the One. The only problem is, he or she lives a long way away from where you are, and you are afraid that this will be the kiss of death for the whole relationship.

Your fear is well founded—long-distance relationships have

lots of built-in obstacles. Consider what recently happened to Michelle Williams and Jason Segel. Jason couldn't let go of his successful LA life to come and be with Michelle in Brooklyn. And by most reports, this played a big role in Michelle breaking up with him because she felt that in this kind of a distant situation she simply could not commit to him.

You wonder: *Just how do you keep a long-distance relationship smokin' hot so you can have the happiest-ever-after you are dreaming about?* Here are seven secrets:

1. Bookend your days with connection. Each morning and every night make sure you talk with your Beloved on the phone. This will cement you in as a regular part of their day.

2. Utilize technology. Use Skype or the phone strategically to bond with your partner and keep the spark alive.

Related: [How to Find Love Online With Non-Traditional Dating Sites](#)

3. Text or call throughout the day... so that you are in contact and talking about what is happening for each of you.

4. Take turns coming to stay with each other. During this time make sure you have a lot of fun and intimacy, which releases oxytocin, the bonding hormone. Over time make these visits longer so that you can see how you do as a couple when you are living together.

Related: [Tips for Making a Long Distance Relationship Work](#)

5. Be supportive. If your Beloved has a crisis, drop everything and be as supportive as possible. Show him or her that they come first in your life.

6. Consider making a sacrifice. If the relationship is growing for a year or more in a way that feels more intimate,

committed and nourishing, consider making the sacrifice of giving up the life you have in order to move in with your long-distance partner. If you do this, take time to work out a contract about what your partner will do so that he or she is supporting you and making his or her own sacrifices to establish your new life together with the least stress possible for you.

7. Make it possible for your partner to move. If you do feel that the relationship has been developing well for a year or more, but moving in with your partner is not feasible: discuss with him or her what you would be willing to provide in terms of financial, emotional, networking, job search or other support if your partner would consider moving in with you or into housing together in your area.

When you use some of these tips, a long-distance relationship can work out to be your happiest-ever-after! So give it a try and see if you and your Beloved can grow together despite the obstacles involved. True lasting love is well worth it.

*Dr. Diana Kirschner starred in a PBS TV Special on love. She is the best-selling author of **Love in 90 Days** and **Find Your Soulmate Online in Six Simple Steps**. Through her unique phone/Skype free coaching program Dr. Diana has helped thousands all over the world find and keep a passionate lasting love relationship! Her free Dating Tips & Relationship Advice newsletter is available at www.lovein90days.com.*

Dating Advice: How to

Approach a Spring Fling



By Dr. Tranquility – Lydia Belton, Ph.D., Ct. H.A.

If you've been reading me for the last year or so, you know that I'm all about boundaries. So when we think about having a spring fling, it's important to first figure out what that means. What's comfortable for you? What exactly are looking for in a casual relationship? Here are four tips to help you on your journey to love.

1. Go for it. Since this relationship is just a fling, keep it light and allow yourself to really enjoy the process. There are no strings attached, and the experience is whatever you make it. Be confident about who you are and what you want in a man (something that Date Therapy can help you accomplish). A spring fling is a fun opportunity to try something new, to

veer away from what you usually look for in love. What does your ideal significant other look like? How do you want to spend your time together? Sipping wine at a local restaurant? Or hanging out on the beach? Now is the time to go after your wish list in a partner.

Related Link: [3 Ways Date Therapy Can Help You Connect](#)

2. Be honest. It's important to be open about what you need from this type of relationship. Ensure that your definition of a spring fling is in sync with your potential partner's vision. If you're expecting a phone call every day, make sure this person will do that for you. Remember that this type of relationship still involves emotional attachment; there's always a chance that you'll get hurt.

So be real with yourself – not judgmental but *real*. This way, you're better able to screen your crush objectively to ensure that he's on the same page. If you have any doubts about the importance of this step, consider Kim Kardashian and Kris Humphries. Sure, their relationship was more than a fling, but these two were definitely not on the same page.

3. Don't date where you live. It's much harder to keep things light if you're going to see this person again and again once the relationship ends – and a fling always ends. You want to be able to make a clean getaway when it's over. So consider where your potential partner lives and make your choice wisely.

Related Link: [10 Steps to a Remarkable Relationship](#)

4. Clear your mind. As I mentioned in the introduction, you must be specific and sure about what you want. Think about what a spring fling can give you – beyond a casual relationship. You may meet someone who encourages you to try new things, someone who takes you out of your shell, someone who changes you for the better. A spring fling can be good for the mind, body and spirit, so take advantage of this well-rounded opportunity.

Developed by Lydia Belton PhD, Ct.H.A., [Date Therapy®](#) is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

QuickieChick's Video Dating Tips: Be That Hot Chick



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us how to be confident, how to be flirty, and how to embrace that hot chick inside all of us.

Dating Advice from E!'s *Famously Single* Laurel House on Being That Hot Chick

Even if you're insecure and tend to be the wallflower, you still have a sexy side. In those times, it's best to fake it: present a more self-assured and happy girl to others, and you'll instantly feel better about yourself. Be sure to define that other side of you too. Does she like to wear high heels? Does she enjoy wearing smokey eye makeup and red lips? It's important that your outer façade matches your inner attitude. Eventually, you'll be that hot chick without a second thought.

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

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

How do you make yourself feel sexy and confident? Share in the comments below!

Relationship Advice: Online Dating Isn't a Threat to

Monogamy—It's a Blessing



By Terri Trespicio for GalTime.com

Online dating is revolutionizing all relationships – whether you're dating or not.

For most of recorded history women did not have romantic options. You married the dude who your family deemed appropriate, and he likely lived within a quarter mile, and you stayed with him for life, like or not.

When I interviewed Dan Slater, author of *Love in the Time of Algorithms* (excerpted in *The Atlantic*, in a piece called "A Million First Dates") on my show on Sirius XM, he agreed that it's changing the way we view commitment. He also said that those who are happy don't have that much to worry about.

But for those of you in less-than-ideal situations, or relationships that have gone south, online dating—even if you don't actually use it – creates this sense of options. That this doesn't have to be it for you.

This is the best news ever. Because if the only way you think you can “keep” a man or woman is by eliminating his or her other options, that means you want an inmate, not a life mate.

The internet didn't invent options—it just brought them a little closer—made it a little easier, yes. But if you were under the impression that disconnecting someone's internet is all you need to do to keep someone from having options? Yeah, that's not gonna work.

Look, I've struggled with this myself – I worried that the more options someone had, the less likely he was to choose me. That's not a technology problem. That's a self-esteem problem.

Could someone decide to be with someone else instead of me? Of course! Always. That's something you can't ever protect yourself against – not you, not me, not anyone. But what I'm realizing is that what I'd rather have is someone who chooses me and continues to choose me, regardless of the other options.

Lest you think I'm not a romantic, I'll remind you that there's nothing romantic about being stuck in something going nowhere fast. You don't get points for martyrdom. Just a sucky life.

While everyone's freaking out about online dating killing love, rarely do we realize those options can work in reverse. Competition – even the idea of it – works in everyone's favor. The idea of options not only makes your partner hop to, but makes you bring it as well. Because throwing your relationship into park once you've “landed” him is a sure way to end the forward momentum. The whole “oh yeah where are you going to go” argument just doesn't hold water anymore.

People will always gravitate toward coupling – and long-term coupling. Monogamy itself isn't dying – but commitment for its own sake is. The idea that you'll only ever want one person is not true for most people (and that's being generous). So if having other options means you're able to leave something that isn't working anymore, then that alone is worth the price of posting a profile.

Relationship Advice: 10 Ways to Keep the Honeymoon Phase Going Strong



By Jennifer Harrington

Love takes time and hard work to nurture. And, for newlyweds, this is especially true, following the intensity and attention that accompany a wedding and honeymoon. What are some practical ways for newlyweds to keep the honeymoon phase going strong, and the spark alive as the marriage progresses? Here are ten ideas to keep your love sizzling:

Don't stop celebrating

While the wedding and honeymoon have passed, it doesn't mean you have to stop the celebrations. Take opportunities to pause from daily life and acknowledge special milestones in your relationship. Have a special night together when your wedding pictures come back from the photographer. Plan a trip back to your reception venue to mark your six-month wedding anniversary. Planning these types of activities will give you a reason to look back at how far you've come together, as well as an opportunity to make new memories together.

Related: [Long-Term Relationships: 5 Ways to Keep the Spark Alive](#)

Pencil in a regular date-night

As some couples settle into their relationships, regular date nights can become less frequent. Don't make that mistake. Make it a priority to schedule dates with your sweetie. Dates are important because they allow you to spend time and share experiences with your partner. You can take turns planning your outings to ensure date night is always something new to anticipate!

Plan thoughtful surprises

Everyone loves a spontaneous, thoughtful gesture. Surprises can range from extravagant to simple, but it ensures your chosen one feels special and loved. They can be especially

important when you know your partner is going through a rough or busy time.

Embrace a new hobby

While you and your partner have hobbies you already pursue individually and together as a couple, it's also a great idea to adopt a new hobby together! Choosing a hobby together and pursuing the hobby can be a very gratifying way to learn together, and can also be an interesting way to learn more about your honey. From dancing to cooking lessons, the options for hobbies you can do as a pair is limitless!

Get away

Plan a long weekend or vacation. Not only is it a great way to check out different places and experience a new destination with your better half, it's an opportunity for you to spend time together uninterrupted by the people and tasks you face every day. One great idea is to make a list of places you'd like to visit someday with your partner. Consult this list as you plan future getaways and cross things off your travel "bucket list" together! Need inspiration? Check out this list of the 50 most romantic places on Earth!

Book club for two

Reading the same book and discussing it can be a fun, easy, and thought-provoking way to bond. Aim to read a book together each month and you can take turns selecting the book. Not only will you end up reading some books different than your usual selections, but you will have guaranteed fodder for conversation as you both make your way through the novel.

Branch out

While quality one-on-one time together is crucial, it's also important for you and your partner to have a close knit group of friends and family. Taking the time to nurture and build

your social network together can be a great way to establish and deepen your relationships with others as you nurture your social life together as a couple. Spending time with others is fun, and will also give you the support you need as you navigate life together. An easy way to incorporate this idea is establishing a regular date night with another couple!

Spice up your routine

Newlywed actress Anne Hathaway recently said, "Mellow doesn't always make for a good story but it makes for a good life." This quote means that everyday life can be routine, mellow and sometimes boring. Cherish the fact that you've found your life partner, but always be on the ready to find ways to mix up your routine so things always feel fresh. Instead of the usual Monday nights you hit the gym together, make plans to go rock climbing instead. If you always order in pizza on Fridays after a long week at the office, mix it up and take an Italian cooking class instead one week! These are small and easy changes, but will help you escape the rut that people can sometimes feel when they are in an established routine.

Related: [4 Steps to a Stronger Long-Term Relationship](#)

Keep talking

When relationships are new, it's easy to soak up every word and story your new love interest says. Keep this in mind, and look at each day as a new opportunity to learn more about your life partner. Listen to the stories and jokes, and be sure to ask questions when you want to know more about a particular experience or point-of-view. The more you communicate, the deeper your relationship will be, and the better foundation you will have to avoid future conflicts.

Don't sweat the small stuff

When you spend every day with a person, it's easy to become frustrated and annoyed by some of their habits. So your

partner sings really loud in the shower, or forgets to tell you when they used the last of the toothpaste. Is it worth it to pick a fight? Probably not, because little fights (over nothing) over time can cause problems in your relationship. Pick your battles! Remember, this is your soul mate – try to overlook a few little things and focus on the wonderful person you are spending your life with.

What are some other ideas to help keep the romance alive after the honeymoon is over? Tell Cupid your suggestions!

Date Idea: Personal Spring Cleaning





By Sarah Ribeiro

Spring is here, and with it comes the ever-dreaded cleaning that comes along for the ride. This isn't anything your babe can't help with, though. This weekend, make Spring cleaning fun: take a chance to welcome the new season early with your honey and apply spring cleaning to your daily lives.

Start off by clearing your wardrobe. Go through your closet with your love and pick out clothes you've never worn – or never will wear. Take them to your local Goodwill or consignment store to rid yourself of the clutter. Afterwards, head to the shops with your honey. Pick out outfits for each other that make you feel sexy and attractive.

Once you've had your fill of refilling your closet, head to your closest spa or salon. Pamper yourself with a massage, facial or manicure and pedicure. Most spas have couples deals that allow you to get treated side-by-side, and many of them offer a Jacuzzi or sauna at the end of your treatment. Take the time to relax and feel good about yourself; after all, if you're comfortable and confident, you'll both be happier in

your relationship.

Feeling healthy is a surefire way to breed confidence both for yourself and for your relationship. You'll feel great and look great too, and you'll want to go out with your sweetheart more often. Take the time this weekend to talk over your health concerns with your partner and consider picking up a new health regime. Make a plan to stay fit together this spring. Schedule weekly bike rides, jogs or walks at sunset to keep your exercise feeling less like a chore and more like a date. Maybe a little cardio is what you need, or you could sign up for exercise classes. Many gyms provide couples classes like spinning, yoga, Pilates and even Zumba. If you can hold each other accountable, you'll be sure not to skimp.

While you start your exercise plan, make sure to include some dietary guidelines for the two of you. Pick a diet that is easy to follow. Some popular "fad diets" include the DASH diet, which cuts your salt intake and in turn your blood pressure and cholesterol; the Therapeutic Lifestyle Changes (TLC) diet, which decreases fat and cholesterol consumption while increasing fiber; or the "Real Food" or Happiness diet, which encourages avoiding heavily processed foods and eating whole foods instead – without the need to count calories. Grab a recipe book based on one of these diets and start planning romantic – and healthy – dinner dates with your love.

How do you and your partner plan to spring clean? Share in the comments below.

Matthew Hussey Talks NBC's

‘Ready for Love,’ ‘Get the Guy’ and Being a Life Coach



By Rachael Moore and [Lori Bizzoco](#)

It's spring time now, and love is in the air. So much so, that NBC's new dating competition show, *Ready For Love*, premiering Tuesday, April 9th, is already getting tons of buzz. The innovative series, with Executive Producer Eva Longoria and hosts Giuliana and Bill Rancic, follows three eligible men looking to find their soulmates. With twelve women vying for each man's heart, three matchmakers provide their expertise and advice to guide them in their search for love.

Matthew Hussey, a life coach, speaker and new author, is the only male matchmaker on the show and admits that he has a more

direct approach than his female colleagues on the show, Amber Kelleher-Andrews and Tracy McMillan. “We all come from different places,” he says. ‘Amber is a matchmaker; Tracy is a writer; and I am a life coach.’¹₂

Related Link: [Ready for Love: Three Extraordinary Men](#)

Hussey grew up in England and claims that he was never good with the girls, so he started observing people to try to understand them better. He learned some techniques to help people with their confidence, and at age 17, he realized that he wanted to be a life coach. He knew it would be hard for people to take him seriously given his young age, so he started out small, coaching three people per week before moving up to five and then ten.

Originally, he set out to help men better understand general life lessons, but it wasn't long before they started asking for advice on their love lives. ‘I knew coaching a room full of guys wouldn't be practical. They needed to get out there and talk to women. When doing so, some men got rejected, but others got wins.’¹₂

Related Link: [How to Behave Like a Gentleman](#)

He became very popular in the United Kingdom, coaching 10,000 guys in the span of two years and doing seminars with 300 men in attendance. With his reputation growing, Hussey was approached by many women wanting to know his secrets. ‘I was terrified,’ he shares. ‘I knew how to work with men, but I didn't understand women. Then, it hit me: that was exactly how I could help them. I didn't need to tell women about themselves. I needed to tell women about men and why they do the things that frustrate them.’

When it comes to guiding the three bachelors on *Ready for Love*, Hussey explains that Kelleher-Andrews and McMillan use a different method. ‘I was more direct because I believe in giving people tools so they aren't dependent on anyone. I'm

not prepping them for dates; I'm prepping them for life," he says. 'I don't care if the women in my group end up with the guy. I care about them gaining an understanding of who they are and what they want and having the strategies they need in the real world.'

Related Link: [Why Amazing Confident Women Remain Single](#)

When speaking about the difference between his coaching techniques in his seminars and on the show, he shares, 'In my seminars, I can't watch what happens after the women leave. For the first time, I was able to see every change that was made in this nine-week period.'

When the show airs on April 9th, not only will Hussey make his debut as a reality star, but he will also add published author to his list of credits. His new book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, will be released from HarperCollins that same day. The book focuses on three main ideas: find the guy, attract the guy and keep the guy. With his intelligence and eye-opening words of wisdom, there's no doubt that women will quickly realize that Hussey's process truly works.

Hussey's advice boils down to the idea that 'attraction is only a snapshot of any moment of time. It's not a black-and-white thing. Just because a guy isn't attracted to you now doesn't mean he never will be. So, just like they say...timing is everything.

*Don't miss the two-hour series premiere of [Ready for Love](#) on Tuesday, April 9th at 9/8c NBC. To order a copy of Hussey's new book *Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, click [here](#). For more information about the life coach, check out one of his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#).*

Relationship Advice: Use Your Five Senses For a More Fulfilled Love Life



By Lori Zaslow and Jennifer Zucher

If you're looking for ways to spice up your love life, why not use what's already available to you? Take advantage of your five senses – taste, sight, hearing, touch and smell – and get the most out of your relationship.

Taste: Make dinner together. If one of you is more Chef Boyardee than Julia Child, you can still keep your spouse

company – and perhaps even get a good laugh out of your culinary mishaps.

Related Link: [Date Idea: Expand Your Tastes](#)

Sight: Plan a regular date night. A romantic outing is something you can both look forward to. Plus, it's a way to transport yourselves back to when you first met. Be spontaneous too. Every once in a while, do something together in the spur of the moment. Breaking away from your routine adds excitement to your relationship, and the experience, whether it's a surprise day trip or just an impromptu picnic in the backyard, it will bring the two of you closer together.

Hearing: Always talk or text at some point during the day. Whenever you can, take a few minutes out of your busy schedule to say hello to your significant other. Even a text that says something like "hope you're having a good day" shows that you're thinking of him. Most people spend more time at work than at home, so it's important to stay connected to your loved ones.

Touch: Go for a walk, either a hike on a nearby trail or a stroll down a city street. The dynamic scenery may inspire a philosophical conversation about your plans for the future, or you may feel content to just enjoy the view as you walk hand-in-hand. Getting in touch with both your surroundings and each other will reignite any spark that's been missing.

Related Link: [The Most Health-Conscious Celebrity Couples](#)

Smell: Make putting on your favorite scent part of your morning routine, like brushing your teeth and washing your face. You want to be remembered and thought of throughout the day, so always make sure you smell your best. Remember that oils last longer than perfumes and can even be worn with perfume to enhance your own scent and allure. The power of smell is seductive.

To ignite your sense of smell, check out the new love oil created by Project Soulmate matchmakers Lori Zaslow and Jennifer Zucher. grav.i.tate is the perfect aphrodisiac to spice up your love life, whether first thing in the morning or for a sexier vibe in the evening.

For more information about Project Soulmate, click [here](#).

QuickieChick's Video Dating Tips: Spring Clean Your Personal Life



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

Dating Advice from E!'s *Famously Single* Laurel House on Personal Life Spring Cleaning

It's time for some serious spring cleaning! But before focusing on your wardrobe and work space, purge what's really cluttering up your personal life: people. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House encourages you to take a look at old flames who are just using you or new crushes who only seem interested in a booty call. Consider your friendships too – they should be mutually-beneficial relationships that make you feel confident and happy. Who isn't serving you anymore? Who is hurting you? You can only open yourself up to new opportunities – maybe even tall, dark and handsome ones – if you get rid of unnecessary baggage and refresh your personal life. Remember that you deserve to love and be loved. Happy spring cleaning!

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

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

How do you plan to clean up your personal life this spring? Tell us in the comments below!


Relationship Author Judith

Ruskay Rabinor Chats About 'Befriending Your Ex After Divorce'



By Jessica Conigliaro and Michelle Danzig

It's no secret that over 50 percent of all marriages end in divorce. But does it mean that the relationship is completely over? After spending years devoted to a spouse and family, it's nearly impossible to remove your ex from your life entirely. If you have children, it's even harder. There will be graduations, weddings and other family events that will bring you both together again. After the unpredictable aftermath of a divorce, it's hard to believe that remaining friends with your ex is even an option but it could be the

best choice when you've been with someone for a long time. 

In her new book, *Befriending Your Ex After Divorce: Making Life Better for You, Your Kids, and, Yes, Your Ex*, Judith Ruskay Rabinor, a psychologist, author, speaker, relationship expert and divorcee, explores her personal journey and shares how relationships can continue to grow and change once a marriage ends and a new family structure begins. In this exclusive interview with Rabinor, she shares her advice on how to develop and maintain a friendship with an ex –especially when there are kids involved.

In your book, you seem to really know how to manage relationships with your exes. How did you accumulate this knowledge?

My knowledge primarily accumulated through my ex-husband. I was also in a group of divorcees back in the 80's, and I learned a lot from their experiences. Plus, I interviewed a lot of people going through similar situations specifically for my book.

Marriages usually don't end on the best of terms. How long would you recommend waiting to develop a friendship after a messy divorce? How can a person know when the time is right?

It's rare that a divorce is friendly. You have a lot of negative feelings towards the other person: hurt, loss, anger and grief, to name a few.

As for how long to wait to become friends again, most data indicates two years. That amount of time is needed to create distance and boundaries and slowly inch your way back into a more comfortable relationship. That's just a statistic, and there are certainly exceptions. Some people never get past it, while others move forward within months. Remember that befriending you ex is a new relationship, not a continuation of your marriage.

What advice can you give to divorced women when their ex-husbands have no interest in being friends?

That's tough. I would advise them to recognize that it may take a long time, and it may never happen. Try to focus on being good parents and keep the best interest of your children in mind. Divorce is forever, so make the best of it. You have to see your ex at all types of family events; having him as an enemy would be horrible. Be generous and optimistic and realize your ex may feel a certain way now, but he won't feel that way forever.

Related Link: ['Hollywood Exes' Daphne Wayans on Divorce: "We're Still A Family"](#)

You mention that certain obstacles, like anger or resentment, can prevent people from staying close after a divorce. What was the biggest challenge for you, and how did you overcome it?

In the beginning, just acting civilized felt awkward and even phony, especially during legal proceedings. Money was definitely the hardest obstacle for us; getting over the financial battle took the longest.

How do you develop a friendship after a split? What are some benefits of maintaining a positive relationship with an ex-husband?

First, create a vision of what becoming friends with your ex really means to you. Do it for your children, especially during school events; avoiding public arguments with your ex makes it easier on them. Next, you should take a risk. For instance, a friend of mine invited her ex-husband and his new wife to Thanksgiving dinner. They declined the invitation but then turned around and invited my friend to *their* next holiday dinner. As it turns out, her ex just needed some time to digest the idea.

Obviously, there will still be some touchy subjects, even when befriending an ex. What topics would you recommend avoiding?

To develop a healthy friendship, the best thing to do is talk about the children. Don't rehash why the marriage was a failure. Leave your ex's new love life and money situations out of the conversation.

RelatedLink: [Dating After Divorce: How Soon is Too Soon?](#)

What advice would you give to divorced women who are starting to date again?

Once the relationship gets serious, it'd be nice to give your ex a heads up before you introduce him to your new partner. You may have a new boyfriend, but your ex will be your ex forever. You have to respect their feelings. You would want the same in return, right?

What about divorced people without kids?

Believe it or not, I've been interviewed by several people who told me they never had children but got divorced after 15 years. Since there were no kids involved, they didn't have much motivation to stay friends; nothing was tying them together. Even so, they wanted to stay friends because they had developed so many years of family connection. They had nieces and nephews, mother-in-laws and sister in-laws, who were important to them.

For women who have been divorced for a long time, is it ever too late to become friends?

It's never too late to become friends. In fact, the whole last chapter of my book discusses that.

And lastly, what projects are you currently working on? Any plans for another book?

I'm doing workshops in Manhattan and have been talking about

my new book. No plans for another one just yet.

*You can purchase a copy of **Befriending Your Ex After Divorce: Making Life Better for You, Your Kids, and, Yes, Your Ex** in bookstores and online from Amazon. For more information about Rabinor, please visit JudithRuskayRabinorPhD.com.*

Date Idea: Shoot Some Hoops



By Sarah Ribeiro

This weekend, forget the cold weather and get active indoors with your sweetheart. Head to the gym with your love for a little one-on-one – and some March Madness of your own.

Before you play, do some warm-ups in the gym to get your heart pumping and your muscles loosened. You and your partner can jog a few laps while discussing your favorite sports. Share some stories about your sport experiences as a kid – everyone has that one embarrassing sports story that will be sure to get your sweetheart laughing.

Go for an all-out basketball workout: do a couple “suicide” drills – the childhood favorite where you run from the baseline to the free throw line closest to you and back, continuing to run to the next furthest court line and back until you run the full court. Race against your partner and kickstart your competitive drive before you even play. While you’re warming up, work with each other to improve your skills – it’s an excuse to touch each other and to teach each other something new, which keeps the date intimate. If you’ve got a great lay-up, you can show your date how to position themselves in the right spot to get that perfect shot. Or you can ask them for advice on footwork to gain a better defense against them.

Then, the real fun starts. Play a simple game of one-on-one with your partner. You can vary what type of game you want to play: try HORSE, a trick/skill game where you mimic your opponents previous shot and gain letters when you can’t mimic the skill – five points spells HORSE and you’re out! Or just pick a maximum number of points and try to outshoot each other.

After you’ve tired yourselves out, hit the showers and get ready for the night. Keep with the hoops theme and check which teams are playing near you. You may even be able to head to a college game for March Madness. You can grab cheap tickets online, where you and your beau can cheer on from the sidelines.

If you’re on a budget, hit up your local sports bar and check out the game there. For a more romantic night alone, crack

open a couple beers at home and snack on the junk food you'd only reserve for sports events: hot wings, nachos, chips and more. Be sure to ice your muscles after playing hard all day!

How do you celebrate March Madness with your partner? Leave your date ideas in the comments below.

Expert Relationship Advice: The Simplest Tip to Save Your Relationship



By Laurel House for Galttime.com

Sure, he says he loves you even without makeup on, and that's sweet, but that doesn't mean you have permission to now only wear makeup when you get gussied up to go out with the girls!

Remember at the beginning of your relationship as you were shaving your legs and perfectly coiffing your pubs thinking "I can't imagine ever not wanting to take the time to do this..." What happened?

...Because He Isn't Suddenly Blind

Like women, men want to feel wanted, needed and loved. They also want to feel like you are putting effort into the relationship. Just because you've moved in together, or you've been going out for a year, doesn't mean that suddenly he's blind. You can't just kill off the sexy girl that you once were- the one who seduced him, then wonder why the girl at the office wearing the short skirts and giving him attention is getting his attention back. It's time to put some effort into your relationship!

Make Up Your Mind and Your Attitude Will Follow

But you're just not as attracted to him as you once were? You prefer lounging in sweats at home, keeping your hair in an unkempt ponytail, and wearing your cozy mismatched bra and panties? Mindset is a big part of it. Feel sexy, you will act sexy. Dress up, shave your legs, and adjust your attitude! Flirt with him when you go out. YES, flirt! You may have already gotten him, but that doesn't mean that now you should just talk about that annoying chick at work, the frustrating thing your mom said, how stressed you are that you are gaining weight, and how you found yet another gray hair on your head! Come on now... do you think that's sexy? Do you think that's going to make him want you? Do you think that kind of conversation is going to make you want him? No. The answer is no, it's not.

Like Using Your Fancy Silverware

Similar to using your fancy silverware and china instead of keeping it stuffed in the back of the cabinet (really, what are you saving it for? USE your nice stuff, enjoy it! You only live once...). Wear your sexy lingerie- often! You might think that he doesn't notice it. You might feel like every time you put it on, he is too tired and passes out without getting an eye full of how hot (and uncomfortable) you have secretly been all night! And maybe you're right, maybe he doesn't notice, but he will notice if you're not wearing it...

Happened to Me...

I know because I did it. It happened to me. After one too many "rumors" and inappropriate glances to other chicks, I couldn't take it anymore. Why was my guy paying so much attention to every hot chick he saw?! After two years, we ended up ending it. A few months later, when we could both be honest without fear of repercussions, I asked him why the roving eye. He said that I stopped trying. I didn't make him feel sexy or wanted. I didn't flirt with him and give him naughty glances and say sexy things under my breath. He became... normal to me- like putting on socks with my running shoes. Just something you do. It wasn't exciting anymore. This is the same guy who I found breathtakingly sexy and couldn't keep my eyes, hands, skin, or mouth off of when we first met.

But remember the first time you put those brand new running shoes on and what a total thrill it was? Same thing... kind of. Like getting all of that coveted china for your wedding, then never using it. Like putting your treasured diamond necklace in a safety deposit box for safe keeping. Why have it if you don't use it. Any night, day, even breakfast can be a special occasion- if you make it one. I know... sexy lingerie isn't as comfortable as cotton panties. Well having a lackluster relationship is worse. Believe me. It's time to try...

AND, GUYS.... RECIPROCATE THE EFFORT, PLEASE.

XX

Laurel

Date Idea: Go On A Pub Crawl



By Sarah Ribeiro

Embrace the Irish holiday this weekend by grabbing a group of your friends and drinking in the tradition. Plan a pub crawl date night that your friends will talk about for years. Don't worry about your single friends, they'll have plenty to entertain themselves with on this whirlwind date. The pub

scene will buzz around your crew as a mix of singles and couples join together to enjoy a few beers. This is the perfect opportunity to bridge your private and public relationship lives.

First thing's first: pick a locale. Popular cities for St. Patrick's Day include Boston, New York City, Chicago, Los Angeles, Savannah and Phoenix. Search on Yelp or CitySearch so you can put together a list of bars, pubs and taverns that you want to visit throughout the night. Be sure to pick out spots that offer a wide range of brews, fit your budget and have an impressive menu – no drinking on an empty stomach! An important thing to remember is to keep all of your bars in one general area; having just one bar out of the way may encourage drunk driving, and you want to remain safe on this night.

It's always a good idea to call the bars ahead of time to let them know you're coming – you'll have space reserved for your party, and they may even offer you a discount. Order appetizers and pitchers in bulk, you guys will be camping out on those bar stools for a while.

Next, plan a guest list. Decide whether you want this to be one large group date or if you'll be mixing couples and singles. Keep in mind that your single friends may be uncomfortable if there are too many couples, so make sure you keep an even ratio between the two. Don't be afraid to play matchmaker and invite friends that you think could be great together!

After all the real planning is done, get creative. Pick a theme that you all can follow for the night. Make shirts with Irish sayings or Gaelic slogans on them. Get really crafty with a theme not related to the holiday: suggest that everyone dress as a character from one of your favorite movies or video games. A popular pub crawl theme is "Mario Party," where everyone dresses up as their favorite Nintendo character. It's

a great way to spot your group and have a little quirky fun.

For added fun, include a scavenger hunt with things to do. Assign points to tasks like getting a free round of shots, getting the most high fives of the night or getting a picture with the bartender. Have couples compete against each other or do couples versus singles to see who can get the most points.

Then, when the day arrives, hit the bars! Have fun drinking with your love and embrace the opportunity for the two of you to bond with each other's friends.

How will you celebrate St. Patrick's Day with your partner? Tell us in the comments below.

Expert Relationship Advice: How Not To Scare A New Man Away





By David Wygant

So you've got a first date with that guy who you just think is so amazing. He's got the perfect resume. He even called you when he said he would. You're at his place, and he's arranged a nice dinner. Everything seems perfect.

He just might be "the one."

::RECORD SCREECHES TO A HALT::

First of all, let's throw out the perfect resume, because as we all know, when it comes to dating, *nobody* is as perfect as his resume. Eventually, he's going to become real, and when he becomes real, the question is: *Do you still like him?* But that's not what this post is about; it's about how to give yourself an opportunity to get to know the real him.

Related Link: [Guys Edition: How To Behave Like a Gentleman](#)

It's probably no surprise that many women scare men away on the first date. Here are a couple of things to avoid discussing and ways to ensure that he'll ask you out again:

1. Bash your ex. You talk about your exes like they are the worst people in the entire world. What that tells a man is that, when he becomes your ex, you're going to destroy him just like you bash your previous boyfriends. If you must talk about your ex on the first date, talk about him in a positive way—the things you learned and how you've grown as a person since your relationship ended.

2. Talk about your desire for a child. Every man wants to meet the cool woman who he can just hang out with, who understands his fantasy football obsession, who will spontaneously buy a ticket to Hawaii to play in the surf and sand. Yes, you can ask him if he wants a family and kids on the first date, but what you *don't* want to say is that you can't wait to be a mom.

"I can't wait to go to soccer practice. I can't wait to get the mini van. I just can't wait to be a mother." Now, all he's going to think about is how he can't wait to drive that mini van away from you. Remember that he wants the **cool** woman. He knows that you're a woman and that you want children, but he wants to feel like a man, not like a sperm donor. He doesn't want a vision of life schlepping around the suburbs; instead, he wants to envision a hot and sexy beach vacation.

Related Link: [Does Your Womb Have a Vacancy?](#)

These are two tips that I tell women all of the time: stop with the bad ex talk and stop with the womb-vacancy talk. Be fun. Be cool. Be open to his suggestions. Get to know one another. And most importantly, have a good time.

It's just a date. It's supposed to be about getting to know one another in the present moment to see whether or not you like each other. Have fun as a couple. Grow as a couple. Allow the relationship to take off. And by doing that, you'll be able to get past that first date and maybe onto a second one.

To find out more about David and all of his dating and relationship-building products, visit him on his website

at www.davidwygant.com.

QuickieChick's Video Dating Tips: Is He "The One" or Just Another Someone?



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

Dating Advice from E!'s *Famously*

Single Laurel House on If He's 'The One'

Is your significant other "the one" or just another someone? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her ten tips for knowing who's Mr. (or Mrs.) Right. Our favorite piece of advice? If your partner makes you feel like your best self – or even inspires you to be a better person – than he or she may be around forever. Or use *The Bachelor's* Sean Lowe as a great example. He loved both Lindsay and Catherine, but he knew he'd never be able to say goodbye to Catherine. If you can't see yourself without someone in your life, then he or she may be the best fit for you.

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

These Are 'Not Your Mother's Rules': Ellen Fein Helps Us Find Love in the Digital Dating Age





By Jessica Conigliaro and Michelle Danzig

In their twenties, Ellen Fein and Sherrie Schneider were experiencing the dating world in a completely different way. To help single women like themselves, they wrote *The Rules: Time-Tested Secrets for Capturing the Heart of Mr. Right*, which highlighted the many guidelines that a woman should follow in order to attract and marry the man of her dreams. After the book became a *New York Times* bestseller, four more books followed, covering the rules for getting married and online dating.

As the authors progressed through life—and, more importantly, became mothers—they began noticing that new technologies were affecting the dating scene for today's generation. In their new book *Not Your Mother's Rules: The New Secrets for Dating*, they explain the effects of modern communication and social media on relationships and how to adapt *The Rules* accordingly. In an exclusive interview, author Ellen Fein shares her personal experiences that influenced the book and offers some great advice on how to date in a digital world.

You've written several books that helped women navigate their love lives through the 90's, online dating and even through marriage. What inspired you to write a book for today's generation?

A woman told us that she had lost her phone in Bloomingdale's and couldn't find it for an entire day. By the time she got it back, text messages had piled up from a guy she was seeing. That hadn't happened before because she always immediately replied back. They had been "text chatting" and casually dating but nothing more serious. Because of her lack of response, he actually seemed *more* interested in her. It was all so puzzling. This story is one of many in our 15 years of dating consultancy experience that inspired us to revive the rules.

We also had mothers handing down the original rules to their daughters, and their daughters didn't understand half of them. We realized we needed to write another book because everything about communication was so different.

Related Link: [10 Steps to a Remarkable Relationship](#)

We have noticed that the book is getting a bit of controversy in the press. What do you make of it?

We've sold over two million books. We have consultations and hear from girls who need our advice. We're not trying to write a bestseller; we're trying to write a helpful book. Clients never mind the negative press. They just want the answers to their dating questions. It's not fake or outdated to play hard to get; it's just what works.

A lot has changed in 20 years. What rules did you toss out for today's generation? What is the most antiquated rule you had in *The Rules* that no longer applies today?

We wrote it differently. Originally, we said not to tell your therapist. However, we found that many therapists recommended

the book to their patients. We also tossed the rule about not calling a guy. Honestly, no one calls anymore; everyone texts now. We didn't feel the need to include it. Lastly, this book is less marriage-minded and a little bit more about getting a boyfriend. Don't lose your friends because you're obsessed with a guy. Don't accept booty calls and meaningless hook-ups.

What are three obstacles that women face today that they didn't in the past? How can they overcome them?

1. Doing the same thing they always do and never changing their approach to dating. Honestly, I say do whatever you want until you're ready to follow *The Rules*. They may seem old-fashioned, but they really work.

2. Mass texting. Men today can send compliments and date requests to multiple women at a time. How do you know if you're special? Back in the day, men had to try a little harder; they had to know your home number, your roommate, where you live or where you go out. Let him make an effort to see you.

3. Sexting. Don't do anything online with him that he can copy and paste, including video chatting and dirty texts. It might blow up in your face when you split.

Related Link: [5 Ways Social Media Can Help Your Relationship](#)

In the book, you touch on the difficulties mothers face when trying to give their daughters advice. Why is it important for young women to communicate with their mothers about dating? What advice do you have for people struggling with this interaction?

Mothers should spend time with their daughters but never push anything on them. Make sure they know they can come to you about anything. Don't overreact when they come to you with problems or questions. Listen to what they have to say, and then quietly freak out in the next room if necessary. You

don't want them to be afraid to talk to you.

What is the most important thing you learned from writing the newest installment of *The Rules*?

I would never break any of my rules. When a guy likes you, he wants you. He's willing to meet you halfway; he likes paying for you; and he wants to take you out. It's just that easy.

For more information about Ellen Fein or to purchase a copy of 'Not Your Mother's Rules,' visit [Amazon](#). You can find out more about 'The Rules' series by visiting [Twitter](#) or [Facebook](#).

Expert Love Advice: Single Traits to Lose so You Can Move Forward in a Relationship





By Courtney Allen

Relationships are described as many things, but “easy” most definitely isn’t one of them. Two A.M. bickering, checking messages on phones/social media, and cases of jealousy are just a small part of what makes relationships so complicated. And these relationship problems tend to be a tough transition, especially if you are adjusted to the “single life.” But relationships are partnerships. Both individuals must have their hearts and minds in the same place in order for the relationship to last. If you just can’t seem to progress in your relationship, you should consider leaving these single habits behind:

- 1. Wanting the next best thing:** Keep your eye on the prize that’s already in front of you. We all know what it’s like to want what you can’t have whether it’s *High School Musical*’s hottie Zac Efron or your brother’s blue-eyed best friend. Once you’re in a relationship, other options may seem better. Stick with your honey and you will benefit in the long run.
- 2. Party animal:** Get your priorities in order. There is no

need to go to snazzy clubs and bars every weekend with your single friends. Not only are you sending out the wrong message to the single people you run into, but to your love as well.

3. Selfishness: Be considerate of what's important to your significant other. It's not just your feelings you have to worry about now, it's theirs too. Do some of the things you don't want to do and the same will be done for you. Remember, you two are a team.

4. Flirtiness: Boundaries need to be set between you and members of the opposite sex. Don't be too friendly; some may take your kindness for interest in them. Always be aware of body language, the things you say, the way you say them.

5. Late night texting: Avoid texting the opposite sex after 11 o'clock. Indeed, there may be nothing going on but it tends to look suspicious. Anything you have to say can most likely wait until morning. Don't give your sweetie anything to worry about.

What are some single traits to leave behind to better your relationship? Share your thoughts with us!

Date Idea: Throw a Classic Movie Night





By Sarah Ribeiro

This weekend, get to know your partner better by exploring each other's tastes in movies. Your beau might have a film close to their hearts that you never knew about. Pick out your favorite classic films and spend the weekend cuddling on the couch, sharing your film preferences with each other.

Start off your movie night by creating a real movie atmosphere. Dim the lights and bring out all your movie snacks. Load up beforehand on candy bars, pretzels and nachos to munch on. Split up "cooking" duties with your sweetheart: one of you can pop some corn on the stove, while the other works on homemade slushies.

To set up the night, start by writing down each of your top ten favorite films on individual pieces of paper. Be sure to have one film for each genre, separating the flicks into horror, comedy, action, chick flick, rom-com, foreign, musical, western, sci-fi and indie. Mix things up and go for older movies – either from the golden Hollywood era or from your childhood. That way, you can start a conversation about

what makes those films important to you, getting a better feel for each other's interests. After writing down your list, both you and your honey can throw your personal ten into a hat, and pick out a couple slips to make the decision-making process easier. After all, no one wants to fight over a movie on date night.

If you need help picking out a movie or just want ideas for great movies to add to your list, check some online "best of" lists. The American Film Institute has posted "The 100 Greatest American Movies of All Time", and *Time Out* has posted both "The Top 50 Movies to Watch As a Family" and "The Top 50 Sports Films of All Time" as a reference. Then, the two of you can find movies you both agree on – or even watch some all-time favorites that you've never seen before.

After your hours of movie watching, get yourself ready for your next movie date – and this time, head to the theaters. Peruse the internet for movie trailers and figure out which films just may be your newest favorites.

Have an idea for a weekend date? Share it in the comments below.

Date Idea: Expand Your Tastes





By Sarah Ribeiro

One of the great parts of dating is getting to experience new things together and grow as a couple. This weekend, think outside of the box and expand your tastes. You'll benefit from having a really unique date – plus, you have nothing to lose!

Do something with your love that the two of you normally wouldn't do. If you're used to the typical dinner-and-a-movie, try a new form of entertainment. Go to a classical symphony performance, a dinner theater, or a comedy club. A popular dinner show is 'Joey and Maria's Comedy Wedding,' an interactive comedy show that includes a realistic wedding reception and has toured all around the country. A date like this one is sure to be something that you and your honey will remember: eating, laughing and dancing the night away.

For a less interactive night, you can spice up your traditional dinner date and literally expand your palette – prepare your tastebuds for something new. Restaurant "experiences" like Opaque (located in San Francisco, Los Angeles, San Diego, Dallas and New York) that provide a

“dining in the dark” experience. You and your love can experience your food in a whole new way; ridding yourself of sight allows your sense of taste to heighten. If you’re on a budget, you can try this idea in your own home. The intimate environment all but guarantees a romantic time for the entirety of the night.

If you’re just plain sick of going out to eat, pick up a new skill or hobby instead. Pottery shops have been popping up across the country, encouraging couples to tap into their artistic sides and try their hand at throwing pots (or just painting them). Most even have “date night” specials that include complimentary wine or champagne.

You could even mix things up and focus on taking care of yourselves: if you’re generally not an active couple, take an exercise class together. Many gyms have two-for-one deals or guest passes that allow you to bring a non-member into a class. Get competitive in a spinning or kickboxing class, or get in tune with yourselves in a yoga class. It’s a great way to start a new healthy habit for the two of you – and to leave you both with a new sense of confidence. After sweating it out for a couple hours, head home to soak your sore muscles in the tub with your sweetheart.

Have a great idea for a date that expands your tastes? Share it in the comments below.

5 Completely Unique Honeymoon Ideas



By Amanda Hevener

Traditionally, a honeymoon is a vacation taken directly after the wedding so that the newlywed bride and groom can spend a little alone time. These vacations are usually spent at beach resorts, on tropical cruises or at exotic destinations that the new husband and wife have never been to before. However, there is something to be said about a unique honeymoon, where the newlyweds can still be together without spending time lounging on a beach. These unusual trips involve doing activities that both halves of the new couple love, or taking a once in a lifetime chance to do something adventurous.

Spend time at a small fishing cabin.

A quiet, peaceful week without any interruptions, aside from fishing and hiking, of course, might be just what you need to unwind after the craziness of planning a wedding. If both you

and your future spouse like the outdoors, then this might just be the right honeymoon for you. Find a quiet, somewhat isolated cabin near a freshwater lake and be prepared to spend a relaxing week boating, fishing and sitting around a campfire.

Related: [Three Far Flung Honeymoon Destinations](#)

Go on an Alaskan cruise.

Many people spend their honeymoons on a cruise – only they choose to travel to warm, tropical locations, for example, Mexico, Jamaica and the Bahamas. For a change of pace, go to Alaska instead. The state is beautiful, and amazingly full of things to do. Plus, most of the cruise ships that go to Alaska are smaller, so you will not have to deal with as many crowds.

Tour historic sites, like Civil War battlefields.

If both you and your new spouse are history buffs, then spending your honeymoon traveling around to different historic sites is a great idea. Plus, if you decide to go by car, you will save money on your travel expenses! Some ideas include touring various United States Civil War battlefields, spending time in Washington DC taking in the many monuments and museums, and wandering the back roads along the Lincoln Highway, viewing all of the small towns along the route.

Related: [5 Post-Wedding Tips for Newlyweds](#)

Book a trip to Nepal and climb Mount Everest.

For a real once in a lifetime adventure, consider going mountain climbing. This is only a good idea if both of you are experienced climbers, since it can be very dangerous for everyone involved, especially those new to rock climbing. Sure, mountain climbing is not a very romantic experience, but it will leave you with memories to look back on when you are old and gray, and that is all that matters.

Go backpacking throughout Europe.

This can be interpreted in several different ways, as one person's backpacking involves staying in hostels and following a budget, while another person's version of backpacking might revolve around four star hotels. Either way, spending some time traveling around Europe is an excellent bonding experience. You can try new foods, see new places, and even visit some of the most romantic cities in Europe: Rome, Florence and Paris. It will be the trip of a lifetime!

Amanda Hevener writes about the wedding business and dishes out wedding business tips.

Create an Action Plan to Make Every Date Feel Like Valentine's Day





By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

The feelings and emotions we experience during the Valentine's Day season can be enjoyed any time of the year. In order to begin, it starts with yourself. When we love ourselves, we resonate a vibration of love, and as it goes out, it comes back to us. So if you've had a breakup recently, let go and let love in – not for your ex, but for you! Our boundaries tend to be in a healthy place when we achieve this goal, giving way to much happier and healthier relationships.

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

What if you're single? A great way to make the feelings of Valentine's Day last if you're not partnered up is to surround yourself with friends. Take them by the hand and do something that will bring love to others. A great example is volunteering. Help an elderly neighbor, head to a local soup kitchen or join the Red Cross. Getting out of your own head and helping others, brings loving resonance. Take a page from Prince William: when he was single, he followed his mother's

example and gave back to those less fortunate.

If you're single but dating, drop the dinner and drinks. Hint at ideas that are fun and non-traditional. For example, horseback riding, hiking in the park, or planning a picnic can take your relationship outside the comfort zone and build a stronger connection. These suggestions give you a chance to really get to know each other and to be able to *hear* what the other person is saying. This step follows the initial phone call we chatted about last year in "Four Steps For Stress Free Dating," so quite of a bit of the "getting to know you" stage is already out of the way. After a few dates, you could also try cooking together and watching a movie at home.

Related Link: [10 Steps to a Remarkable Relationship](#)

If you're attached, keep the love going: flowers, romantic games and bubble baths aren't just for Valentine's Day! Instead, pick one fun and sexy activity to enjoy for the night. Take five minutes where you are solely focused on each other; don't say a word and just relax into each other. This behavior gets the PEA going (brain chemistry of attraction). Give it a shot – you can thank me later!

What if you're married and perhaps have a family? Keeping things interesting can be a challenge, so in addition to the exercise in the paragraph above, I have some special tips. According to Redbook, the First Lady has said her 17-year-marriage to Barack Obama is "not perfect." Still, even in the midst of the crisis in the Gulf of Mexico, the two had date nights. And the President has been known to bring home flowers for his wife.

Another celebrity couple that's still going strong is Patrick Dempsey and Jillian Fink, who have been married for 11 years. Fink says, "You have to make time to spend together and to work through your issues."

Kevin Bacon and Kyra Sedgwick have been together for 22 years

– a century by Hollywood standards. Here's Bacon's advice: "I think you've got to keep the fights clean and the sex dirty!"

Consider these examples and remember that is possible to keep the love alive. You must make your relationship a priority. Wherever you find yourself on this list, relax, have fun and enjoy each other's company. A few minutes a day goes a very long way!

Developed by Lydia Belton PhD, Ct.H.A., Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

How to Date Like A Celebrity





By Andrea Surujnauth

You always hear about celebrities going on flashy dates and having such a great time. But how can we experience glamorous dates like that without having to rob a bank? We took some extravagant dates by different celebrities ... and re-modeled them with more reasonable price tags. No need to break a sweat when re-creating these amazing dates:

Justin Bieber and Selena Gomez

The Biebs has a wallet that weighs more than he does, so he had no problem taking Selena Gomez to the Staples Center just to watch the *Titanic* ... all alone. No biggie!

DIY Version:

Throw on a nice outfit. Just because you're watching a movie at home doesn't mean it has to be the same old DVD and pajama routine. No need to wear a dress suit, but give the pajamas a rest today. Get a projector and some yummy popcorn. Turn the lights off, get close and enjoy your at home movie. No LA Lakers arena needed!

Related: [Creative Dating on a Dime for Valentine's Day](#)

Jennifer Aniston and Justin Theroux

This sweet couple decided to have a romantic dinner under the stars. The two were in Paris together and had a nice meal in the Eiffel Tower. Talk about a star-studded date!

DIY Version:

Have a late night picnic in your backyard. Cook something nice, dress up your backyard picnic table with a white table cloth, and light a few tikki torches and candles. Sit out in your backyard and watch the stars while you and your date enjoy a meal. Who needs Paris with a date like that?

Justin Bieber and Selena Gomez (again)

This kid never takes a break from spending all that money. He took Selena Gomez to see a Demi Lovato concert. How sweet! Is it any wonder why girls all around the world go crazy for this teen sensation?

DIY Version:

We all know how much those concert tickets cost. The only seats that are well...sort of.. affordable are the ones all the way in the back. Binoculars anyone? Well instead of wasting money on a terrible date, go see a local band perform. The music is just as great with less crowds.

Related: [Date Idea: Dress Up](#)

Sophia Vergara and Nick Loeb

So this hot couple went to Mexico to see the ruins together. Vergara brought her whole family and ended up getting engaged on top of one of the ruins. The two got permission to climb one of the beautiful ruins where Loeb got down on one knee and proposed to Vergara.

DIY Version:

Here is a date idea with some history thrown in just like Vergara's rendezvous in Mexico but minus the proposal. Go to museum with your beau. Museums usually have one free day and some are even free everyday. How's that for a breathtaking price tag?

What are some ways you re-create celebrity dates? Comment below and let us know.