

Five Ways Being Friends With Your Ex Can Ruin You



By Ashley DelBello

Let's be honest: remaining friends with your ex usually doesn't work. It might sound like a good idea in the beginning, especially if your relationship ended amicably. However, a few months later, you're sure to find yourself either pining away for them when they only see you as a friend or participating in late night hook-ups while one or both of you are dating someone else. To remind us about these consequences, here are Cupid's top five reasons why being friends with your ex isn't such a great idea:

Related: [Spring Cleaning: 5 Types of Guys to Dump](#)

1. You will be single forever: Okay, so maybe that's a little extreme, but being friends with your ex can keep you from moving on and looking for someone new. Not only is hanging out with them precious time you're wasting when you could be finding someone who does want to date you, but it also prevents you from opening yourself up to the idea of being with someone else.

2. It will damage your new relationship from the start: With your ex still in the picture—even if you claim your feelings are just platonic—how can you be fully committed to your new relationship? Give the new person a chance and dump the ex. The beginning of a new relationship is always a little hard, so don't make it any harder by keeping your ex around.

3. You will end up with a jealous partner: This is related to the second point, but it's a little more specific. Think about how your current partner must feel with your ex still hanging around. Jealousy might not be attractive, but it's definitely warranted if you're constantly spending time with your ex.

4. Your ex won't be able to move on: While this won't necessarily ruin you (unless they become a stalker), it's not fair to your ex if you're giving them a false hope that there might be something more. While it may seem innocent on your end, there needs to be time after a relationship when both of you go your separate ways.

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5. You could hook up with your ex while you're dating someone else: Whether you're the one with the new partner or they are, hooking up with each other isn't going to end well, and it's easy to consider doing so if you continue hanging out together. Remember this though, you broke up for a reason.

Maybe being friends with your ex won't always ruin you, but it's likely to cause additional heartache when you've already

had your fill.

Has remaining friends with your ex actually worked? Share your comments below and let us know what you think.

Carrie Underwood Wins Big at the CMT Awards – And Her Husband Hugs Brad Paisley First!



When Carrie Underwood decided to team up with Brad Paisley on their single, 'Remind Me,' she probably didn't expect the

fellow country singer to be competition ... for her husband! At Wednesday night's CMT Music Awards, Underwood accepted her first award for collaborative video of the year with Paisley, whom her hockey player husband, Mike Fisher, hugged first, according to [People](#). The surprised five-time nominee played it cool and jokingly asked the Nashville audience, "Did you see my husband hug him first?" Fisher may have been too caught up in the bromance, but he didn't miss his opportunity to show some love to his rock star wife when she won video of the year.

What are some ways to celebrate a partner's big achievement together?

Cupid's Advice:

One of the greatest things about being in a relationship is sharing in one another's successes. Since you're each other's support system, it's your job to make your partner feel special by celebrating his or her achievement, which is easy to do with these tips:

1. Champagne: What compliments smiles and high spirits better than a popped bottle of bubbly? Make sure to have this commemorative cocktail ready to toast your significant other's big moment along with friends, or maybe even just the two of you.

2. Party: Bringing together family and friends to show off your love's accomplishment will make him or her the center of attention while displaying how much you truly care.

3. Mini-getaway: Really surprise your partner with a spontaneous trip. Even if it's just an overnight stay, the alone time will allow you to show your appreciation.

How do you celebrate your partner's big achievement? Share your experiences below.

Date Idea: Dare to Romance



By Amanda Martin

Let go of your inhibitions this weekend and do something daring with your other half. Why not face your fears together? Experiencing a riveting, heart-thumping activity with your partner is a perfect way to bond, especially when you're holding onto each other for dear life.

For truly brave couples, get off the ground and go sky diving. Many companies will videotape the whole experience, and although it's an added fee, it's worth the memory. While the actual jump may seem like too short of a date, you'll be taking your romance to new altitudes.

If jumping out of a plane at 13,000 feet in the air, plummeting to the ground at Mach speeds isn't for you, try something closer to the ground. Indoor rock climbing is a fun, gutsy activity that requires a couples effort. For anyone who's new to the sport, most venues that provide rock climbing offer lessons for beginners. When you're ready to climb up the wall, have your partner remain on the ground and hold your rope. This will be the ultimate trust building experience since they're responsible to catch you if you fall.

Whatever it is that you choose to do, get out of your comfort zone and be there for each other in the process.

What's your idea of an adventurous weekend activity for two? Let us know in the comments below.

Five Top Tips On How To Find "The One"





By Chris Owen

If you're single, bored and playing the field, there's never been a better time to get the job done and find a new person to date. Though most relationships start in the workplace, you can still find love anywhere if you're willing to work at it. By acting the part and grabbing fate by the throat, you can easily find "the one" and be happy in love. Here are some simple tips to help bring you closer to the object of your affection:

Related Link: [Nine Unexpected Places to Find Love](#)

1. Be caring. Even if you're a mean or moody person, you still have a heart, so show it and get involved! Find out how you can run, walk, swim or cycle for charity. As soon as you're passing around that sponsorship form and subtly letting colleagues know you've turned over a new charitable leaf, you can guarantee that you'll be raising both dollars and pulse rates.

2. Be nice. Don't just care about causes, care about the

people around you as well! Even little things like opening doors, giving compliments and being nice are all great ways to get yourself noticed by members of the opposite sex. Fill your day with smiles, laughs and cheery greetings and you're sure to be well-liked. If you adopt a pleasant attitude towards everyone, the object of your desire is sure to notice you sooner or later.

3. Be there. If your intended "catch" always takes the same bus, always brings lunch to the park or they're hitting a particular bar at five o'clock every Friday, then learn that pattern and make sure you're there, too. Of course, I'm not advocating stalking, but if you just so happen to be in the park, on the bus or down at the bar once a week, then there's no harm in that. If you slightly adjust your own schedule, you won't even have to acknowledge them. Just be there, and after a while, they'll speak to you and romance can blossom.

Related Link: [10 Ways to Get Into a Summer Romance](#)

4. Be interesting. How hard is it to read a great novel and leave it casually on the corner of your desk or go to the theater and drop it into a conversation within earshot of your "partner-in-waiting?" Learn a language, play the guitar or go on vacation to an exotic country. If you make what you want to do seem interesting, you'll be noticed for sure.

5. Be exciting. If you're the kind of person who enjoys warm baths, NPR and an early night, then good for you. There's a lot to be said for the comforts of home, and I hope you'll be very happy with your partner Tim the cat. However, for all of you who are still looking for someone who's slightly less feline, you need to actually get out there and make it happen. Being perceived as exciting doesn't mean you have to ride a Harley Davidson or go on adventure holidays every other weekend. Stay out late every so often, watch a few live rock bands, do the odd bungee jump or get yourself pierced or tattooed. Even small things like these can make you seem like

a great person to date. Plus, the more out of your comfort zone you step, the more likely you are to book some safari holidays down the road.

Remember, if you're hoping to date someone, the only one who can get you there is you! Keeping simple ideas like these in mind can turn you from single to taken before you know it.

Chris is happily married after meeting his wife in the middle of the jungle while undertaking his adventure holidays in deepest darkest Asia.

3 Dating Mistakes That Prove It's Time to Use a Matchmaker





By Melanie Mar

Dating is certainly much more challenging than it used to be. For example, in the good old days, boy meets girl and off they run into the sunset together- cue screeching sound as the movie comes to an abrupt halt and fast forward to the 21st century and today.

Why is dating so difficult now? Although there are many reasons, here are just a few examples:

1. Women are more independent now, than ever before: Being a housewife is becoming less and less the norm. While working is great for financial independence and self confidence, it can also make you too tired and overly stressed to have the energy and high spirits needed to get yourself out socially, in the hopes of meeting your 'Mr. Right.'

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

2. Online dating sites: The internet is saturated with these. While we've all heard the success stories, the reality is that the success percentage is very low, and the time and effort

needed to sift through all the profiles may feel like a full time job. But, the real problem here is, if the first date isn't fabulous, then there are another 20 people in your "inbox" allowing you to just move onto the next, without giving one person a real fighting chance.

Related: [5 Low Profile Online Dating Strategies](#)

3. The 'bigger is better' syndrome: This is most frequently recognized in the more cosmopolitan cities. A midst all of the swanky bars and hotels in town, women are hunting men. There's this feeling of having a constant itch that needs to be scratched. There's an insistent desire to find someone younger, richer, smarter, better looking and better bodied. So, what used to be a nice night out has become an extreme sport with everyone competing for the gold medal (the hot guy), which doesn't necessarily mean the right one.

Could a matchmaker make it easier for you to find a substantial suitor?

A lot of people are curious, and ask me about the match-making process and how it works. In simple terms, a good matchmaker takes all the guess work, time, energy and effort out of the whole 'meeting new people with potential' scenario. I screen my clients and make sure they are who they say they are, look the way they do in their photographs and then check their real age. I gauge people's energy, code their body language, listen to the words they use to communicate and find out what their requirements are for a mate.

There's an art and skill to true matchmaking, and my advice is to go online, find three in your area and make appointments with them all. See who you have a connection with and who can assist you with your particular, unique needs. There really is no a downside in seeking a little professional assistance, only the possibility of finding that person with whom to walk down the aisle.

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. Visit www.melaniemar.com for more information.

Prince William and Kate Hang with Prince Harry at the Diamond Jubilee



There's no better way to celebrate a queen's 60-year reign than a concert with the attendance of Hollywood's most buzzed-about royal couple, Prince William and Kate Middleton ... plus 20,000 others. According to [People](#), Queen Elizabeth's Diamond Jubilee concert was held Monday and people enjoyed music from Paul McCartney to Stevie Wonder and performances by Will.I.Am and Jessie J. William and Kate were seated in a box high above the guests next to Prince William and Princess Beatrice, where the stylish Duchess waved her flag in Alexander McQueen. Sounds like an unforgettable event for Britain's even more unforgettable queen!

What are some music-inspired dates to consider?

Cupid's Advice:

Dates are a great way to keep your relationship exciting and fresh, especially when mixed with one thing we all love: music. Here are some music-inspired dates to help keep your options open:

1. Musical festival: Music festivals are a package deal. You and your significant other can enjoy live performances from the most popular artists all in one place, as well as other sources of entertainment, food and fun.

2. Salsa club: Switch things up and go salsa dancing instead of a typical club with your usual music. Sharing new experiences together creates even more memories between you and the one you love.

3. Open mic night: Take advantage of open mic nights at great restaurants and pubs. Enjoy a night of original music, great food and great laughs- all with your honey by your side.

What are some music-inspired dates you've been on in the past? Share your story with us.

Newly Married Drew Barrymore Passionately Kisses New Husband



Newlyweds Drew Barrymore and Will Kopelman shared a happy and passionate kiss as they left their wedding on Saturday. According to UsMagazine.com, the couple drove off in a classic Mercedes after the ceremony, sharing one public kiss before leaving to San Ysidro Ranch.

Where are some romantic locations to spend your wedding night?

Cupid's Advice:

Your wedding night is the perfect time to experience something new before the honeymoon even begins. Here are some places where you can have an exciting, unique wedding night:

1. A cabin on the beach: Is there anything more romantic than watching the sun rise on the beach? After an intimate night with your love, round up in the morning to cuddle on the shore. It will be a morning you'll never forget.

2. Anywhere near a diner: Chances are you were so busy during the wedding you didn't have time to relax (or eat). Head out to a diner where you can fill up, have a coffee to wake you up, and experience your first date as a married couple. Take some time to flirt and wind down before you head to the hotel for the night.

3. At home: If the two of you share a home, this is the perfect place to spend your first married night together. After sharing highlights of the day, curl up together where the two of you are most comfortable.

Where are some great places to spend your wedding night? Let us know below.

Ryan Gosling and Eva Mendes Head to Canada





First, Eva Mendes and Ryan Gosling were spotted hand in hand in New York City, and now they are vacationing together. It's off to Canada for the two lovebirds. [People](#) reports that they took a flight to Montreal on Saturday from the Los Angeles International Airport. The Hollywood couple of almost a year skipped Sunday night's MTV Movie Awards to travel together. Gosling was up for a whopping three awards, none of which he won.

What are some unique travel destinations for new couples?

Cupid's Advice:

New couples dream of a getaway for some one-on-one time, but finding the perfect destination can be difficult. Here are some unique travel destinations so that your vacation doesn't fall into the 'been there, done that,' category:

1. Ice hotel in Quebec: If you have already been to Quebec, experience it like you never have before by staying at an ice hotel called the *Hôtel de Glace*. Your room and even your bed is made of sculpted ice, giving you and your partner a chance

to cuddle in an arctic sleeping bag together to keep cozy.

2. Madagascar: Madagascar, just off the Eastern Coast of Africa in the Indian Ocean, is a perfect isolated getaway for new couples to not only relax, but to explore. Whales can be seen from the beaches, and ninety percent of its native plant life is found nowhere else in the world, giving new couples a chance to experience new things together.

3. Mosquito Bay: Mosquito Bay is a bioluminescent bay located on the shore of the island of Isla de Vieques, Puerto Rico. The bay illuminates in a bright blue light due to organisms in the water being shaken. A tour on this bay would be a magical night and a once in a lifetime experience for new couples.

What are some of your unique travel destination ideas for new couples? Tell us below.

Knicks Star Amar'e Stoudemire Proposes to Longtime Girlfriend





New York Knicks ballplayer Amar'e Stoudemire popped the question to girlfriend-turned-fiancée Alexis Welch in Paris on Saturday night. The six-time NBA All-Star surprised his lovely lady with a dinner after spending the day taking a private, historical tour of the city. While overlooking the famed Eiffel Tower lights, Stoudemire proceeded to propose with an 8.5-carat million dollar ring that he personally designed with the help of celebrity jeweler Shayan Afshar. Stoudemire did not waste a second spreading his exciting news, telling [People](#) from Paris, "I have been planning my proposal for a while and overlooking the entire Paris skyline seemed like a perfect place. I am so happy she said 'yes,' and now we can continue to build our life together as husband and wife." The two have had three children together since they met in 2002 and plan to marry sometime next year.

What are some important things to keep in mind while planning a proposal?

Cupid's Advice:

Proposing to your significant other is something anyone in a relationship wants to play out perfectly. Here are some tips

to keep in mind while planning your proposal to make it as memorable as possible:

1. Speak from the heart: Explaining why you want to marry her should come naturally and easily. Avoid memorizing lines, which can cause you to stumble over your words.

2. Intimate setting: The location should reflect the mood of your proposal. A romantic and private setting will make her feel like she is the only one in the world that matters.

3. Comfortable environment: Find a spot where both you and your love can both be calm enough to share the special moment. An uncomfortable environment can lead to nervousness, which should always be avoided.

What do you think is important to remember when planning a proposal? Share your thoughts with us.

Making the Most Out of Your Long Distance Relationship





By Grace Pamer

For some people, a long distance relationship can seem like a tremendous hurdle to overcome, and many couples who are apart frequently see these relationships as positive instead of negative. Celebrities are no exception.

One celebrity couple that speaks openly about the benefits of long distance partnerships is Victoria and David Beckham. Their busy careers frequently keep them apart, forcing them to have separate homes oceans apart. However, they feel the distance doesn't take from their love. Instead, they think that the extra space enhances it.

The key to understanding how to make the most out of your long distance relationship is to change your way of thinking. A long distance relationship can improve your life! Take a look at some of the many benefits:

Related: [Jesse James and Kat Von D Split Due to Distance](#)

1. It Can Lead to a Happier You.

Having a lot of time to yourself, as long as you use it to

your advantage, can lead to a healthier mind, body and spirit. You'll have more time to follow your own dreams. You can work on your career or further your education, so that when the time comes for you and your partner to settle down, you'll be in a better place in your life. You can take time to care for your body by getting fit or relaxing in a hot bath, which will enhance your self-esteem and overall well-being.

2. You Get to Have it "All."

Many singles yearn for companionship and love, while many people who are in relationships yearn for the freedom they had when single. In a long distance relationship, you have both a loving, supportive partner and time to yourself. It's the perfect combination of some of the best elements of single life and dating.

Related: [4 Ways to Make Your Long Distance Relationship Work](#)

3. No One Will Resent the Relationship.

If you talk to many unhappy couples, you will hear stories like, "I was going to get my Master's degree, but I met my love and settled down." In the passion of love, it is easy to put aside dreams because it feels as if nothing else matters. But years later, that can impact a relationship negatively. There is plenty of time for you to pursue becoming your own person when your partner is far away.

4. It Can Make the Relationship Stronger and Healthier.

When two people in love are also fulfilling their own hopes and dreams, that positive energy will spill over into their relationship. A couple is only as strong as the two individuals who form it. If either partner feels they have no free time, missed out on their dreams or lack fulfillment, the relationship is bound to suffer.

5. You Can Still Keep the Romance Alive.

Being apart doesn't mean that you'll be treating each other like strangers. You can find ways to connect every day, and

even tell your lover goodnight each night. With modern advancements like Skype, you can even see each other's faces and talk about your day while eating dinner at the table. Don't think of these types of relationships as dispassionate and lonely! Absence can make the heart grow fonder. You'll be even more passionate and romantic if you find unique ways to stay bonded though physically separated.

For reasons like these, long distance relationships can definitely be very healthy. Being able to be the best "you" while having a deep, loving commitment to one another can truly be the best of both worlds.

Grace Pamer is the author of www.RomanceNeverDies.com, one woman's on going quest to get the world reacquainted with the art of writing love letters.

Hugh Hefner and Crystal Harris Are Back Together





Hugh Hefner and Crystal Harris have exchanged their fair share of unkind words and have given TMI a new meaning, but they've overcome it all. After a tumultuous break up in 2011 just days before their intended wedding, they are officially back together. UsMagazine.com reports that the duo took to twitter to confirm the news. Harris wrote "Yes, Hugh Hefner and I are back together. Yes I am his #1 girl again. Yes we are happy. Hope that clears up any confusion! X0." Hefner shared that the couple reunited after Harris wrote to him expressing her miserable feelings.

How do you know whether to give your ex a second chance?

Cupid's Advice:

Break ups are often messy, but even a clean getaway leaves unresolved feelings. Some exes should stay exes, while other may deserve another shot if they follow these guidelines:

1. Standing the test of time: If a good amount of time has passed and your former partner still wants you, it's a good sign. The week after a break up can be the most vulnerable

time, so let at least a couple of months pass. If your ex still wants to be with you when you've both cleared your minds, it's time for a second chance.

2. Expression of genuine sorrow: No one is happy after a break up. But, if the sorrow continues into the months after the split and you are receiving an abundance of 'I miss you' and 'I'm sorry' voicemail, letters and texts, it may be time to reevaluate your relationship.

3. Over-the-top gestures: If your ex repeatedly tries to win you back, chances are they mean it. When flowers are constantly sent to your office or a singing band appears at your door, these humorous yet heartfelt acts prove you should consider getting back together.

Under what circumstances would you give your ex a second chance? Tell us below.

Is That You, Mr. Right?





By Melissa Caballero

Is there such a thing as 'Mr. Right?' Hollywood and the movie producers have made us to believe so! It is very difficult to sift through reality and sweep our fantasies under the rug when it comes to our own personal love lives. We watch our favorite female celebrities being lifted off their feet (many times) on the big screen while riding off into the night hand-in-hand with a George Clooney or Zac Efron while we are left drooling and fantasizing about our own love story. We leave the movie theater captivated by this notion of 'Mr. Right,' and we're deceived by love more than ever. Let's take a look at a few important factors to keep in mind when aiming to find your 'Mr. Right':

1. Reality vs. the big screen. It's important to take the concept of 'Mr. Right' off of a pedestal. While finding love is a wonderful thing and we are creatures who were made to share this emotion, the reality of how love can exist escapes us. We take mental notes while watching movies and make bullet points of all the things we think are important to find in a man, ultimately fabricating in our minds this person we call

'Mr. Right.' We all need to accept that love comes in many different shapes and sizes and usually in the most unexpected places. These places are often times not found in the movies. Keep an open mind, and you may find yourself pleasantly surprised by what comes your way.

Related: [Do Fairytale Relationships Only Exist in Hollywood?](#)

2. The man resume. When you're dating or analyzing the relationship you are already in, we all have a set of standards and guidelines. However, if you only like his qualities because they look good on paper, you may get caught up in thinking he is "the one." We get so wrapped up in the fantasies we have created for ourselves that we forget to see him for who he really is instead of someone you may or may not be able to grow with in the future.

3. Love yourself. You are the most important person, so be right for yourself first. Finding the right man will not make you happy in the long run, despite what you may think. A man will not fill the voids in your life, so that's why it's essential to love who you are inside and out, alone or in a relationship. Whether your physical appearance has you troubled or you find yourself wishing you went back to school for another degree; go out and do something about it! Once you embrace yourself for everything you are, you will shine, and that is sexy to any guy.

Related: [It's Time to Stop Asking, 'When Will It Be My Turn?'](#)

4. Never settle. You should never feel that you have to modify yourself in order to fit the needs of any man. If you are not being yourself in an effort not to lose him, it will start to catch up to you and cause an eruption of frustration and unhappiness. While a man may not be able to fill our internal voids, he should be encouraging you to be yourself, and no conflicts should arise because of it. In the beginning of a relationship, those couples that are right for each other will

come across far less problems and issues. And, even when you do face troubles, getting out of it will be must faster. When you find the right person to share your life with, they will only enhance your true self.

What do you look for when searching for 'Mr. Right?' Share your comments below.

'Bones' Star Tamara Taylor Finalizes Her Divorce



Summer may be the time for love and romance for some couples, but for 41-year-old actress, Tamara Taylor, and her attorney

husband Miles Cooley, it's time to finalize their divorce, according to [People](#). The couple put the kibosh on their marriage back in February, with Taylor being the one to file for divorce. Since their union in 2007, the two never had any children. This has made the split a lot less messy, and it's easier for each of them to accept the situation in order to move on from their failed relationship.

What are some ways to remain amicable after a split?

Cupid's Advice:

Breaking up is never easy, which is true in any relationship or marriage. If you and your partner are going separate ways, it's important to remain amicable towards one another. Cupid has some tips:

1. Give each other some breathing room: You're both experiencing a lot of hurt, so it's not going to help either of you if you're constantly at one another's throats. Keep some space between the two of you so that you can each take your own approach in handling it.

2. Be nice: You don't even have to go out of your way to do this one. Just treat your past loved one with kindness, because it may be the end of the road now, but you did once love each other.

3. Don't pick unnecessary fights: Obviously what's done is done, so don't waste your energy on arguments with your ex. That negativity will only stress both of you out more, so pick and choose your battles to avoid petty drama.

Do you find that breaking up is easier if you remain amicable after a split? Share your experiences below.

Prince William Admits That He and Kate Want Kids



Prince William and Kate Middleton, whose wedding was a little over a year ago, finally have family planning on their minds. As [People](#) reported, William says both he and Middleton are eager to have kids and start building a family. However, he remained reserved about any specific plans, ignoring the rumors that his wife might already be pregnant. At the moment, the Prince has another decision on his mind, as he debates returning to the Royal Air Force or devoting his full efforts to his responsibilities as prince.

How do you know if your partner would be a good parent?

Cupid's Advice:

Having a child and starting a family takes a lot of work from both you and your partner. If you're trying to tell if your significant other would be a great parent, consider these ideas:

1. Think about how your partner acts around kids: Whether it's their relatives, people at their workplace or just kids in the neighborhood, chances are that your partner deals with children once in a while. If he or she is friendly and supportive, they'll probably be a great parent. If kids seem to annoy them, you might want to reconsider your plans.

2. Try a pet: Animals are less responsibility than children, but caring for them still takes a lot of work. Taking care of a pet can strengthen your relationship and is a great way to practice being a parent. If your partner treats your pet with love and compassion, the odds are good that they'll treat your child the same way.

3. Talk about it: Sure, it seems obvious, but having kids is a decision you and your partner need to make together. He or she probably has a very good sense of whether they'd make a good parent, so ask what they think. Discussing this sooner rather than later can give you a better idea of where your relationship is headed, and will help build the openness and communication that all relationships need.

How do you know if your partner is ready to be a parent? Tell us below.

Why You Don't Need the Perfect Body



By Lisa Moore

Many women obsess about having the ideal body, model looks and flawless hair. In fact, one survey suggests that 66 percent of women are so unhappy with their bodies that, despite the recent recession, they would spend money to achieve a perfect look. 90% of the 3,000 women questioned said their bodies depressed them, and 75% of women think about their shape and size every day. Gill Todd, a clinical nurse specialist at Bethlem Royal Hospital in South London, says that women are getting the message that they need to be thin in order to be happy and successful, especially in the romance area. It seems like women hate their bodies.

The question is, why should they? Why do women want these “perfect” bodies? Here are some misconceptions that put unneeded stresses on a female’s relationships and keep her from loving who she is:

Related: [Kasey Kahl Says He’d Love Vienna With Any Size Nose](#)

1. There is only one acceptable body type.

One beauty website invited shoppers to select their favorite famous body parts, and then combined the results to create the ultimate celebrity. This pseudo-celebrity ended up as a combination of Kate Middleton’s hair, Cheryl Cole’s eyes, Keira Knightley’s cheekbones and Gwyneth Paltrow’s chin. Her eyebrows were shaped like Megan Fox’s, she had Kate Beckinsale’s nose, Angelina Jolie’s lips and the chest of Kelly Brook.

The fact is, there isn’t a single body type that is perfectly appealing. Think about it: The fact that two opposite procedures, breast augmentation and breast reduction, are just as popular is concerning, as it supports the idea that it’s impossible to have universally “acceptable” breasts. So, why try?

2. Thinner is always better.

Though society often seems to think that being incredibly skinny is the perfect choice, an Australian study revealed that a man’s ideal female shape was represented by those of average women, not by supermodels. One woman explained that men can’t help loving women who have curves. They’re genetically drawn to rounded women, because curves signal a woman who will successfully conceive, carry and then nurture a man’s offspring. It’s a sign of fertility.

And, she adds, who can blame guys for loving curves? They’re more comfortable than being poked by sharp elbows and holding

a set of ribs.

Related: [How to Keep Weight Gain from Ruining Your Love Life](#)

3. Cosmetic surgery will please your partner.

Almost two-thirds of women believe that their love lives would be better if they had better looking body parts. Similarly, many women believe that cosmetic surgery will make their partners happy. A 42-year-old book-keeper stated that she probably would not have had a breast enhancement if it hadn't been for her man. She said that he wasn't as much in love with her as she was with him. Surgery might help, she thought. Did it, though? What do men really like?

The truth is, guys find a too-perfect look boring. A gap-toothed smile like Georgia May Jagger's, or Alexa Chung's style of messy hair can actually serve to keep up your man's interest level. Many women also overlook the fact that men appreciate beauty in their hair, eyes, skin, neck curves and even belly buttons. Chances are that your man already loves how you look. You should, too.

So relax, ladies, and realize that the natural you is more enchanting to your man than a frazzled you that's stressed over your parts. Love who you are, and your man will too.

Lisa Moore, senior editor of Interactive Service Group, has written several articles focusing on women, body image and parenting issues. Her articles have appeared on number of sites including HerExtra.com, ProfessorsHouse.com, and Eurweb.com.

5 Ways Facebook Can Help Mark Zuckerberg Keep His Marriage Strong



By Amy Osmond Cook

On May 19, Mark Zuckerberg married longtime girlfriend, Priscilla Chan, in a private ceremony the day after Facebook went public. She wore a traditional white wedding gown, and he even put on a suit for the occasion. As the [Washington Post](#) reported, fewer than 100 guests were in attendance, and they all arrived thinking they were celebrating Chan's graduation from medical school.

Mark and Priscilla are famously low-key and grounded. For the past nine years, their relationship has grown right along with

Facebook. In fact, Mark and Priscilla can use principles learned from Facebook to strengthen their personal relationships. Below are five Facebook-inspired ways that the couple can keep their marriage strong:

Related: [7 Ways to Flirt in a Web 2.0 World](#)

1. Keep your relationship status public:

No one wants to be left wondering what about his or her relationship status. Experts agree that communicating your feelings is a vital component of a good relationship. Nothing is worse than coming home to a spouse who is angry but won't tell you why. A person who withholds his feelings to manipulate a partner is similarly despicable. So whenever possible, Mark and Priscilla need to check in with each other and keep their feelings out in the open.

2. Don't invite strangers into your inner circle:

When you're married, you have to be each other's biggest fan and keep any naysayers at arms' length. Mark does this well. He recently gave ABC News a glowing report about how hard Priscilla worked to make sure her pediatric patients were well cared for: "She'll see them getting sicker and then all of a sudden an organ becomes available and she comes home and her face is all lit up because someone's life is going to be better because of this." Clearly, Mark is proud of his wife, and the feeling is mutual. No matter who you are, there are always going to be haters who criticize your spouse or your relationship. You just have to have enough sense not to "friend" them.

3. Don't waste your time looking at other people's profiles:

There is no such thing as a perfect relationship. Most people don't like to air their issues out in the open, and serious problems can exist underneath the gloss of a perfectly

touched-up family portrait. A friend of mine had long-term problems in her marriage. When it finally ended in divorce, people were stunned. "I had no idea there was a problem," friends said repeatedly. This couple kept their problems private, but they were still there eating away at the relationship. So the next time your frenemy posts an Instagram photo of herself and her movie star husband vacationing in Italy, remember that appearances can be deceiving.

4. Block the games:

There are endless ways to waste your time on Facebook. Messages, comments, causes, alerts, Farmville—so many ways to become distracted. My personal nemesis is Words with Friends. The same holds true in a relationship. Whether it's working long hours or going out excessively with the girls, anything that distracts a couple from their relationship is a threat. Priscilla knows this. *The Daily Beast* reports that she is mitigating the workaholic tendencies of her husband by laying down some ground rules for the relationship: 100 minutes of alone time and one date per week.

Related: [Don't Just Drop Hints When You Want Commitment](#)

5. "Like" everything:

It's easy to get bogged down in what is wrong with a relationship instead of what is right. When your three-year-old clogs the toilet with a Barbie and the boss is making extreme demands at work, it's hard to look at your partner with the same starry-eyed perspective as you did when you were dating. But keeping a positive attitude is one of the best things you can do for a relationship. As Norman Vincent Peale outlines in his famous book, *The Power of Positive Thinking*, the key to becoming a positive, happy person is to be aware of your thinking patterns and replace negative thinking with positive thinking. For example, instead of saying, "My husband is so messy," look at the flip side: "I'm so glad my husband

doesn't bark at me about every little household chore." Whenever possible, give your relationship a big thumbs-up.

Mark and Priscilla are off to a good start. The Facebook founder is famously low-key (still donning his hoodie from college), and his new wife is focused on humanitarian causes. As Priscilla's former science teacher said to the *Daily Mail*, they want to change the world together and are blessed to have the resources to do it. With a few Facebook-inspired relationship reminders, this royal couple of the tech world can beat the odds and establish a secure foundation for a happy, healthy marriage.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.

Jenny McCarthy Is Dating NFL's Brian Urlacher





An upcoming *Playboy* photo shoot for 39-year old Jenny McCarthy isn't the only new and juicy detail in the star's life. According to [People](#), *E!* confirmed through McCarthy's publicist that she has been dating linebacker Brian Urlacher of the Chicago Bears for about a month. The two were spotted enjoying dinner together in the city her new beau resides in, specifically at Giuliana and Bill Rancic's restaurant. The actress took to the media herself on Thursday of last week at Generation Rescue autism charity event in Chicago to make the special announcement. Although McCarthy did not go into detail about her relationship with the NFL star to *Chicago's NBC 5*, she made sure to display support for her new man by simply stating, "Go Bears, that's all I can say."

What are some ways to announce your new relationship to friends and family?

Cupid's Advice:

New relationships are both exciting and nerve-wracking when it comes time to sharing the news with the people you love. Here

are some great ways to announce your new relationship:

1. Invite them to a family dinner: A setting where a nice conversation can be held will allow your family to get acquainted with your new love, and vice-versa.

2. Bring them to a party hosted by a close friend: The atmosphere will be fun and relaxed. All eyes won't be on you and your new babe, but it's enough to know you are a duo.

3. Host a game night: Invite family and friends over for a great time. Give them the opportunity to enjoy your significant other the way you do.

How have you introduced new relationships with the ones closest to you? Share your stories with us.

'The Bachelorette' Season 8, Episode 3: The Dos and Don'ts of Dating A Single Mom





By Marni Kinrys of www.winggirlmethod.com

Now, I am not a single mom or even a mother for that matter, but during last night's episode of 'The Bachelorette,' I got a good sense of how it may feel. I had no idea just how much parents put their children before them. It was beautiful.

I really believe that this season is no joke. They are getting down right serious. If this keeps up, Emily Maynard will come out of this experience with a good, solid man and a great relationship. How do I know that? Because this season has one thing that has been lacking from every other season: reality!

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

Last night's episode was kind of like a roller coaster for me. One second, I was falling head over heels for guys like Sean, Doug and Arie. The next second, I was ready to punch the screen and throw up. Like when Ryan basically said to Emily, "I won't do you if you become a fatty." I get what he was trying to say, but that man does not know how to sensitively deliver a message and communicate with women. Not a good sign

if he wants to be a father to Emily's daughter. He would give the kid an eating disorder in less than a year. Hello, Dating Red Flag!!!

Lucky for Emily, there were numerous men who showed their true colors last night and made those flags very easy for her to spot and eliminate.

Here are my Do's and Don'ts of Dating A Single Mom based on what I learned last night:

Do: Show a single mom that you know how to comfort and take care of another person. For this reason alone, I freaking love Arie. On his date, he checked in with her, touched her, asked her questions. Then, at the Rose Ceremony, he could sense that something had gone wrong, and he pulled her in close to comfort her. That shows leadership, strength and warmth. A great combination for success with any woman, especially when dating a single mom.

Do Not: Wait for a woman, especially a single mother, to bring up "the talk" if you're not feeling it. Like Tony, the single dad who was emotionally breaking down. It was hard for me to watch; I kept thinking, "If you really felt a connection with her, you would push through because that would be the best thing for you AND your son." I could tell that he just wasn't feeling it, which is why he was latching on so tightly to his son. Sweet but not attractive. He was afraid to admit "defeat." Better to be honest with yourself rather than hurt a single mom when so much is at stake.

Related: [The Bachelorette 8; Episode 2 Recap: Soccer, Cookies and Muppets: Emily Maynard Keeps it Real](#)

Do: Calmly express what you are thinking and picturing to a woman, while touching her at the same time. I love when Sean sat down with her, touched her forearm and communicated how a life with him would look. SEEEEEEXY!!! He did such a great job telling her who he was, what he was ready for and who he hoped

to be for Emily.

Do Not: Tell a single mother that falling in love with her and gaining a child is a huge compromise. When Alessandro said that to her, I could feel my chest tightening up. The nerve of that man! Not to mention that he honestly seemed like a buffoon while he was talking to her. He wasn't like that last week, was he? Buddy, leave at week one if the girl's not right for you. No one should ever feel they are compromising BEFORE they get into a relationship.

Can't wait to see what happens next week! Hopefully, Ryan and Kalon will show more of their true colors, and Emily will learn that these guys are NOT father material.

What to Wear to a Summer Wedding





By Sarah Thaman

Spring has arrived, and along with it comes prime wedding Season! If you have a relative or friend getting married this summer (and you didn't get called to bridesmaid duty), you may be wondering what appropriate attire might be. How can you dress to impress while still embracing the summer style? While the rules vary, here are some great ideas for three common types of weddings: Formal, Semi-Formal, and Casual/Beach.

Formal: Formal, or black-tie, affairs typically call for full-length dresses. Channel your inner goddess with a color block maxi paired with a headband and silver bangles. Mint green is a hot trend, and pairing this hue with an emerald jewel tone make it ideal for day or night. Wear your hair down, or stun with a low, loose bun. A small black clutch is a perfect complement, holding all of your night's necessities.

Related Link: [What to Wear on a First Date](#)

Semi-Formal: Semi-formal weddings are often harder to decipher. It's always better to be more dressed up than

underdressed, so opt for a flirty cocktail dress. A chiffon dress with bright-colored accessories will always hit the mark. Nails are another great accessory – and they often go overlooked. Choose a pair of neutral peep toe heels and perfectly pedicured toes for an added pop of color.

Casual/Beach: If the event calls for casual attire, such as a beach wedding, choose a feminine sundress. This is a perfect opportunity to sport a trendy print such as florals. Dress it up with a pair of adorable wedges, or dress it down with a pair of flat sandals. A peachy cheek and a cute, pastel bag complete the look.

Related Link: [What to Wear to Meet His Family](#)

When choosing a color of dress, consider when the wedding will take place. If the event is during the day, opt for lighter colors. Remember that while you want to look your best, this is the bride's day. Out of courtesy, stay away from ivory, or all-white dresses. If the event is taking place in the evening, consider darker, jewel tone frocks. Follow these tips and you can't go wrong. Who knows, you may just end up meeting your future husband – possibly a groomsman?

Author Bio: While I may not be a professional stylist, I pride myself on choosing fashion that looks polished and classic, and I'm always helping friends choose their date outfits.

Although I'm a writer for HandbagHeaven.com by day, outside of work I take joy in being a matchmaker, a newlywed, and a momma to my precious puppy, Luna.

'Snow White and the Huntsman' is a Blockbuster Rooted in Romance



By Matthew Dougherty

Yeah, yeah, yeah, it looks like an action movie, but you and your youth know that any story about Snow White must be centered on romance. The film actually focuses on a love triangle between Snow White, the Huntsman and Snow White's childhood love, Prince William. The evil queen orders The Huntsman to kill Snow White, but he takes pity on her and decides to help her defeat the queen. But who will Snow White choose? The Huntsman or the safety of the prince?

Starring *Twilight*'s Kristen Stewart as Snow White, this is

likely to be one of the highlights of the summer:

Related: [Which Avenger Would be the Best Date?](#)

Should You See It? Yes, considering the romance, the action and the visuals, this is a must-see film for the summer.

Who To Take: Anyone really. Your significant other might enjoy the action and special effects. Your friends might enjoy the romance. With a PG-13 rating, you can also take your younger siblings or even your mother. It's a blockbuster designed to appeal to everyone.

Related: [‘I Don’t Know How She Does it,’ Featuring Sarah Jessica Parker](#)

Do you have two people vying for your affections? Here are some tips on how to handle the situation:

In *Snow White and the Huntsman*, Snow White has two men for which she has feelings. These choices can be extremely difficult in life as two people usually offer completely different things. Here is how you can decide which one is “fairest of them all”:

1. Consult the people who know you best: Sometimes our friends and family know what is good for us more than we do. Perhaps they can point you in the right direction.

2. Think of the future: What is your future with each of these people? Does one look a lot brighter than the others? If so, then you have your answer.

3. Know yourself: Look at both people and simply figure out who makes you happiest. You have to determine who is best for you. If you don't do this, you could end up regretting your decision for the rest of your life.

Have you ever had experience with a love triangle in your own

life? Share your experiences below.

Kelly Bensimon Is Back in the Dating Scene with Good Morning America's Josh Elliott



Not afraid of trying things out the second time around, former *Real Housewives of New York* star Kelly Bensimon, has officially stepped back into the dating scene. After ending her marriage with ex-husband Gilles Bensimon, the new author

is being urged by her daughters to search for Mr. Right again. "Both her daughters, Sea and Teddy, are encouraging her to get out and to find the right guy. Kelly would like to marry again," a source told UsMagazine.com. Taking heed to her daughters' advice, she stepped out to dinner with *Good Morning America* anchor Josh Elliot April 27. Though they appeared to hit it off over dinner, a source close to Elliot, 40, explains that their outing was a one-time thing and that the pair are not "dating." The two met on set while she was promoting her new diet book, *I Can Make You Hot*.

How do you know when it's time to start dating after a split?

Cupid's Advice:

Breakups can be tough, and sometimes it can be even more difficult to jump back into the dating pool. But, how do you know when it's time to dive back in after calling it quits with your former flame? Cupid has some signs that it's time to get out:

1. You're feeling lonely: Your ex no longer considers you a factor in their life and your friends barely know who you are anymore since you've secluded yourself in your bedroom listening to Beyonce's "*Me, Myself and I*" on repeat. The split probably hurt, but you'll hurt even more if you continue to isolate yourself.

2. Lesson learned: After any breakup, there's always something you should mentally take from it. Things may not always work out as planned, but the important thing is to realize what mistakes you made and how not to make them again.

3. Time: After you've given yourself some time to regain your strength and you're no longer feeling vulnerable, then you should step back into the dating scene.

How do you know when it's time to start dating after a split?

Share your comments below.

Date Idea: Cuddle while Counting the Stars



By Amanda Martin

There's nothing more romantic than lying with your significant other under a big, fluffy, cashmere blanket while stargazing in the great outdoors.

Since the best stargazing begins about an hour after sunset, you can have an early dinner and then head to your area's best location for admiring the bright lights. If you live in a

populated area, try to get to the outskirts of town so you and your honey can admire the brilliantly-lit night sky. If getting out of the city is impossible, you can try moon gazing instead. For some added romance, bring along a bottle of chilled chardonnay, music and light fare to nibble on.

As the sun sets, the stars will become more visible and you'll want to have binoculars in order to get a closer look.

Another good idea is to invest in a constellation map so the two of you can tell the difference between Zenith and Polaris.

You could even make a game out of figuring out the different patterns.

In the midst of enjoying the starry night together, be sure to communicate openly. Look out for shooting stars, and don't forget to make a wish.

What's your idea of a perfect starry night? Share with us by commenting below.

Snooki Announces She's Having a Boy





An excited six-months-pregnant Nicole “Snooki” Polizzi officially announced this week that she and fiancé, Jionni LaValle, will be having a baby boy, according to UsMagazine.com. The *Jersey Shore* star was thrilled to share her good news, having said in the past, “If it’s a boy, I would dress him like Pauly D.” The newly engaged couple have a lot to look forward to between marriage and parenthood. Choosing not to live in the *Jersey Shore* house for Season 6 is one of many preparations they will have to make before their first child arrives.

How do you prepare for having a son versus a daughter?

Cupid’s Advice:

Whether or not a couple chooses to know the gender of their unborn child is entirely up to them. Some prefer the surprise, while most of the time, people find it easier to prepare for the baby if they know they are expecting a boy or girl. If the doctor tells you those fateful words, “It’s a boy,” here are some things to keep in mind:

1. Blue, blue, blue: You may or may not have been secretly envisioning pretty pink bows and dresses, but tuck those ideas away for the meantime and get ready to see a lot of blue. Luckily, there are plenty of other boy-friendly colors, such as green, yellow, and gray, but those bright pinks and purples are probably out for now.

2. Barbie won't make the cut: You may still have your doll house from when you were a little girl, but unfortunately that's probably not going to be of much interest to a growing baby boy. Toys are relatively universal up to the first year or two, but after that, anything that has wheels or goes fast will be in your son's hands at all times.

3. Father-son bonding: The relationship between father and son is certainly a special one. Every man fantasizes of their first catch together or teaching his little guy to ride a bike. Boys will always be boys, but don't feel like you can't join in on the fun. The rough facade won't be on all the time, and your son will need and want his [mommy](#) time just as much.

What major effects has gender had on your new-baby preparations? Share your experiences below.

**Kelly Clarkson Says She's
'Too Happy' With Her
Boyfriend**



Is it a romance too good to believe? Former *American Idol* Kelly Clarkson told UsMagazine.com that she's incredibly pleased with her relationship with talent manager Brandon Blackstock. "I'm too happy!" she said. "He's ruining my creativity!" Clarkson may be known for her unlucky love life and sad songs like "Behind These Hazel Eyes," but she says that her feelings for Blackstock are keeping her from writing other breakup melodies. As Clarkson said, "It's an awesome problem to have."

What are some signs your relationship is too good to be true?

Cupid's Advice:

It's easy to be head-over-heels in a new relationship, especially if it's been a long time since you last dated someone. However, keeping your relationship grounded makes it last longer. If your relationship has any of these signs, it

might be time to take a step back into reality:

1. You stop wanting to see other people: It's always great to spend a lot of time with your partner, but it's important to maintain your own personal friendships. If you find that you don't want to see or hang out with anyone else, your relationship might just be too strong to last.

2. You lose interest in things you used to enjoy: Your interests and talents are important parts of who you are. If you feel like these are being stifled by your partner, it's possible that you've gotten too close for comfort. Make sure to take time out for yourself once in a while.

3. You can't envision yourself not being in the relationship: Of course, we all want a good relationship to last. But focusing too much on it can be difficult and straining for both of you. Try to remember who you were before you began dating in order to keep your partnership in perspective.

Have you ever been in a relationship you couldn't believe was true? Tell us below.