

Jason Trawick Will Share Legal Control Over Britney Spears



Britney Spears' father is making an extra effort to bond with his future son-in-law in an unusual way. Jamie Spears is asking a court to add Jason Trawick as a co-conservator over his daughter, a source confirmed to [People](#). Jamie Spears, who's had legal control over his daughter's multimillion dollar fortune since February 2008 after the pop singer suffered a psychological breakdown, plans for Trawick to have shared legal control over his Spears's well being, but not her finances, according to the source. While a conservator can make decisions over a person's clothing, food and medical care, Spears will still have plenty of personal freedom.

How do you know when your spouse's parents have accepted you?

Cupid's Advice:

Being in love can be a wonderful feeling, and it's even better when you have your partner's parents blessing. Here are a few ways to tell when your spouse's parents have accepted you:

1. They enjoy your company: When your lover's parents are beating him or her to the punch when calling you to come over for game nights and family dinners, it sounds like you're a shoe-in and their parents would love to see their son or daughter settle down with someone like you.

2. They brag about you: Meeting your spouse's parents can be hard enough, but when you have to meet an entire family, that can definitely turn you into a nervous wreck. But, when your spouse's parents have bragged and told everyone what a wonderful person you are, that can easily remove about 10 pounds of nervous stress from your head.

3. You're introduced as their future son or daughter-in-law: This makes it official. You're no longer the "girlfriend" or "boyfriend" in their eyes; you're now the in-law. Whether or not you and your love are simply dating or are soon-to-be newlyweds, they hear wedding bells for you two and are already planning your wedding.

**How did you tell when your spouse's parents accepted you?
Share your comments below.**

'Bachelor' Star Ben Flajnik Heads to Vegas Without Courtney



The *Bachelor* star Ben Flajnik didn't seem to have any problems enjoying his stay in Las Vegas without his fiancée Courtney Robertson while on a business trip. According to [People](#), the former bachelor spent one night drinking and talking wine with the patrons of Joe's Stone Crab, and even played wingman for one of his buddies. He spent another night at the *Criss Angel Believe* show enjoying popcorn and cocktails with two of his business partners, and they even got to go back stage and meet Criss Angel after the show.

How do you deal with your partner partying without you?

Cupid's Advice:

Partying without your partner can be a messy business, but it doesn't have to be. Cupid has some tips:

1. Trust: First and foremost, you and your partner have to trust each other. You're not going to be around to see how they're acting without you, so you have to have confidence that they will act appropriately. Otherwise, you're going to stress yourself out with unnecessary worrying.

2. Communication: Make sure that you don't follow the "out of sight, out of mind" phrase. You both need to be actively trying to communicate with one another, and let them know that they're in the back of your mind.

3. Jealousy: Jealousy is an ugly quality and it can bring out the worst in us. Don't make an unnecessary scene or [cause a fight](#) for no reason or on false accusations because it will throw a wrench into your relationship.

How do you and your partner handle partying without one another? Share your comments below.

Love Advice For a Stronger Long-Term Relationship





By Ricky Peterson

Everyone wants to have a great long-term relationship that keeps on getting better, but it simply won't happen without some effort on the part of both partners. Making a stable relationship and love work isn't always easy though, as we see many famous couples going through their ups and downs in public via celebrity news and gossip...and it's no different for us regular folk. That being said, here are four pieces of love advice (with help from some of our favorite celebrity couples!) that we can all use to make our relationships stronger.

Love Advice To Follow

1. Be prepared to listen to each other: Listening is the hallmark of all good relationships. If you don't listen to your partner or they don't listen to you, how can you hope to develop a strong relationship and love for the long haul? Talking is good, but recognize when listening is required of you, and practice doing it more often. Everyone feels more

valued when their partner sits and really listens to them. Listening means comprehending and not just making the right noises in the right places!

Related Link: [Relationship Advice On How To Fall In Love](#)

2. Don't ignore problems – they'll only get worse: You cannot hope to go through life with no problems at all. There might be minor setbacks in your relationship or problems that occur outside the relationship that affect you both. The trick is to never ignore them and to confront them head-on. Talk about these issues and decide how to tackle them as a team.

Celebrity Couple Example: Seal and Heidi Klum are a great example, as Seal's reported anger management issues seem to have caused a rift in their celebrity relationship. This is the sort of thing that, if worked on early, could have been resolved, possibly saving the marriage.

3. Never wait for the other person to apologize: The apologies have to come from both partners; otherwise, one of you will always be saying "sorry" even when the other one does something they shouldn't. You've probably heard the idea that you should never go to bed angry, and that definitely applies in this case.

Related Link: [Heidi Klum and Seal – What Blew Up Their Marriage?](#)

4. Be positive in lots of little ways: We would all benefit from being more positive in our daily lives. For example, if your partner has a job interview, be sure to call them just before they go in to provide some support. Then, call them afterwards to see how it went. You could even plan a dinner to mark the event, whether they were successful or not. You can either congratulate them or provide support and let them know the experience was still a positive one because it will help them gain experience for the future.

Celebrity Couple Example: [Angelina Jolie](#) and [Brad Pitt](#) have had their ups and downs, but recent reports of a date night show that they are at least making the effort. Sadly, the media is much more into reporting on Hollywood couples who are having problems than those who are happy, but little bits of effort like this can make all the difference. Let's hope it works out for these two!

Stronger Relationships and Love

By following this love advice, it'll be easier than you think to build a strong partnership that will survive the test of time. Be sure you know how to make the most of your relationship and love, and start putting more effort into it today for the best results in the future.

Ricky Peterson is a writer who works for passionsearch, an online dating site.

Teen Mom' Star Leah Messer Marries for the Second Time





Only one year after filing for divorce from ex-husband Corey Simms, Leah Messer has tied the knot again. At only 19-years-old, Messer married fiancé Jeremy Calvert last week. This time though, Messer is convinced the marriage will last. “We have a really good connection...It’s different from Corey and my relationship, because we were kinda like forcing it... With Jeremy, you know when you’re supposed to be with somebody and you’re not,” Messer said, according to UsMagazine.com.

Is age a factor when it comes to marriage?

Cupid’s Advice:

Sometimes people get married too young, but how do you know when age is a factor when it comes to marriage? Cupid has some tips:

- 1. Money:** Though not always true, the older you are the more likely you are to have established yourself financially. It’s important to be able to pull your weight in the relationship.
- 2. Independent:** You have to determine if you are at that age where you know who you are as a person outside of a

relationship. For some, that age may be 19, but for others it could be 35. If you are happy alone, you can be happy with someone else.

3. Divorce: According to studies, the divorce rates are lesser for those who marry later in life. When you marry later in life, you're more like to be stable in all aspects of life which makes for a stable marriage. Ultimately, though, when you know someone's *the one*, you just know.

Is age a factor for you when considering marriage? Let us know in a comment below.

Four Ways to Tell If He's "The One"





By Johanna Lyman, the JOY Professor, for GALtime.com

Finding your soulmate may take longer than you think. Take some time to get to know your partner, then ask yourself the following questions to decide whether he/she is truly “the one”.

How do you know when you’ve found “The One?” Allow me to first dispel a common myth. Most of us have more than a single “The One” in our lives. With few exceptions, we will all experience more than one great love in our lives. Each person who shows up as a great love is there to teach us a lesson (or two) and to bring us closer to unconditional love. Everyone who shows up as love in your life is one of your soul mates.

Another common myth is that you can discern true love within the first 3-6 months of a relationship. I’m sorry to say, it just ain’t so. What you’re feeling in the first 3-6 month (aka the honeymoon period) is a potent cocktail of hormones designed to make a man and a woman want to copulate to propagate the species. It feels sexy, but it’s really about the survival of the species. Please do yourselves and the

population a big favor by not falling for it. I don't mean to sound negative. There are lots of great things about that potent combination of oxytocin, serotonin and other chemicals.

I'm just saying that if you think you're thinking clearly while under the influence of the honeymoon hormones, you're mistaken.

After the honeymoon phase begins to wear off, here are some things you can look for to help you determine the staying power of this relationship.

Related: [Fishing For Mr Right– Types of Guys to Throw Back](#)

1. Are you truly yourself around him? Does he understand (or at least humor) your handbag obsession? Does he really know how much you drink, smoke, shop, or eat Twinkies, and is he truly comfortable with it? Do you act the same way with him when you're around each other's friends?

2. Is he truly himself around you? Do you know about his "Three Stooges" fetish? Do you know how many hours he spends gaming and are you comfortable with that? One way to gauge how authentic he's being is to check out if your friends see him in the same way you do. Obviously they won't know him as intimately as you do, but they should have the general same impressions. Also, does he act the same when you're alone together as he does around your friends?

3. Do you trust him? Not just about monogamy (if that's your agreement together) but do you trust him with your secrets, desires and ambitions? I believe that trust is a lot harder to come by than those emotions we call love. Trust is the number one barometer of longevity in relationships, in my experience.

4. How do you fight? Do you, or does he, bring up old wounds, or do you fight in the present, about the current hurt? Can you disagree without attacking each other? Are you comfortable with disagreeing, or do you try to smooth things

over? Couples in healthy relationships learn how to fight productively. If you weren't having being intimate with him, how much would you still like him?

Related: [When It Comes to Dating, How Long Is Too Long?](#)

Believe it or not, you will not always be wildly attracted to your partner. Even if he is an Adonis, familiarity tends to take the spark out of the eroticism in relationships. And while I have lots of remedies for bringing back the spark, the more you like about each other outside the bedroom, the tastier those remedies will be. People tend to think that love just happens. I hate to be the bearer of bad news, but long-term love takes effort. It doesn't just happen, but if you focus your time and energy on keeping your relationship healthy, the results will bring you a lifetime of JOY.

These are good questions to ask yourself, whether you've been in a relationship for three weeks or thirty years. If you don't like your answers, you can always choose again. When you change your mind you change your attitude and when you change your attitude you can change even the most worn out relationship.

LeAnn Rimes and Eddie Cibrian Dodge Pregnancy Rumors





LeAnn Rimes played an April Fools joke on all of those claiming she was pregnant with Eddie Cibrian. On April 1st at the 2012 Academy of Country Music Awards, Cibrian, 38, jokingly rubbed Rimes', 29, belly with a smirk on his face for all the cameras to see, according to UsMagazine.com. Cibrian is already the father of two boys, and Rimes has made it clear she isn't expecting any time soon. Turning to Twitter, Rimes has answered back to these false rumors in January, "I have never even tried. Please stop discussing my ovaries."

How do you know when it's the right time to have a child?

Cupid's Advice:

Some couples think that after marriage, comes children. Sometimes this is the case, but you have to make sure you are both ready for it instead of just jumping into it. Here are some ways to know you're prepared to have kids:

1. You are financially stable: Having kids can be expensive. Not to put a price tag on them, but you have to consider all of the purchases that would come from the day they are born

until they are ready to move out.

2. You have a strong relationship with your spouse: Before making the big decision to have a child, you should make sure it's a good time for both of you. A child can help make your relationship with each other even stronger, but if it's already in rough waters, it can end up breaking you up.

3. You are both settled down: When you first get married, most couples like to travel together and share some experiences together. That's why you need to make sure that's all out of your system by the time you have a child. You need to be settled in one spot where your child can grow up.

When do you think is the best time to have a child? Share your thoughts below.

Is Your Boyfriend Hopping Around the Big Question?





By Daniela Agurcia

It's only expected for the next step in your relationship to be marriage after years of being committed together, right?

However, sometimes boyfriends evade the big question and you end up waiting for, well, nothing. Even if they do plan to spend the rest of their lives with you, they tend to forget that if you're left hanging for too long, you'll move on to find someone who's ready to get serious. But most of the time, it really isn't your fault. Here are some reasons why your boyfriend may be hopping around the big question:

1. He's waiting for the perfect moment, financially

When a man gets married, he feels the responsibility to provide and care for his family. These financial responsibilities will usually push a guy to taking any opportunity in order to make the most money he can. Getting married without being financially stable or without having a plan isn't in the books for him.

Related: [Building a Committed Relationship With 'Sealing the](#)

[Deal'](#)

2. He doesn't want to give up his buddies

A guy is usually obsessed with his male buddy and his ['guy time'](#) can be something he may feel like he'll be giving up entirely once he gets married. Especially if your boyfriend's friends are single, it will be harder for him to tear himself away from the group. He'll try to get all that guy time out of his system before deciding he's ready to be 100 percent committed to marriage.

3. He might not be ready to get married yet

Getting married leads to other huge decisions that go along with it. Marriage means getting into the topic of having kids, possibly moving someplace different and other responsibilities he isn't ready to get into just yet. It's better to know he's proposing when he is completely ready to make those decisions with you, so you don't run into any problems later.

Related: [5 Things Men Look For in a Wife](#)

4. He doesn't want to lose all his privacy

When you're dating someone for so long, you become a huge part of each other's lives. Marriage is another step ahead of that; you're around each other *all* the time. Privacy can be very important to a man, something that's hard for them to give up and share with a female. Realizing that everything unites once you're married may have made your boyfriend wanting to delay the proposal a little bit longer.

What you can do to help speed up the process before he gets too comfortable is to avoid trying to change him. Let him do his own thing while you're together, and if he feels he has to give up too much to be with you, it won't be something he'll want to make permanent. But, definitely make sure to have a

talk with him about your next steps together as you always want to be on the same page. If you are, marriage can't be too far into the future.

What are some other reasons your boyfriend may be hopping around the big question? And how do you keep from losing your cool? Share with us below.

Rihanna Explains Why She's Still in Contact with Chris Brown



In May's issue of *ELLE*, Rihanna finally shared with the world why she is back in contact with ex-boyfriend Chris Brown. It's been three years since Brown assaulted Rihanna and, according to UsMagazine.com, since then the duo has collaborated on two singles and has been secretly hooking up for about a year. Rihanna says, "I respect what other people have to say. The bottom line is that everyone thinks differently," in response to the furious reactions from fans and critics about the couple reuniting. "It's very hard for me to accept, but I get it. People end up wasting their time on the blogs or whatever, ranting away, and that's all right. I don't hate them for it," she says. However, the singer refuses to apologize. "Because tomorrow I'm still going to be the same person. I'm still going to do what I want to do."

When your partner makes a mistake, how do you know whether to forgive them or not?

Cupid's Advice:

It's hard to know when to give your sweetheart a second chance or not. Cupid has some advice:

1. Weigh your options: Will this same thing happen again? Will you be more miserable with or without your beau? These are some important questions to consider when dealing with mistakes made by your lover.

2. Consider the mistake: Breaking up or staying together after a mistake all depends on the magnitude of the error. If your man cheated on you, say goodbye and move on. If your guy made a fool of himself in front of your parents, talk to him about it and ensure it won't happen again.

3. Wait for an apology: If your partner realizes they are in the wrong on their own and they apologize, breaking up with them is too extreme. However, if your significant other does not even realize they've upset you, you probably need to let

them know and consider breaking things off.

How did you decide if it was okay to forgive your partner?
Share your stories below.

Sources Shoot Down Rumors that Kate Middleton Is Pregnant



Although Prince William and Kate Middleton will be celebrating their first wedding anniversary, they will not be planning any baby showers just yet. According to UsMagazine.com, “Kate is

not pregnant or about to make a pregnancy announcement.” Rumors surfaced in November, when she refused peanut paste in Denmark. Peanut paste is often off limits to pregnant women to prevent allergies for their babies-to-be. Middleton was seen sipping sherry on St. Patrick’s Day and was skiing in France in the past few weeks. Overall, a witness says, “They looked very happy together.”

How do you know when it’s time to start a family with your significant other?

Cupid’s Advice:

Starting a family is a major step to take with your significant other. Here are a few tips to know when you’re ready:

1. You’re settled: When you and your man are comfortable and have fallen into a routine with one another and you’re looking for something new, it’s time to start talking about bringing a new life into the picture. Having jobs and a nice savings account won’t hurt either.

2 You have a home: Having a warm and welcoming home is very important when bringing a baby into the picture. Being settled in a nice neighborhood with good schools will give you the chance to raise your child with safety, as well as compassion.

3. It feels right: Lastly, you will know it’s time when you feel it. Everything will fall into place. Having the big talk with your lover should feel natural and exciting, not nerve wracking or uncomfortable.

How did you know it was time to start a family? Share your stories below.

Relationship Advice from the 'Hunger Games'



By Amy Osmond Cook, Ph.D.

If any of you saw the *Hunger Games* recently, you were in for a bloodbath—a very entertaining, very well produced bloodbath.

I'm a huge fan of Suzanne Collins, and the movie was one of the best I've seen in a long time. But while I cheered for Katniss, cursed the gamekeeper, and threw popcorn at President Snow, I couldn't help but notice that some of the lessons of *Hunger Games* could also be applied to relationships:

Hunger Games Tip #1: Don't Let Him (or Her) Own You

Before going into the *Hunger Games* arena, Peeta and Katniss spend a quiet moment looking over the city. With a wistful glance at his would-be lover and soon-to-be fellow Gladiator, Peeta tells Katniss, "I keep wishing I could think of a way . . . to show the capitol they don't own me. That I'm more than a piece in their games." And show them he does.

Healthy relationships are built on equality. If you feel owned or used, there's a good chance that you are being played in someone's game. You may be their most important game piece. But regardless of whether you are a queen or a pawn, if your relationship feels like a chess match, run!

Related: [Can Celebrities Actually Have Enduring Healthy Relationships?](#)

Hunger Games Tip #2: Don't Eat the Berries

While Katniss is out hunting for food, Peeta tries to be helpful and unknowingly picks poisonous Nightlock berries to eat with the meal. Foxface watches Peeta and picks berries of her own, thinking they are edible. She dies instantly upon ingestion.

Affairs, abuse, and drug and alcohol addiction are common forms of relationship Nightlock. While they are possible for some couples to overcome, they can be instant relationship killers. So if you are tempted to stray, to use, or to be otherwise despicable, be aware that you are putting your relationship seriously at risk.

Related: [You've Cheated, So Now What?](#)

Hunger Games Tip #3: Just Be Yourself

When Katniss first arrives at the Capitol, she is told that she needs to make people like her. Sponsors, Haymitch (her mentor) states, can make the difference between life and

death. Katniss fails miserably at this until Cinna, her stylist, tells her, "Don't try to make people like you . . . Just be yourself." When she forgets about public opinion and is true to herself, she becomes beloved by district and Capitol people alike.

It goes without saying that it's important to be yourself in a relationship. There's nothing worse than sushi and ballet when all you really want is barbeque and line dancing. Don't pretend to be someone you're not, if for no other reason than it's just plain tiring—and it's impossible to keep up the façade forever. When the walls come down and the real you shows through, don't you want someone who shares your secret passion for all things Woody Allen, or at least loves you for it?

Suzanne Collins is more about opposing the Man and the media than providing commentary on romantic relationships. But forging relationships based on equal power dynamics, avoiding toxic situations, and having personal integrity are lessons as applicable to the bedroom as the Hunger Games arena.

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.

Elisabeth Rasmussen Explains Why

Family Dinners Are Important



Law & Order actress Elisabeth Röhm took to her [People](#) blog this week to explain the importance of family dinners. Röhm came into contact with cookbook author Ellamarie Fortenbach and learned about the importance of eating dinner as a family. The actress and her 3-year-old daughter, Easton August, participated in the production of Fortenbach's cookbook. "Cooking together and finding a connection through mealtime has been important and a challenge for our family," said Röhm in her blog. "Cooking together and then eating that meal is truly nurturing!"

What are some reasons it's important to eat meals as a family?

Cupid's Advice:

Though it can be difficult to coordinate schedules, eating

meals as a family is still a valued tradition. Here are a few reasons why it's important:

1. Catch up: Mealtimes are an opportunity to share with your family the things that have been on your mind during the day. Your children can voice their worries about school and their friends while you can chip in with stories from work or around the house.

2. Good for children: Children who have meals with their families are statistically proven to do better in school. Bonding time at the dinner table is important for developing minds.

3. Unity: A family that eats together is undoubtedly stronger as a unit than one who does not. It's important to find time for your family despite your busy lives.

Do you eat dinner as a family? What do you like about it? Feel free to leave a comment below.

Adam Levine and Model Girlfriend Call It Quits





The Voice judge and *Maroon 5* frontman Adam Levine may have something new to sing about. Levine announced his split from model girlfriend Anne Vyalitsyna, who he was dating for two years, reports [People](#). “Adam and I have decided to separate in an amicable and supportive manner. We still love and respect each other as friends. I wish him all the best,” said Vyalitsyna in a statement. Levine and Vyalitsyna met at a Sports Illustrated swimsuit issue release party in 2010.

How do you know when it’s time to call it quits?

Cupid’s Advice:

Even though a relationship may seem perfect on the outside, it pays to know when to call it quits. Here are a few clues:

- 1. No spark:** After time, many couples just seem to fizzle out. If you and your partner have lost the spark in your relationship despite your tries to reconnect, consider ending the relationship.
- 2. Lack of progress:** If your relationship doesn’t seem to be going anywhere, you may want to reevaluate your goals. Your

current relationship could only be holding you back, especially if you have hopes of starting a family in the future.

3. You have different goals: There comes a time in a relationship when you have to sit down and discuss your plans for the future and how your relationship fits into those plans. If you and your partner want different things in life, it may be time to end the relationship.

How did you know when it was time to call it quits with your partner? Feel free to leave a comment below.

What Attracts Us to Bad Boys?





By Dr. Carole Lieberman

Though we women pride ourselves on how ‘we’ve come a long way, baby,’ we still fall prey to the charms of bad boys. Why? It all starts with Daddy – the first man we’ve ever loved. If this relationship was dysfunctional, such as with a father who was abusive, depressed, a workaholic, or simply divorced and unavailable, we feel unlovable and grow up with a penchant for bad boys.

The Dozen Dangerous Devils, or 12 types of bad boys, include the: Fixer-Upper Lover, Compulsive Flirt, Grandiose Dreamer, Misunderstood and Married, Mr. Power Mad, Commitment Phobe, Wounded Poet, Self-Absorbed Seducer, Man of Mystery, Dramatic Daredevil, Prince of Darkness and Lethal Lover. We are attracted to one or more of these types in an unconscious effort to turn our disappointment with Daddy into a fairytale happy ending.

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

For example, if a little girl’s father abandoned her, such as

by death, divorce or emotional distance, she would likely grow up to be attracted to a Fixer-Upper Lover (also named the Frazzled Frog), who seems like he would be the least likely man to abandon her because his life is in need of much repair.

But, once she provides him with the nurturance he craves and helps him get his act together, he hops away to find a more discerning princess. All Dozen Dangerous Devils are heartbreakers. They just break a woman's heart in 12 different ways!

Related: [How Decoding Your Love Map Can Heal a Broken Heart](#)

Headlines are perpetually filled with celebrity bad boys – from Brad Pitt, who claimed to be Misunderstood and Married when he fell for Angelina Jolie; to Chris Brown, an abusive Prince of Darkness who Rihanna still can't resist; to *Bachelor* Ben Flajnik, who's become a Compulsive Flirt despite his engagement.

Some bad boys can be tamed, but a woman must be careful not to lose her self-respect or sanity in the process. Look where it got Catherine Greig, the woman who harbored mob boss James 'Whitey' Bulger, a Lethal Lover. She'd laughed about liking bad boys until it landed her in jail!

Dr. Carole Lieberman is an internationally renowned "Media Psychiatrist." On TV, Radio, the Internet, in Film, Print, as a Speaker and as the first "Shrink on Board" airline in-flight entertainment, Dr. Carole's insights help people seize the moment to live happier, more fulfilling lives. She's also the author of Bad Boys: Why We Love Them, How to Live with Them and When to Leave Them.

Jennie Garth Says She and Peter Facinelli Are 'Great Parents Together'



Jennie Garth and Peter Facinelli have tried to make their divorce as painless as possible for their three daughters Luca, Lola, and Fiona. "We are great parents together, so when it's about the kids, it's wonderful," said Garth, according to [People](#). Having discussed the couple's divorce with the kids, they are all on the same page and understand what is happening, without feeling the need to choose sides. Garth and Facinelli want nothing more for their family to be happy and healthy. The former *90210* actress is even considering moving back to Los Angeles so that the girls have more access to their dad.

How do you remain united in parenting after a split?

Cupid's Advice:

When you're in the middle of a divorce, it's also very difficult for your children. Here are some ways you can work together to be good parents, even when separated:

1. Make a schedule: Now that you aren't living together anymore, it's difficult to collaborate your schedules. Therefore, set certain days and times where you each want to spend time with the kids so there are no arguments or confusion.

2. Talk to your children: A good parent will talk to their kids about what is going on and get their feedback. Ask them how they feel and how they want to spend their time with each parent.

3. Share Holidays: The most stressful times are when it comes to holidays. Your kids don't want to have to choose how they will spend the best times of the year. Try sharing these important dates, for the kids.

What do you think are ways to remain good parents while being separated? Share your ideas below.

Spring Cleaning: 5 Types of Guys to Dump



By Marianne Beach, GalTime

The flowers are blooming, the grass is growing—meaning it's time for some spring cleaning. But we're not talking about clearing out your closet or freshening up your house. Nope, we're talking about spring cleaning your love life. Yes, you heard me. It's time to wash that guy right out of your hair.

Jumpstart this spring with a fresh outlook and shed yourself of the five kinds of guys that spell out trouble.

Of course we girls are notoriously bad at letting go of Mr. Wrong. Even though we know in our hearts we should. (How could we not, with our best friends telling us every five seconds?)

So for a little added motivation, we recruited our favorite Straight Male Friend, Marcus Osborne, to smack us

down. And give us the 411 on the **five guys we need to dump** this spring.

“You’ve GOT to be willing to cut the cord. Respect your deal-breakers... and let the deal be broken,” Osborne insists. “The alternative is to stick around in a relationship that fires round after round at your self-esteem.”

Related: [10 Tips to Avoid Marrying Your Future Ex-Husband](#)

Is your man on Osborne’s hit list? Take a look!

5 Guys to Dump

1. Mr. I’m Too Busy: “Gosh you’re amazing but I just don’t have the time for a relationship right now.” If you’ve heard any variation of that line, know that you’ve just been warned.

That relationship, if that’s what you’re hoping for, is going nowhere and he’s basically told you so. The deal with Mr. I’m Too Busy is that he really isn’t too busy. If you believe nothing I ever tell you, believe this- If the guy is into you, he’ll find time. Period.

2. Mr. Panderer: This is the guy who has mastered the “game.”

Typically, he seeks out women who are looking for an old-school/traditional guy. Why? Because (in his mind) that woman can be had by sticking to the old courting playbook.

She’s not a huge challenge for him—even though the woman may think she is. Not for Mr. Panderer. He knows what SHE thinks before she even thinks it because it’s all in the playbook.

He says and does all the “right” things as a gentleman all the time. If he seems too good to be true...start looking for clips of him on Dateline.

3. Mr. Mysterious: This guy can be everything or anything.

His genius is making you feel as if you know him “well enough” without knowing a thing about him. You probably haven’t been to his place. And if you have, you’ve probably only been there at certain times. He never really answers

questions about his life. It's likely he's reluctant to introduce you to his friends or family—and has made mention or attempt at doing so. And he probably doesn't care to meet yours. This guy probably has no male friends either. No best friends? Beware. No matter how sexy or intriguing Mr. Mysterious seems to be, there's something not quite right about him.

Related: [Why Men Look at Other Women](#)

4. Mr. Know-It-All: One of the worst. Mr. Know-It-All may initially be impressive. His intellect is alluring, no doubt. Problem here? No one really knows it all. Furthermore, no one wants to be around anyone who thinks they know it all. Even worse, this guy can tend to be overbearing and domineering. He's always telling you what you did wrong, always telling you the "right" way to do things. He has very little regard for other perspectives. His high opinion of his opinions turns your friends off as much as it turns you on. Ultimately, this guy will end up being far more controlling than you expect and that's not good.

5. Mr. Apology: We all love and appreciate contrition. You screw up? You own up to it. But there's a limit to everything. How many times can a person apologize before you realize that the repentance has the worth of Monopoly money? (Especially if it's for the same transgression time and again.) Understand this; if the guy is constantly apologizing he either lacks confidence or he doesn't really respect you. Because at some point the lesson learned should stick and shouldn't keep happening. If it DOES, it's because he knows he can get away with it by saying, "my bad." Not good enough.

Bruce Willis and Emma Heming Welcome a Baby Daughter



It's official! Bruce Willis and his wife of three years, Emma Heming, have welcomed the newest addition to their family, daughter Mabel Ray Willis. Mabel joins three half-sisters, Rumer, 23, Scout, 20, and Tallulah, 18, who Willis had with ex-wife Demi Moore, according to [People](#). The *Die Hard* actor and designer-model, according to their rep, "are overjoyed about the newest member of their family. Both mother and baby are healthy and doing beautifully."

What are some ways to prepare your existing family for an infant addition?

Cupid's Advice:

When you're getting ready to welcome a new addition to your family, it's important to prepare certain things. Cupid has some tips:

1. Prepare your other children: Keep your kids up to date about the pregnancy and what it will be like when you bring the baby home. Have them help get the nursery ready and offer baby names. The more involved the feel, the more accepting they'll be of the situation.

2. Get your finances in order: Another child means one more mouth to feed and one more body to clothe. Kids are by no means inexpensive, so it's important to make sure you're getting your finances in tip top shape before having a baby.

3. Prepare yourselves: If you already have kids, another child in the mix means you'll be all the more busy and worn out. Make sure you're staying in shape and taking care of yourself as you prepare to welcome another addition to your family.

How did you prepare your family for an additional child? Share your tips below.

Blake Shelton Discusses 'Country's Hottest Guy' Title with Miranda Lambert





Country music star Blake Shelton may have been named “Country’s Hottest Guy” by *People Country*, but he admits that he doesn’t often feel sexy. “Right now, I’m feeling sweaty and a little bit overweight and buzzed,” he said, according to [People](#). However, his country superstar wife Miranda Lambert had a very different opinion on *The Voice* coach’s rugged good looks. “He’s hot, I agree, but I see him at his best and his worst,” she said.

What do you do if your significant other gets hit on often by others?

Cupid’s Advice:

A healthy and happy relationship is always based on trust. No matter how desirable your partner is, as long as you trust them, you won’t ever have to worry about anyone else coming into the picture. However, that isn’t going to stop them from trying. Here are some ways to deal:

1. Talk it out: Be honest with your partner about your feelings, and they will be honest with you if they feel

someone is coming on too strong.

2. Feel flattered: You landed your amazingly hot partner when others have tried and failed.

3. Don't think about it: When you stress about something, often your imagination can run away with you. Try to take a reality check whenever possible.

What are ways you can create trust in a relationship? Share your tips below.

Can Being A Sibling Teach You To Have A Good Relationship?





By Steven Zangrillo

My sister and I grew up in Suburbia, which affords bored, middle-class children multiple opportunities for creative mayhem. My sister, therefore, functioned as a guinea pig of sorts. For instance, picture a 10-year-old and his friends chasing you around with Super Soakers filled to the hilt with pickle juice. You'd have hated me, too. When we both hit adolescence, we grew up a little bit. We went to high school and started to test the dating waters. As if being a 14-year-old, pimple-faced fat kid wasn't enough, I had to come home to the chiding laughter of my older, hotter, more dating-tested sister whenever I failed. Good news of failed romance spreads fast in Suburbia. My immaturity blinded me from taking in the romance lessons that are now so clear to me. Let's break them down:

Related: [10 Love Lessons From Bruce Springsteen](#)

1. People will always aggravate you, but how you react is dependent on how you want this situation to end.

On Easter we would have an Easter egg hunt, followed by a trip to the Sunday car show downtown. My sister would wake up extra early and find out where the eggs were, leave them there and go back to bed. When our parents woke us up a little later, Samantha would rifle through the house and snag every egg. Me? I was left in bitter tears and tuxedo pajamas (they were sweet, don't judge). She won the battle, and I didn't complain. I won the war later when I, not she, got to sit in the cars first at the show. Karma comes back around.

The lesson here is that your significant other will purposefully or unintentionally do aggravating things, just like your sibling. Whatever habits, issues, or situations you're faced with, remember that you can either continue to stamp your feet and cry while everyone goes to the car show, or you can calm down and hop your little tush into the front seat of a '72 Corvette.

2. Everyone is equally accountable under the same roof.

I had a Sega Genesis; she had a boom box. Montel Jordan was particularly popular at the time. You're already singing it in your head, "*Thiiiiis is how we doooo itttttt...*"

I was busy freezing people and knocking their heads off in *Mortal Kombat* when Samantha came bounding down the stairs, asking if she could play. I shrugged and, since I was bored anyway, surrendered the game console to her. I began to aimlessly prance around the house as quickly as my 7-year-old body would allow me to move. I stumbled upon her glistening, gorgeous new Sony boom box. Somewhere between the chorus and the second stanza I managed to scramble up the tape deck. I was left with a mangled mess of what once was a cassette. Needless to say, my sister and I brawled that day.

The lesson here, of course, is to communicate. Want to borrow his toothbrush? Fine, just say so. The idea that "What's yours is mine, and mine is yours," is great up until that last

drop of orange juice is gone and someone is forced to adjust their routine because you didn't say anything. It seems mundane, but little things add up. Give yourself few chances to be accused of things.

Related: [How to Communicate to Get What You Need](#)

3. Be a softie- it's okay, seriously. If you don't know how to be one, open yourself to learning about it.

My sister and I have spent 24 years being absolutely obnoxious towards each other. Between the passive-aggressive verbal assaults, physical encounters, finger pointing, name-gaming nonsense, we've seen some real and palpable tough times. There have been days where I've been called on to be her little brother. That's a role that I relish and will always take seriously.

The same thing goes for relationships. It's easy to be a fun, happy boyfriend or girlfriend. Life is great when you're out on the town having drinks and dinner, going to your favorite club, seeing a movie, or whatever the case may be. The next day that person may be in need of something more concrete.

You might be called on to be there for support and you better be ready for it. If you aren't, then just listen to everything they have to say to you. Be a softie. Listen, understand and appreciate. That's your job as a sibling, significant other and a person in the world.

Do you think being a sibling has helped shape your relationship? Share your comments below.

Michelle Williams and Jason Segel: A Serious Couple?



It seems that things are heating up between *My Week With Marilyn* star Michelle Williams and actor Jason Segel ... and many people didn't see it coming. However, according to UsMagazine.com, friends close to the couple are surprised it didn't happen sooner. The couple have known each other for years and met through Williams' good friend Busy Philipps, who starred with Segel in *Freaks and Geeks*.

How do you know when your relationship has turned serious?

Cupid's Advice:

Even when you both have feelings for one another, labeling your relationship as "serious" can be difficult. Here are

some signs that it's approaching that label:

1. You're Facebook official: Once you've both announced your relationship to your friends via your social media circles, it's safe to say you're serious.

2. You've met the family: Meeting your partner's family and introducing them to yours is a huge step for a couple. It's one that you don't take unless you're serious.

3. You're moving in together: Signing a lease together is a big step that's never to be taken lightly.

How did you know your relationship was serious? Share your thoughts below.

Exclusive Interview: Pick-Up Artist Mehow Shares His Secrets





By Samantha Mucha

As women, we read countless articles, stories, opinions and anything else we can get our hands on to help us understand what guys want. Now, there is no need to worry anymore, ladies: Mehow has your answers.

Who is Mehow?

Mehow is one of the most well-known Pick-Up Artists (PUA) in the world of seduction. Back in 2006, he started his own Website called Mehow Inc. where he used his experience and his expert advice to help men meet women and develop happy and successful relationships.

Related: [Creating a Better Relationship](#)

When asked about the top three qualities men look for in women, Mehow replied, "First of all it's hotness, but that's just the truth, right? That's the number one thing for men."

However, woman who may not be the best looking still have a great shot at getting the guy they want. "Fun and personality

are a big factor,” Mehow reveals, but really, “It depends on the guy. A normal dude will look at her stuff, level of fun and see if she’s being logical. She has a better shot, if she has her life together.”

Be fun, cool, compelling and confident. According to this PUA, that’s what it takes to make yourself more attractive to men.

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

So how does Mehow know so much about women? He has been working as a PUA for about seven years and has talked to thousands of girls. He has compiled tons of research and sometimes uses hidden cameras to look at women’s reactions to his methodology. He uses specific methods and ways of communication to make women feel comfortable, but also allow the guy to communicate well. Taking his work a step further, he even believes that with the right amount of funding, he could scientifically prove some of his theories.

Believe it or not, “women are primarily attracted to men’s personalities, and men are primarily attracted to women’s looks,” says Mehow.

If that’s true, then what can women do to help guys – and themselves – out?

“Gives guys a chance,” he urges, sharing his number one piece of advice for women. “Guys often ask themselves the question, ‘Is she cool with who I am?’ A guy’s biggest fear is how to approach a woman.”

Related: [5 Ways Nice Guys Finish First](#)

Women also need to remember that there is no perfect guy; they all make mistakes. If your new man messes up once or twice in the beginning of your relationship, forgive him, accept his screw up and move past it.

Mehow also describes “super hot girl A.D.D.” He says that this refers to the “perfect 10” girl who has no problem getting what she wants but cannot focus on anything serious for more than a minute due to the fact that she was handed everything just from being good-looking. “Perfect 10’s screw it up. How a woman appears to the world around her changes her social behavior.” His advice to these women is to slow down and take a risk with someone. Attractive women should find one guy who they like and stay with him.

The moral of the story is to give guys a better shot. No matter what the situation may be, guys are deserving of a second or maybe even third chance to impress a woman and show off their knight-in-shining-armor side.

No matter who you’re dating – even if it’s Mehow himself or someone who he’s trained very well – you have to be able to let go of small errors and see the bigger picture. “Guys can’t be players forever,” Mehow says.

You can catch Mehow using his system to “pair up perfect couples” on his new reality television show coming out this fall.

That’s all Mehow was able to tell us without sharing too many secrets, but we know enough to know that he is the master of getting inside the heads of both men and women.

You can check out YouTube in the meantime to see how his methodology works.

Britney Spears and Jason Trawick Take a Secret Trip to San Francisco



Britney Spears and her fiancé Jason Trawick took a private vacation to San Francisco away from the paparazzi and Spears's legal issues. According to *People*, Spears and Trawick stayed at the Westfield San Francisco Centre in the Extreme-Wow suite. A source said that the couple was very low-key and the getaway was just about the two of them.

What are some fun ways to spend time alone with your partner?

Cupid's Advice:

Spending alone time with your partner is important, but it can

sometimes get boring. Here are a few fun ways to spend time alone with your significant other:

1. Play make believe: Book a hotel room or bed and breakfast in another city for some alone time where no one else knows the two of you. Pretend to be lovers in a secret relationship.

2. Take a road trip: A road trip can be a lot of fun. Full of sing alongs and junk food, it will bring the two of you closer.

3. Everyone loves a good game: Game night is the best way to spend some time alone with your partner without the mushy [romantic](#) factor. Whether it's a board game or watching a sport, you'll have a great time.

What are some fun ways that you spend time with your partner? Share your comments below.

Octomom Nadya Suleman Won't Date Until Kids Are 18





Octomom, Nadya Suleman, said that she doesn't plan on dating until her kids are at least 18-years old. "I get way too much male attention," said the single mom, according to [People](#).

"When men look at me, I look away and they know not to approach me. I know I'm beautiful – I don't need a man to tell me that." As for now, Suleman's biggest concern is her children, and she doesn't plan on that changing anytime soon.

What are some obstacles to dating as a single parent?

Cupid's Advice:

Dating in general is a challenge, let alone when you have kids. Cupid has some tips:

1. Attatchments: Kids that grow up without a father figure are going to look for someone else to fill that role. If you bring home the people you date, you don't want your kids to get too attached – especially if it's not something that you could see working long term.

2. Commitment: As a single parent you're constantly busy with work and the kids, and having time to build a strong

relationship may be a difficult task. However, don't be afraid to find a babysitter a few nights a month without feeling guilty, because you deserve to find love if you're seeking it.

3. Prioritizing: New love interests can be exciting and it's easy to love the flirting and mystery, but don't let yourself get too caught up. Remember that you have a family to think of, and a crush should never come before your children. If you prioritize your time, you just might end up snagging Mr. Right.

How do you find time to date as a single parent? Share your comments below.

New Couple: Michelle Williams and Jason Segel Are Dating





Longtime friends Jason Segel and Michelle Williams are the newest celebrity couple. According to a source, “They are smitten and very serious.” The duo was caught taking a romantic stroll after a meal at Frankie Spuntino in Brooklyn this weekend, reported UsMagazine.com. A source says, “They seemed very relaxed.” The day after the pair’s stroll and meal, Segel was spotted playing with Matilda, Williams’ 6-year-old daughter. Living on different coasts makes their relationship challenging, but the source says the couple is “trying to make it work. She hasn’t been this happy in a long time.”

How do you stay close to your long distance mate?

Cupid’s Advice:

Being in a relationship is hard enough as it is, but what about when you are in separate states, or even separate countries? Here are some tips on how to stay as close in a long distance relationship:

- 1. Skype:** Skype is a lifesaver for long distance

relationships. Seeing your sweetheart's face every day makes the distance seem much more bearable. Even if you chat for only five minutes, talking face-to-face will keep your relationship alive better than any text message could.

2. Share photos: Send each other pictures. Even if it's only what you had for lunch, share your life with your partner. Send pictures of things you would normally laugh about together, or something you tried for the first time together and are passing in the grocery store. Keeping your partner in the know will make reuniting seamless.

3. Make countdowns: Countdowns can definitely help you through a long distance relationship. If you have visits planned, count down to those. Or, if you have a birthday coming up, count down to that. The smaller and simpler the count down, the better they will make you feel, until the ultimate countdown of being able to be together for good.

How do you stay close to your long distance partner? Share your stories below.

How to Get the Best Sleep You Can With Your Partner





By David O Volpi, M.D.

Sleeping habits aren't exactly first date conversation topics, but the reality is that more than a quarter of couples say their partner's sleep habits prevent them from getting a good night's rest, according to the National Sleep Foundation. Sleep incompatibilities are a top reason why one in four couples sleep in separate beds, and snoring is actually one of the top three reasons for divorce in the U.S.

So, how can women sleep in sync with their guys? Often times, simple lifestyle changes can help busy couples make their sleep routines mesh, and stop the snoring and bad sleeping habits that prevent them from sleeping soundly together. To get the best sleep possible, try the following tips:

Related: [Five Conversations to Avoid on the First Date](#)

Sync up your sleep schedules. Going to bed and waking up at different times every day is a sleep destroyer, and it's easy to do when couples have different work or social schedules. In order to practice good 'sleep hygiene,' couples should get

into a pattern of going to sleep and waking up around the same time every day, including weekends.

Change your position. For some people, an increased amount of airway obstruction occurs when they sleep on their backs.

This is called positional snoring. The obstruction can be reduced or eliminated if the snorer sleeps on their side, which is why bed partners always try to get their snoring counterpart to wake up and “roll over.” In this case, a simple solution is to keep the snoring person off their back.

To do so, you can try sewing a ball into the pocket of a t-shirt, and having the snorer wear it backwards during sleep. Sleeping with an extra pillow can also help, because it elevates the head and opens the airways.

Reserve the bed for two things: Sleep and intimacy. Try to avoid eating, watching TV or using electronics in bed. It's been scientifically proven that the light from TV and computer screens affects melatonin production and throws off circadian rhythms. Plus, working in bed won't help couples bond, or wind down and ease into sleep.

Related: [Celebrity Couples Who Could Use an Extra Hour of Sleep](#)

Make sure neither of you use alcohol or sleeping medications before bedtime. Alcohol and medicines that make you drowsy can actually prevent you from sleeping through the night, even though they may make you drowsy initially. Alcohol and sedatives also cause the throat and tongue muscles to relax even further than usual, exacerbating snoring.

Create a relaxing bedtime routine. When your body gets used to a nighttime routine (whether it's a beauty routine or an activity like reading), the brain is tricked into knowing that it's ready for bed. Try doing a crossword puzzle together or taking a warm bath. A study in *Sleep*, the Journal of the American Sleep Disorders Association, suggests taking a hot

bath 90 minutes before bedtime can help you fall asleep. The hot water raises body temperature, and cool air in the bedroom lowers skin temperature, which triggers your body to produce melatonin and become drowsy.

Finally, always see a doctor if you or your partner struggles from sleep problems. Sleep disorders affect millions of people. Even celebrities like Rihanna and Shaquille O'Neal are known for struggles with snoring! But taking time to fix sleep problems is always worth it. In fact, it can help save relationships!

David O. Volpi attended Hahnemann Medical College in Philadelphia and completed his post graduate training in General Surgery at the Hospital of The Medical College of Pennsylvania in Philadelphia and a residency in Otolaryngology, Head and Neck Surgery at the New York Medical College Affiliated Hospitals and the New York Eye and Ear Infirmary. He is also the co-author of the book Wake Up! You're Snoring... which was conceived and written to be an authoritative information source for people seeking guidance on treating the many causes of snoring.