

“Get Married This Year: 365 Days to ‘I Do’”



By [Whitney Baker](#)

Sure, we all want to find “the right guy,” but how do we successfully approach such a task? In her new book *Get*

Married This Year: 365 Days to "I Do," relationship expert, professor and psychotherapist Dr. Janet Blair Page shares her easy-to-follow 12-month plan to help readers not only get married this year but to build a loving and long-lasting relationship with the man of their dreams. We had the chance to interview Dr. Page, during which she shared her personal story of true love. She also expanded on the steps of her program and discussed why her plan really works.

Can you tell us about your book and why you wrote it?

In 1984, I began teaching a course at Emory University called "Before a Year Is Over, I'll Be Married." The way people meet and [date](#) has changed over the last three decades, but the problems haven't changed: they feel like they're not meeting enough eligible people, or if they are, they keep facing the same relationship love blocks over and over again. As a psychotherapist – divorced and remarried myself – I was not only able to empathize with many of the women, but I have personally been on the same path and have my own backlog of bloopers. I've also experienced the joys of a good marriage, and it's the most wonderful way I can think to spend your life. This book offers the experience I have gathered.

Your first bit of advice is to get to know yourself. What does a woman need to do to truly know herself?

To truly know herself a woman has to be scrupulously honest about whom she is and has been. A positive realism toward herself and all others in her life is the definition of mental health. She also needs to be aware of her effect on others – life is a team sport – be open to caring and competent critique from people with low to no agendas. If she has personal pain, she needs to have the courage to heal; and if change in her behavior or attitude would be advisable, she needs to be willing to make it happen.

Related: [Valentine's Day Advice: How Successful Women Can](#)

Ditch Dating Duds

Before a woman can “find the right guy” (month 6), she must figure out what that means to her. What advice do you have for someone at this stage in her journey to love?

“The right guy” is not only the best possible man for you but also one with whom you are absolutely willing to put in whatever it takes to make your relationship succeed. You trust and respect each other, have shared your goals and desires, enjoy the comfort of being honest with each other, and love each other unconditionally. You crave being together but are able to be apart without having to worry about the other person’s behavior. You both understand mutuality and are capable of truth telling. (The truth – as inconvenient as it can sometimes be – usually comes out one way or another. Wouldn’t you rather it be on your terms?). You feel even better about yourself being with him and loving him with your brain as well as your whole heart.

Do you believe that this timeline works for all women? If not, whom wouldn’t it work for?

It depends on your starting point. For women who have already accomplished some of the tasks – they knew what they wanted in a man and how to spot a keeper but not how to date or create a close relationship, for example – a year works. But realistically, many women won’t be able to become self-aware or good at self-marketing and dating, de-cluttering their lives, communicating, and connecting beautifully with a man in 365 days. Succeeding at every stage in the 12-month program is much more important than meeting the timeline.

I’m not worried about the women who aren’t married in 365 days as long as they have fixed their old, ineffective behaviors and are in a place to go out and find their soul mate. The ones I worry about (and who I’d especially like to help) are the ones who continue to drag an ineligible man behind them

for years. Keeping my game plan in mind can help them transition to a more effective dating strategies.

Wouldn't some relationships benefit from dating for longer than 365 days?

There's a difference between a couple who both know that they want to be married to each other and just haven't set a date yet and a relationship where one party is simply a placeholder while the other party figures out what s/he wants. After 365 days, he should know if he is interested in marrying you and will have let you know by thought, words, and actions. That said, keep in mind that men like to control the when and how, and unless you think he will never get around to it, bide your time and let him be the conquering hero.

Do you think your program can benefit a man in the same way it benefits a woman? Why or why not?

Yes! I know it can. Many men took my class, and all seem to like the "pull no punches but have a sense of humor" approach.

Also, most of my clients are men, and while they are less likely to buy a book or take a class, they experience the same pain, if not more, in love. They are very welcoming of any rules that can alleviate hurt and promote success. Marriage and being in love is of tremendous benefit to men, and they know it. I've spent a great deal of time in my practice learning how men feel and interact in relationships. My program is not only effective for men, but I've developed it to help women be effective in dating them by using my experience with men in therapy.

Related: [Reduce Stress and Maximize Romance This Winter](#)

Can you share your favorite success story with Cupid's Pulse? Having helped over 1,000 couples, I'm sure it's hard to narrow it down to just one.

My favorite success story is my older daughter's. When Tasha

got serious about getting married, she flew down from New York and took my course. She listened to the lecture audio and kept the workbook with her at all times. When she went back home, we scheduled regular consults about where she was going and whom she was dating. Tasha religiously stuck to the big three: going out three times a week somewhere, anywhere it was possible to meet someone to date or someone who could be a conduit to someone to date; keeping an open mind about her type of man; and only dating qualified males. She told me about a guy she met in a bar while shooting pool. Eric was younger, a writer and an intellectual. He seemed shy, and he wasn't her type, she said. I encouraged her to pursue it anyway.

She accepted the date – nothing to lose and a possible gain.

Then she told me he suggested they do show-and-tell and wasn't that "cool." I thought, "A match!" It was the request of someone who wanted guaranteed talking points and was accepted as a smooth move. Eric brought old coins that she found intriguing, and she was also impressed by the history lesson that went with them because she had wanted someone smart. And that was it. They were and are perfect together. Although it's always a great joy to me to know that that couples I've helped get together are still happily married, it's particularly great when I get a treasure for a son-in-law.

To find your Mr. Right – and get married this year – visit Amazon to purchase Get Married This Year: 365 to "I Do." For more information on Dr. Page's book, therapy and classes, visit her website, <http://drjanetpage.com/>.

J.R. Martinez Prepares His Dog for His Baby



Man's best friend? Meet Daddy's little girl. Season 13 winner of *Dancing With The Stars*, J.R. Martinez, is preparing his black lab for the arrival of his baby girl in May. The

actor and former U.S. Army soldier, told [People](#) that his lab, Romeo, is a loving pup and “totally human”. Sounds like J.R. Martinez is going to be a great father.

How do you prepare your pet for the arrival of a new baby?

Cupid's Advice:

For most couples, getting a dog is a great learning experience before having a baby. Therefore, when the time comes to add a new bundle of joy to the family, couples need to prepare their child's future sibling and best friend. Here are some fun ways to get your pet ready for a new baby in the house:

- 1. Less attention is okay:** Pets are just like children, because they need a lot of attention. Try to practice minimizing that attention before the baby comes.
- 2. Consider a training class:** Take care of your pet's urges of possessiveness and mouthing/scratching.
- 3. Dress rehearsal:** Use a doll or ask friends to bring their babies over so your dog can become comfortable around children.

How have you prepared your dog for the arrival of your new baby? Share your comments below.

Five Things Men Look For In a Wife



By Steven Zangrillo

Listen, it's not easy for men. We understand that it's a two-way street, this dating thing. Tried and true, we young professionals hit the bars, clubs, gyms, restaurants and other various hot spots perceived to be breeding ground for potential girlfriends and spouses. Some of us have even taken the plunge into the e-dating world. We come up empty handed

more often than you would think. Maybe that isn't surprising to you, but it's routine to us. All too often, the cute girl on the stairmaster ends up being nothing more than just that – a cute girl. You see, we have a natural tendency to judge (harshly), and often build up our own barriers against accepting a woman into our lives past the first few dates. That said, we do have a few important criteria. Below are five things men look for in a wife:

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

1. Focus

That is, stop looking at your phone when I talk to you. This thing we look for can be displayed with variance in several different ways. When we're describing anything to you, be it an event of the day, idea we have, or anything else, it's because we care about your opinion on the matter. Your focused feedback on all things is important to us. We're looking for a life partner, someone to be our go-to when we need it most. Stay focused.

2. Truthfulness

We expect honesty in dialogue. Even the smallest details matter. If you don't like that dish we ordered for dinner, say so. If you aren't a fan of the way we floss and sing Blink-182 simultaneously, pipe up. Nip things that bother you by telling the truth about how you feel. The more you sweep things under the rug, the bigger mess you will find yourself cleaning up later. No conversation is worth saving over a white lie.

3. Steadiness

That "Keep Calm And Carry On" catch phrase is a beauty... because it's rooted in reality. If we're surveying you as a potential wife, it means we're taking you seriously. We're

all about you, we love you, and we're going to spend a lot of time, money and energy making you the happiest person to have ever walked this earth. We are preparing to give ourselves to you. Just as we have to present ourselves as stable, able life mates, you must do the same. If you've still yet to sow some of your wild oats, then this relationship isn't for you.

Be here, now, and present. Have your job, family and money in order. Don't let this commitment go into the deep end if you're still wearing swimmyies.

Related: [How to Master Being in a Relationship](#)

4. Positivity

Pretty simple, right? No one likes a Debbie Downer, especially one that they'll be sharing their life and assets with. You will be sharing a bed, bathroom, kitchen, home, family and life together. It would seem that the best way to approach that would be with positivity. Although it's still important to tell the truth about things that bother you, it's also important to be... you know... enjoyable. Think of all of your negative friends and family. When you're planning a night out, you probably hesitate to call them. If you can't call those people, why would you marry one?

5. Love (NOTHING else)

It always comes back to love, doesn't it? We look for women to share love with us. Love is the stuff of marriage. If you're in need of financial help, the government has programs for that. It's important to be at similar stations in life so you have a reciprocal and positive marriage experience. We want to marry because we're in love, not because it's a sound financial decision.

What are some other things men look for in a wife? Share your thoughts below.

Bobby Brown is 'Deeply Saddened' by Whitney Houston's Death





Whitney Houston's ex-husband, Bobby Brown, has finally spoken out about the late singer's tragic death. According to *People*, Brown released a statement saying, "I am deeply saddened at the passing of my ex-wife, Whitney Houston." He also asked for privacy during this difficult time, especially for daughter, Bobbi Kristina. On top of that, he thanked everyone for their heartfelt condolences. Houston's ex was said to have been devastated by her loss when the diva was found dead in a Beverly Hills hotel. After hearing of her death, a tearful Brown proclaimed, "I love you Whitney" while performing with his band, New Edition, in Mississippi.

What are some ways to cope with a partner's passing?

Cupid's Advice:

Aside from the loss of a parent, dealing with a partner or even an ex-partner's passing is one of the hardest things to go through. Here are some ways to cope:

1. Take time to grieve: After the initial shock of losing a partner, it's okay to take a break for a while to deal with your loss.

2. Surround yourself with positive influences: True friends will also be there when you need them to be. Keep them close during this difficult time.

3. Honor their memory: Keep something to remember your late partner by, and share stories of all the great times you had together.

What other ways can you deal with the death of a lover? Share your thoughts below.

Valentine's Day Advice: 5 Love Languages Defined





By Top Dating Sites

Do you remember that special moment? You know, the time you put down the artificial midge-fly you were tying so that you could spend time with your husband, and you rubbed the back of his neck while telling him how special he was? Meanwhile, he was giving you the pair of mittens he knitted for you, after he heard you say your arthritis was kicking up. Well, congratulations, because you two were speaking *all five* languages of love at once.

This harmonious convergence of events speaks to all the

communication tools that noted relationship expert and author, Dr. Gary Chapman, extols in his series, *The 5 Love Languages*.

Dr. Chapman, also a Baptist minister, has achieved world-renown as a Biblical scholar in the field of personal relationships. His best-selling series concentrates on ways that people can convey their true feelings to others in ways that are easily accessible to all parties. In the condensed form above were elements of what Dr. Chapman teaches. A few notes about these “languages” appear below. These techniques apply not only to spouses, but to all interpersonal relationships:

1. Words of Affirmation – Find something nice to say to somebody. It really isn’t difficult; it just takes a little bit of effort. Show that you notice something positive about another, whether it’s an endearment, or “seeing” a new hair-do or a hobby achievement. Some people call it giving “strokes” because it is a verbal “petting”. To understand it better, turn the tables and imagine the feeling you get when somebody sincerely says something nice to you. That’s what we’re talking about.

Related: [Communicate This – Signs that Kim and Kris Were Doomed](#)

2. Quality Time – Quality time *doesn’t* mean giving anything up. It *does* mean creating time together. What you do or don’t do isn’t important. What *is* important is that you are together.

3. Gifts – It isn’t the size of a package or the gleam of a gemstone that matters in gift-giving and gift-receiving. The important thing is that it lets people express positive emotion in a tangible way. Those who prefer to communicate in the ‘gift’ love language, put a lot of thought into the gifts they give.

Related: [10 Holiday Gift Ideas for that Special Someone](#)

4. Acts of Service – When you oiled the hinges on the screen-door that was driving your mate crazy you were “speaking” a language of love. When you finally notice that you haven’t tripped over a pair of shoes on the stairway in quite some time, it’s because someone else was “speaking” to you in a language of love.

5. Physical Touch – Unless you are both professional alligator-wrestlers, physical touch probably doesn’t need to be more than an unexpected touch or small caress to speak loudly in one of the least-developed “languages” of love.

One of the aspects of Dr. Chapman’s teachings that has been most helpful for couples is learning how to identify one another’s preferred love language. We often try to show love to others in ways that we appreciate, instead of in their own ‘love language’ and then are baffled by their lack of appreciation. When one person’s primary love language is ‘gifts’ and the other’s is ‘words of affirmation’, they are each speaking a foreign ‘love language’ to their partner.

Understanding this can be very helpful in any relationship, but especially in the ongoing relationship of marriage.

Dr. Chapman isn’t exploring deep mysteries. His observations and teachings involve everyday people, living everyday lives. What people do within that context is what ultimately decides how many “languages” you are fluent in.

Did Katy Perry Sing About Russell Brand at the Grammy

Awards?



Newly single Katy Perry may be using her music as an outlet for her divorce with Russell Brand. A nominee for record of the year, Perry performed at the Grammy Awards. She came out with "E.T." and then followed it up with her new song titled "Part of Me." According to [People](#), with lyrics like, "You can

keep everything.” It sure sounds like the singer was making a reference to Brand.

How can music help you recover after a tough breakup?

Cupid's Advice:

Sometimes it can be difficult to find ways to get over your ex. Cupid shares some advice about using music as an aid to recovery:

1. Sad love songs: It's cliché, but true. Listening to sad music can give you the perfect opportunity to cry and let it out, instead of holding it all in. It's a better outlet than venting too much to those outside the relationship.

2. Embrace the music: Taking up a new habit, such as learning a new instrument or joining a singing group can be a good outlet. It gives you the ability to concentrate on happier moments and forget the lack of compatibility with your ex.

3. Write it out: You don't have to be a superstar like Katy Perry to embrace the heartache, and write a song about your ex. It might not hit the charts, but it'll do the trick.

What are some ways you've used music to get over a break up?
Let us know in a comment below.

Valentine's Day Advice: 10 Tips for a Romantic (and

Green) Marriage Proposal



By Kate Harrison

Valentine's Day is one of the most popular days of the year to propose. As this special day approaches, men across the country are struggling to find the best way to pop the question. Take a load off boys, because Green Bride Guide

eco-wedding expert Kate Harrison has some engaging ideas to inspire your inner romantic while reducing your impact on the earth.

“For a great proposal, the key is to be both thoughtful and creative,” says Harrison. “Like your wedding day, your proposal should be all about her, so put her first in every way and you can’t go wrong.”

1. Location: No one likes to say they got engaged next to the laundry machine. Pick a location or restaurant that she loves or take her to your favorite green spot. Whether a mountaintop or an organic restaurant, your soon-to-be fiancée will appreciate a carefully selected location.

Related: [Date Idea: Star Light, Star Bright](#)

2. Look the part: Shower with your organic bath products, wear an outfit you know she loves, and put on a non-toxic deodorant or cologne. (Check the Environmental Working Groups Skindeep database to see how yours ranks today.)

Related: [5 Ways to Get Him to Propose By Labor Day](#)

3. Make it a party: Surround her with the people she loves the most for an engagement with an audience. Keep some chilled organic sparkling wine on hand to pass around after you pop the question.

4. Daily gifts: Create a count-down to Valentine’s Day with little gifts each day like fair trade chocolates, heart-inspired socks or underwear, movie tickets, and love notes.

5. Summon a crowd: Does she love an audience? Purchase tickets to a concert or theatrical presentation, and propose in front of a crowd.

6. Customize a puzzle: Once it’s put together, it reads, “Will you marry me?”

7. Go vintage: Buy a Lite Brite board on eBay and write the words "Marry Me" in pretty colors.

8. Flowers: Shower her with organic, fair trade or locally grown flowers. You can buy freeze dried petals online and sprinkle them in the tub, on the bed, or even in the car. Use them to spell out your proposal, or tie a note to a bouquet.

9. Candles: Light up the bedroom with soy, palm or beeswax candles.

10. Get nerdy: Create your own original poem, write your own song, or make a YouTube video to ask for her hand in marriage.

Kate wrote The Green Bride Guide (Sourcebooks, 2008), after planning her own green wedding in 2007, and founded www.greenbrideguide.com in 2009. In 2010, she created the country's first green wedding professional certification class – a four week, online course – with the Wedding Planning Institute to help wedding planners learn about eco-friendly alternatives.

Valentine's Day Advice: Five Unconventional Date Night Ideas





By A Bullseye View

The old dinner and a movie routine can get old fast. This Valentine's Day, it's time to spice things up. Whether you want to go out or stay in, these non-traditional activities are sure-fire fun:

Stay in and cook fresh pasta

There's something about tackling a project like fresh pasta that's really fun. It's special, delicious and only requires two ingredients (plus you, of course!). To start, you'll need all-purpose flour and eggs. If you don't have a pasta maker,

you can roll dough out with a regular rolling pin and cut it with a knife. With a little time and effort, you'll have a fine-dining experience that you made from scratch, together.

Get glam and smile

In the age of digital cameras, unflattering Facebook shots and constant TwitPics, it can be hard to find a decent photo with your significant other. So, why not get all gussied up and pose like a pro? Hire a professional shutterbug or just ask a willing friend.

Related: [Valentine's Day Advice – Indulge in Simple Pleasures](#)

Learn something together

Take a class – a cooking class, language class, kickboxing class, massage class – it doesn't matter! As long as it's fun and a break from your daily routine, you'll both learn something new and have fun while doing it. Participating in the experience together is what's important.

Related: [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

Give a personalized gift

Flowers and sweets – although delicious – aren't your only gift options. Give your beau a special something that will keep you in their minds (and hands) all day long – a custom photo phone case. CaseMate and Target give you the creative reigns on shatterproof, scratch resistant cases for iPhones, iPod Touch, BlackBerry and Samsung. Upload a cute snapshot of the two of you and start designing cases together. Best part? Their phone will stand out from the crowd *and* everyone will know they're taken!

Volunteer

What's the total opposite of an expensive night on the town? Spending a few hours, or even a full day, volunteering at a local charity or organization. Get those good vibes pumping by volunteering as a couple. You'll feel great about your partner *and* you can spread some of your love to others.

Valentine's Day Advice: Romantic Home-Dates for Busy Parents





By Rebecca Garland

Forced to stay home for Valentine's Day with the hubby? You're not alone, as many celebrity families prefer to stay close rather than head out on romantic dates while dealing with the hassles of a babysitter or, in the celebrity case, overtime pay for the nanny.

Can you imagine Brad Pitt and Angelina Jolie turning up for a special with the paparazzi underfoot looking for clues about the latest celebrity plastic surgery? No – celebrity parents, especially in big families like the Jolie-Pitts, are looking

for a bit more privacy when it comes to celebrating Valentine's Day. And you can enjoy romance at home, too. Here's how:

Cook Together

Often parents focus on getting food on the table rather than the simple joys that baking can bring. Feed the children early, and pack them off to bed. Then, come back to the kitchen for an evening with entrees and wine just for the grown-ups. Cooking together can be intimate by preparing the meal together, setting the table for two and feeding each other bites in exactly the same way you would if you were paying \$100 per plate.

Related: [Celebrity Couples With The Biggest Age Differences](#)

Dinner and a Movie

If the idea of cleaning the kitchen twice is overwhelming, take the easy road and send out for take-out. While one of you puts the kids to bed, the other drives to the local steakhouse or seafood restaurant for some delicious food to go. Those waiting for a table might realize you have the right idea as you hurry home with your fine dining. Set the table in the living room, and enjoy the meal by candle light.

Then, with the leftovers put away, pop in your favorite romantic comedy and put your home theater to good use.

Related: [5 Ways to Reignite the Spark In Your Relationship](#)

Casual Romance

Valentine's Day deserves a bit of special treatment, but if setting tables and driving out for food doesn't put you in the mind for romance, why not keep it casual? Busy parents know that the most romantic thing you can do is simply spend time together without any obligations or interferences. Order a pizza with your favorite toppings – you don't need to make

concessions for the kids this time – and kick back to watch an uninterrupted marathon of all of those shows the two of you have recorded on the DVR.

Picture the two of you on the couch, your feet in his lap while both of you hold a container of delivered Chinese food or pizza for dinner. If you think the evening needs a bit more of a kick, throw your normal sweatpants over some silky lingerie, and use those commercial breaks wisely...

Rebecca Garland is a professional freelance writer working hard to populate the internet with meaningful, interesting content. With advanced degrees in information science and business, Rebecca enjoys a variety of topics including relationships and seduction. Learn more about Rebecca on her professional website, www.internetauthor.net.

Scarlett Johansson and New Beau Nate Naylor Vacation in Hawaii





Scarlett Johansson is enjoying the last few weeks of winter. The *Iron Man 2* actress, 27, visited a Hawaiian island with beau Nate Naylor, reports [People](#). The couple were seen smooching on an unidentified beach on Friday. Johansson has been dating Naylor, a New York City-based ad executive, for five months.

How do you make the most of a romantic tropical vacation with your partner?

Cupid's Advice:

There are endless ways to make a tropical vacation more romantic. Here are a few suggestions:

1. Go hiking: Take advantage of the local landscape, and go hiking. Many hiking trails even have waterfalls along the way.

2. Stargaze: Tropical islands are famous for their cloudless skies and bright stars. Lay out on the beach or on the balcony of your hotel room and look at the sky with your significant other.

3. Visit a private beach: Though popular beaches are beautiful as well, sometimes private beaches are even more breathtaking. Ask a local or pick up a tourist guide to find a less-populated beach.

Have you ever visited a tropical locale with your partner? Feel free to leave a comment below.

Rumor: Is Adam Levine and Anne V's Relationship On the Rocks?





If the reported relationship woes are true, then Adam Levine will have to find someone else to serenade. UsMagazine.com reports that the Maroon 5 frontman and Victoria's Secret model Anne V's relationship may be over after two years. A source says that the duo got into a fight, and she dumped him. The source also said that the reason behind the arguing is that V doesn't think "he treats her well." To add to that case, Levine did not have his date with him at the Golden Globes. Despite this, Levine's rep struck down the rumor as "100 percent not true."

What do you do if your partner doesn't treat you well?

Cupid's Advice:

Nobody should be with someone who treats them unfairly. Cupid has a few tips on what to do if you feel this way:

1. Have a 'sit down': You and your partner need to be able to sit down and talk your issues out. The only way to see the relationship work is if you can talk everything out without being over emotional.

2. Stay calm: Blowing up is the last thing you want to do. You'll end up saying things you regret, and you can't take those things back. Remain calm and rational if at all possible.

3. Keep your distance: If all else fails, then walk away. This should be the last resort, but in the end you deserve to be happy and with someone who treats you well.

What did you do when your partner started treating you poorly? Share your experiences below.

Valentine's Day Outfit Ideas: Sophisticated





By Sarah Thaman

Excited about an upcoming Valentine's Day date? Even if you're going out with your husband or long time bf, it's a great excuse to shake things up and go out for a night on the town. Lost on what to wear? Never fear! I'm here with different looks that are sure to please you and your man. Here's the final of the three looks:

This Valentine's Day look is great if you're meeting up with your date after a long work day. Switch out your shoes for a flash of metallic and a big cocktail ring to jazz it up. Keep

your makeup minimal and freshen it up with a highlighter to give your face a subtle glow. When swiped down the bridge of the nose, the Cupid's bow, and near the temples, highlighter gives your face a gorgeous, fresh look. The pop of seafoam green in the fold-over clutch adds a surprising and polished detail. Again, keeping with the "fresh" and sophisticated look.

Enjoy a romantic night out looking fabulous! For more Valentine's Day inspiration visit this Gal's Guide to Valentine's Day at handbagheaven.com!

While Sarah Thaman may not be a professional stylist, she prides herself on choosing fashion that looks polished and classic, and she's always helping friends choose their date outfits. Although she's a writer for Handbag Heaven by day, outside of work she takes joy in being a matchmaker, a newlywed, and a momma to her precious puppy, Luna.

'The Vow' Actor Channing Tatum and Wife Plan on Having Kids





Channing Tatum's next big project may just be starting a family. *The Vow* actor and his wife, actress Jenna Dewan, told *Hollyscoop.com* that they are opting to have kids at some point in the future. "We're married, so it doesn't get any further than that," Tatum said. Although the couple plans to procreate, it won't be anytime soon, given that the two are busy working on other projects. Despite having a demanding schedule, the couple manages to keep their marriage fresh by being creative and communicating. Tatum admits that he loves leaving notes around for his wife to show how much he loves her, while Dewan states they make sure to see each other. "We have a like a two week rule. So we see each other every two

weeks...If you want to make it work, you make it work.”

How do you know when your relationship is ready for kids?

Cupid’s Advice:

“First comes love, then comes marriage, then comes the baby in the baby carriage.” That’s how the saying goes, but how do you know when it’s time to have children? Starting a family is the next big step after tying the knot in your relationship. Cupid has some tips:

1. Enjoy each other first: The first few years of your marriage should be just about you and your lover. Take romantic vacations to tropical locations, surprise each other with “just because” gifts and go on spontaneous dates and trips. It’s definitely possible to do this with kids, but it may not be as easy.

2. Practice makes perfect: Before having a child, babysit for a family member or a friend to get an idea of what to expect if you haven’t been around kids in a long time. For the animal-loving couple, getting a dog wouldn’t be a bad choice as this can somewhat prepare you for the future as well.

3. You’re both ready: When you communicate to your spouse that you’re ready to have children and they agree, then you can anxiously start planning for offspring.

How did you know you were ready for kids? Share your thoughts below.

Is Zac Efron Dating 'Mirror Mirror' Star Lily Collins?



It looks as if Zac Efron may have a new woman in his life. According to [People](#), Lily Collins, 22, the star of the upcoming film *Mirror Mirror*, was spotted having dinner with

Efron in Los Angeles at STK on Saturday night. A source says the couple arrived together holding hands. They were there to celebrate one of Efron's friend's birthdays. After having a drink at the bar, they joined the birthday party on the patio. To clear up any confusion about Demi Moore and her daughter Rumer, Efron told [Extra](#), "Me and Rumer have been friends for a long time. I know Demi is going through some personal stuff right now. I just wish her well. I hope she's doing okay."

What are three strong dinner date conversational points?

Cupid's Advice:

Being nervous about a dinner date is perfectly normal. Conversation can be a serious challenge when your nerves have the best of you. Here are some great go-to points to discuss:

1. Education: Discussing your college life can be a great way to get to know someone. Uncovering that your date was a music major may make you 10 times more interested. Sharing his experiences can give you a new outlook, as well as a great way to get to know one another.

2. Work: Knowing what your new man does for a living is a deal changer. However, don't let work steer the entire conversation, as it would get boring very quickly. Bring up how much you enjoy your job as a nurse, but don't give any gruesome emergency rooms horror stories.

3. Hobbies: Talking about what you love to do in your spare time is the number one way to get to know someone. Maybe you both enjoy skiing, or biking. Either way, once you discover what you have in common, your conversation will steer itself in the right direction.

What are your dinner date conversational points? Share your stories below.

Video Exclusive: Food Network's Anne Burrell Gives Valentine's Day Cooking Tips





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Food Network star Anne Burrell knows a thing or two about spurring the fires of romance over the flame of a hot stove.

Cooking has always been revered as a mutual romantic touchstone, and no day is better to exploit this fact than on Valentine's Day. Be it chocolates or spaghetti with a nice bolognese sauce, treating your partner's palette with care can lead to delicious consequences. Anne dishes on how to cook for your partner this Valentine's Day, using the kitchen as an aphrodisiac atmosphere where love can only grow.

For more videos from CupidsPulse.com, check out our YouTube channel.

David Beckham Says Kids Are Competitive Like Him and Victoria





With parents like David and Victoria Beckham, it seems natural to say that Brooklyn, 12, Romeo, 9, and Cruz, 6, have been raised with a competitive spirit built in. "It would be easy for our kids to sit back and not work for anything, but they're not like that," David, 36, told [Men's Health](#). "They're as competitive as Victoria, 37, and me." The couple plans to instill the same values into Harper Seven who was born in July 2011, according to [UsMagazine.com](#). "We're very luck with our boys: They want to win. They want to work at something. They know their values. That's the way we've brought them up so far, and that's the way we'll continue to bring them up," said David. "Family is the most important

thing to me.”

How do you teach your kids that being competitive can be a good thing?

Cupid’s Advice:

Instilling values in your children is important, and it has to be done early. Here are some tips on how to teach *healthy* competition:

1. It’s okay to lose: Teaching your child it is okay to lose is extremely important. Raising your child to win and always be right will be a huge disappointment when, someday, they are not chosen first for kickball at recess.

2. Life isn’t fair: Giving your kids everything they want will lead to them a lifetime of attitude. Showing your children that they have to work toward goals and then accomplish them in order to receive a prize is key.

3. Sportsmanship: Knowing how to keep from being a sore loser is just as important as not being an over-the-top winner. Winning is exciting, but children should know it’s not okay to rub their glory in their friends’ faces.

How did you teach your kids that being competitive is a good thing? Share your stories below.

Find Out What Jennifer Aniston Likes About Justin

Theroux



It seems Jennifer Aniston is no longer concerned with her ex-husband Brad Pitt. She's now very happy with her new guy, Justin Theroux. According to [People](#), the actress' relationship with Theroux is "going strong," and she says that she's in a "joyful and peaceful" place in her life. What's

their secret to a healthy relationship? Not only do they have a love for acting in common, filming *Wanderlust* together, but they also share a sense of style.

What are some important things you should have in common with your partner?

Cupid's Advice:

Although many say that opposites attract, it's good to have some things in common with your partner, too. Cupid shares some important similarities:

1. Shared interests: You don't have to like everything that your partner likes. However, it's a good idea to like some of the same things. Take a cue from Aniston and Theroux who point to their shared love of acting and fashion.

2. Goals: You and your sweetheart should share similar goals. What are your thoughts on marriage and children? Your viewpoints on this question should eventually coincide or intersect so that your relationship can continue into the future.

3. Opinions: If you or your partner has strong opinions on certain topics, it may be a good idea to have similar thoughts on those subjects. If you don't, you'll need to be able to agree to disagree in order to avoid yearning for the single life.

What are some things you have in common with your partner?

Share your comments below.

Valentine's Day Advice: Indulge In Simple Pleasures



By Renee Lee

It doesn't matter if you live life in the fast lane, with family in the suburbs, or somewhere in between, Valentine's

Day is a time to take a moment to appreciate yourself and those we love. My rule of thumb is to remove all pressures associated with the holiday and instead indulge in life's simple pleasures. Because I am a Matchmaker here in NYC, I've ended up working in a very celebrity focused market.

Therefore, let's take a look at recent heart break and hookups as examples on how to make Valentine's Day that much sweeter.

Treat yourself to chocolates

Going through a Demi Moore style break up is awful! The dread of Valentines Day looming ahead can feel more excruciating than the idea of an all day screening of *The Notebook*. But the key thing to remember is the Diva you are within. Forget the "I am no one, until someone loves me" stigma, and instead take a moment to be kind and celebrate the most awesome love of all – the love for yourself! Why be upset you didn't end up with some sad drugstore chocolate, when you truly deserve something as sophisticated as Frangelico Truffles? These truffles, created by my favorite sweet liqueur, are the perfect simple pleasure when it comes to treating yourself.

Plus, once you realize your worth in chocolates, you will never again accept a boy to do a man's job.

Bring back the first meal you had together

For couples like Justin Timberlake and Jessica Biel who have been through the break-ups, shake ups, and make ups, why not take a moment to celebrate the joys of what brought you to the strong place you are in now? A great way to go back to the simple pleasures for dinner is to cook the first meal you ever made together. For a gift highlighting your life together, create a photo book of your life so far, with the last page saying "to be continued..."

Predict your own future

This will be the first Valentine's Day that Justin Theroux and Jennifer Aniston spend together, so why not get a little frisky? Jennifer is probably over tabloids predicting her future, and perhaps your family and friends do the same thing to you. This time it's your turn. Create her own future with some custom fortune cookies. Nothing will be more of a surprise than an after dinner dessert that holds sexy hints to your next move for the evening.

Dedicate and decorate cupcakes

It's Heidi Klum's first Valentine's Day with just the kids and no Seal, so a great idea is to make cupcakes with a heart.

Put all the family members names in a hat, and have each person grab one or two. For the person you selected, you will decorate a cupcake as a dedication to them. No matter if it's for an ex-husband, best friend, book smart cousin or meddling sister, it's a creative way to remember those who make your life sweeter.

So this year, take a minute, de-stress and think about those simple pleasures that make life sweet; whether it's a Frangelico truffle, time with your children or something as easy and nice as a meal and a great book.

Renee Lee is a Matchmaker in NYC and has a Master's Degree in Counseling from New York University's Department of Applied Psychology. She's been featured in publications such as OK! Weekly, In-Touch Weekly, People Magazine, and The New York Daily News, and also hosts her own radio show "Your Dating Truth with Renee Lee."

Sources Say Heidi Klum and Seal Have No Plans to Get Back Together



No serenade can change Heidi Klum's mind. Sources say that

Klum does not wish to get back together with Seal, her husband of seven years, according to *HollyScoop*. Though Klum and Seal still wear their wedding rings, a source close to Klum says, “They have zero plans to get back together.” Klum is reportedly miffed that Seal “won’t shut up” about their separation.

How do you keep from falling back into an unhealthy relationship?

Cupid’s Advice:

Though looking back on old relationships can be emotionally trying, it’s important to stick to your decisions. Here are a few ways to avoid going back to an ex who’s not right for you:

1. Remember your breakup: Though anger fades over time, the reasons behind your breakup are still present. Think back on the mistakes made in your previous relationship and hopefully those thoughts will deter you from reentering the relationship.

2. Stick with your friends: Spending time with friends—people with whom you have a healthy relationship—will help you realize just how imperfect your previous relationship was.

3. Look to the future: Instead of looking back at your relationship, try looking forward to future relationships. Be optimistic and hope for one that’s better than the last one.

Have you been in an unhealthy relationship? Feel free to leave a comment below.

'The Bachelor' Contestant Jennifer Says Ben Should Run from Courtney



Although Jennifer Fritsch was eliminated during the rose

ceremony last week by *The Bachelor*'s Ben Flajnik, she isn't holding it against him. That said, she is rooting for all the final girls but one, and that's front-runner Courtney.

Fritsch claims to no longer be bitter towards Flajnik for his surprising elimination, but says that Courtney is not the girl for him. She believes the skinny-dipping model is in it for her career, and she doubts that she even has feelings for Flajnik. In her opinion, Courtney is as bad of a person as she's portrayed to be on the show. In an interview with [People](#), Fritsch said she would advise *The Bachelor* to "run for the hills" when it comes to this contestant.

How do you know when to take your friend's relationship advice seriously?

Cupid's Advice:

Some people have been your friend your entire life, while others act as your friend when they need or want something.

Cupid has some tips to help you recognize a good friend without an ulterior motive:

1. Trust: Relationships provide gossip for everyone, so make sure that you're not spilling your love life problems for everyone to hear, and only take advice from friends who are close to you and know more about your relationship.

2. Motive: If a person whom always seemed to be in love with your partner buddies up with you the minute they hear you're having issues, be skeptical. If they think the best way to resolve your problems is to break up, they may try to snatch up your potential ex when they're vulnerable.

3. History: The best person to take advice from is someone who knows your relationship history. Just because they may tell you something you don't want to hear doesn't mean they're trying to sabotage you. It probably just means they care enough to point out the obvious when you're too blinded to see

it.

Who's dating advice have you found the most helpful? Share your comments below.

Valentine's Day Date Ideas: Five Unique Ways to Spend the Holiday





By Erika Mionis

Valentine's Day is the one holiday completely dedicated to our love lives. If you're single, you'll survive. If you're in a relationship, then congratulations! Now you can worry about gifts and date ideas for the coming holiday. Though there's nothing wrong with the classic dinner date, you can be sure you and your significant other won't be the only couple with the same idea. Here are a few unique date ideas to make this Valentine's Day one you'll never forget:

1. Hot air balloon ride: Hot air balloon rides are well worth

the expense. Find the nearest hot air balloon company (it may be a bit of a drive, depending on where you live) and set out to see the sunrise or sunset. Most companies offer a light breakfast or dinner after the ride. Hot air balloons can easily carry up to five people, so try splitting the cost with another couple.

2. Horse-back riding: For the animal-loving couple, a date on horseback can be fun and romantic. Most ranches offer trail rides that bring you through isolated parts of nature. Make sure to talk over lunch or dinner afterward, as loud conversation mid-trail often startles the horses.

3. Hiking: Tough out the last of winter on an outdoorsy date with your partner. Make sure to pick a trail that suits your athletic abilities, because though exercise is fun, it's hard to feel attractive when you're sweating and gasping for air. Pack a picnic for a quick lunch/snack once you reach the end of the trail or the top of a mountain.

4. Paint pottery: Decorating pottery is a fun and creative way to spend the holiday. You can work as a team on a single pottery piece, or you can each work separately and compare your craftsmanship. For the especially artsy couple, try making pottery instead of just painting it.

5. Play games: Try visiting an upscale arcade to play some pool. To make the game a little more interesting, decide on a friendly wager, like a massage exchange. After the game, grab some quarters or tokens and visit some of the other games in the arcade. Your next competition comes in the form of skee ball.

Do you have any Valentine's Day date ideas? Feel free to share them below.

Julianne Hough Reveals the Secret to Her Relationship with Ryan Seacrest





Julianne Hough does not take her relationship for granted. [People](#) reports that the dancer has a difficult time coordinating schedules with radio personality Ryan Seacrest, her beau of nearly two years. “[Balancing your career and a relationship] is a hard thing to do, especially when you’re so caught up in your work and bettering yourself,” said Hough. “I’m so lucky that I have a great relationship. I’m very blessed and I don’t take anything for granted. I think if you alienate people and just focus on your work then it just becomes lonely and it’s not fun anymore.”

How do you balance your career and relationship?

Cupid's Advice:

Balancing your career and your personal life is tough, but it's even more difficult when you have to coordinate with your partner. Here are a few ways to balance your career and relationship:

1. Plan a date night: For the extraordinarily busy worker, a date night is a must. Set aside time at least once a week where your only focus is on your partner. Put away all cell phones and laptops and enjoy the evening together.

2. Include your partner: On nights when you have too much work to go out, invite your partner to help you. Ask for your significant other's insights on your latest project or ask for their help sorting through old emails.

3. Be open with your partner: Don't feel guilty about your career. If you know work will soon be overwhelming, let your partner know that you'll be a little occupied in the coming weeks. Your mate will appreciate your honesty and will help you work around your schedule.

Do you have a difficult time managing your career and a relationship? Feel free to leave a comment below.

Top 10 Most Romantic Movie Locations





By Matthew Dougherty

The big day for romance is coming up, which means it's time to figure out where you might spend the holiday. Here are ten locations from great movies that if you can afford to visit, and if they are real, they would be a perfect spot to spend Valentine's Day with your significant other.

10. Hawaii- *Forgetting Sarah Marshall*

In *Forgetting Sarah Marshall*, Jason Segel's character goes to Hawaii to get over his recently ended relationship. On the trip he finds a new love in Mila Kunis. They spend their time

together going to bars, hanging out on the beach, and exploring the beautiful islands. Hawaii proves to be a land of love in this great romantic comedy.

Related: [Celebrities Who Love to Vacation in Hawaii](#)

9. Forks, Washington- *Twilight*

The atmosphere may be gloomy, but love is in the air in this small northwestern town. Whether you are into vampires or werewolves, Forks has everything you would need for a perfect Valentine's Day. The true challenge will be trying to find a date who won't bite.

8. Aboard the Titanic- *Titanic*

Unfortunately, the Titanic is buried under water, but it was such a beautiful ship. And, while the plot may be mostly fictional, Kate Winslet and Leonardo DiCaprio make their love so believable that you forget what has to happen in the end, making that iceberg all the more tragic. Titanic was a perfect place to meet someone and if it hadn't sunk, it would have made a great Valentine's Day vacation.

7. Hogwarts- *Harry Potter*

Like any other high school, Hogwarts is a place full of drama. Whether it's the return of the Dark Lord, or the hero's first kiss, Hogwarts never feels too far off from your ordinary Muggle high school. The second half of the series saw Harry date his best friend's sister while Ron and Hermione finally get together. No love potion required.

Related: [The Most Romantic Destinations in the United States](#)

6. 1920s Paris- *Midnight in Paris*

Paris on its own is perhaps the most romantic city in the world, but as portrayed in *Midnight in Paris*, the 1920s was

the time to be there for true romance. Running into such legends as Ernest Hemingway and F. Scott Fitzgerald, Owen Wilson's character eventually falls for a beautiful French girl, played by Marion Cotillard. This beautiful city becomes the stem from which their love blossoms.

5. The American South- *The Notebook*, *Gone With the Wind*, *Forrest Gump*

A lot of great love stories take place in the South. One of the earliest and most famous is *Gone With the Wind*, which took place in Georgia. Forrest Gump and Jenny both grew up in Alabama. *The Notebook* took place in South Carolina. Clearly, the South is the place to be for love.

4. Beast's Castle- *Beauty and the Beast*

In this tale as old as time, Belle is taken to a beautiful castle full of lively characters and one beast. But as the story goes, the beauty falls in love with the beast in this magical place. Furniture speaks when Belle and the beast choose not to.

3. Any 1980s High School- *Sixteen Candles*, *Ferris Bueller's Day Off*, *The Breakfast Club*

High school is a time where everyone at least partly grows into who they are meant to be. A lot of that has to do with relationships. In the 1980s, director John Hughes made three movies that got high school perfectly, while having that '80s stamp on them. *Sixteen Candles*, *The Breakfast Club*, and *Ferris Bueller's Day Off* all showed high school romances at their best.

Related: [Weekend Date Idea in the Big Apple](#)

2. New York- *Manhattan*, *When Harry Met Sally*, *Spider-man*, *New Year's Eve*

New York City is the setting for numerous love stories. Woody

Allen saw the romance of the Big Apple in his film *Manhattan*. *When Harry Met Sally* shows Billy Crystal and Meg Ryan fall for each other in the populated borough. Plus, who can forget the upside down kiss Spiderman and Mary Jane shared? The most recent romance in New York was *New Year's Eve*, a film showcasing a large number of romances. Clearly Manhattan is the place to be for love, but one other movie location beats it out...

1. Casablanca- *Casablanca*

Arguably the best love story ever told aside from Shakespeare's *Romeo and Juliet*, *Casablanca* is a classic film that is all about its location. Humphrey Bogart stars as Rick Blaine, the owner of a nightclub in Casablanca. An old flame comes back into his life, and they end up rekindling their love. It is the ultimate love story, but since Casablanca is in Africa, you may just want to rent this one instead.

What other movie locations would you want to visit on Valentine's Day? Share your thoughts below.

New Couple Emily VanCamp and Josh Bowman Pack on PDA





Revenge star Emily VanCamp has found love off-screen. UsMagazine.com reports that the actress is dating costar Josh Bowman. The two have been linked to each other since January, but a PDA-packed lunch date at Little Dom's in Los Feliz, California on Sunday confirmed the rumors. Bowman, who has been linked to Miley Cyrus and Amy Winehouse, says that he is attracted to women with class. "She can be anything as long as she holds good conversation," said Bowman. "I'm attracted to intelligence."

What are some ways to announce your relationship to the world?

Cupid's Advice:

Telling your friends and family about your new relationship is daunting, but necessary. Here are a few ways to break the news:

1. Word of mouth: Sometimes your friends can spread the news for you. Tell a few friends about your new relationship and wait while others soon find out.

2. Facebook: In this technology-crazed age, most people get their news through Facebook or Twitter. Change your relationship status and sit back to see your friends' comments.

3. Let them guess: Sometimes it's fun to keep your relationship on the down low at first. Eventually your friends and family will draw the right conclusion eventually.

How did you announce your relationship? Feel free to leave a comment below.