

# Hilary Duff Announces She's Having a Baby Boy



Pregnant child star Hilary Duff revealed the sex of her baby with husband Mike Comrie on *Ellen*, reports [E! Online](#). Duff said she wanted DeGeneres to be the first to know the sex of her baby. DeGeneres then tried to guess the gender of the baby by asking a series of questions. After Ellen guessed the baby was a boy, Duff replied, "It's a boy! Good job. I had [a] feeling it was a boy the whole time."

**What are the advantages to finding out the sex of your unborn baby?**

**Cupid's Advice:**

Though finding out the sex of your unborn child can remove some of the surprise when you deliver, knowing the sex ahead of time does have advantages. Here are a few benefits to

having prior knowledge:

**1. Choosing a name:** Deciding on a name for your child can be one of the most difficult decisions of your pregnancy. By knowing the gender of your child, you can dedicate more of your time to names that will be appropriate.

**2. Planning a baby shower:** Planning for your baby shower becomes much easier when you know the sex of your baby. Your friends will also be able to give more fitting and useful gifts.

**3. Preparing for the baby:** Knowing the sex of your baby ahead of time allows you to avoid neutral colors and dull clothes when you prepare for the baby's arrival.

**Did you find out the gender of your baby ahead of time? Feel free to share your thoughts in a comment below!**

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## David Boreanaz Says His 2010 Affair Strengthened His Marriage





Now that his 2010 affair is behind him, *Bones* star David Boreanaz is speaking out about the power of positive thinking, according to [UsMagazine.com](http://UsMagazine.com). The actor says that after he cheated on his wife Rachel Uchitel, it ended up being a “bonding experience.”

He explains, saying, “In a sacred ground like marriage, you find yourself out of it at certain times for reasons unknown that can be destructive. There could be a demon that kind of comes out and overtakes you.” Although his infidelity was no doubt a rocky point in his marriage, he also says, “Do I believe in giving up? No, I don’t. I’m a fighter. I’m a lover.”

**How do you overcome cheating in your relationship?**

### **Cupid’s Advice:**

It can be difficult to surpass unfaithfulness in a relationship, but it’s not impossible. Cupid has some suggestions:

**1. Couples counseling:** The most important thing you can do is hire a third party to listen to you air your grievances. A counselor will keep you “in check” so to speak, and you’ll have a safe place to share all of your feelings with your

partner in order to potentially work them out.

**2. Open communication:** Instead of cowering away from each other, keep the lines of communication completely clear and in the open. Be brutally honest about everything in order to avoid any further suspicion.

**3. Time:** If you're truly dedicated to your relationship, it's going to take time to overcome the break in trust that cheating creates. The best thing you can do it to stick with it, and work at it.

**What are other ways to overcome cheating in a relationship? Share your ideas below.**

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## **Ryan Seacrest Dances with Julianne Hough at 'Footloose' Party**





The *Footloose* premiere after-party was all about cutting loose for Julianne Hough and boyfriend Ryan Seacrest, according to [UsMagazine.com](http://UsMagazine.com). Although Seacrest is usually not one to dance, he made an exception for *Dancing With the Stars* alum Hough to show his support for her accomplishments. “Julianne was so happy because apparently Ryan never dances and this was the exception he made for her, because he was so happy for her,” said a party guest. The *Footloose* star admits that she didn’t expect her beau to hit the dance floor. “It’s like really awkward, but really cute,” she said of Seacrest’s skills. “My brother Derek does a better impression.”

**How do you know when your partner really cares about you?**

### **Cupid’s Advice:**

It can be difficult to read the signs when it comes to deciphering whether your partner truly cares about you. Here are some ways to tell:

**1. Outside of comfort zone:** If your significant other steps outside their comfort zone and does something for you that he or she would not normally do, it’s a safe bet that they care about you. Ryan Seacrest did just that by dancing with



girlfriend Julianne Hough.

**2. It's the little things:** When your partner buys you flowers "just because" and picks up small things here and there that remind them of you, that's a great sign. It means you're constantly playing a part in his or her life.

**3. Show off:** When your mate shows you off to his or her friends, it means they're not ashamed of you and, in fact, are proud to be with you.

**How did you first know your partner cared for you? Share your experiences below.**

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## **Ashton Kutcher and Demi Moore Camp with Kabbalah Instructor**





In the midst of a cheating scandal, do what the Romans do and ... camp with your Kabbalah instructor? Despite being the hot topic in the tabloids for the past couple weeks, Ashton Kutcher and Demi Moore were spotted on a camping trip with their religious mentor at Cachuma Lake, near Santa Barbara, Calif., according to [People](#). Kutcher's friend, Eric Buterbaugh, also accompanied the group. Apparently the duo needed some time away to reflect.

**When you're stressed as a couple, how do you briefly get away?**

### **Cupid's Advice:**

Stress can really put a strain on a relationship. Here are some ways to relieve your stress as a couple:

**1. Go on a date out of town:** Taking a night off in a town you've never visited before can be a great way to relax and let loose. You're not likely to run into anyone you know, and there's a certain excitement involved in exploring a new location.

**2. Couples massage:** You may not have time to dedicate to getting out of town, but there are spas and/or massage therapists almost everywhere. Make an appointment for a

couples massage and let your worries slip away.

**3. Let go of responsibility and go out:** Sometimes we get so used to our routines that we forget to spice it up every once in a while. Forget about laundry, dishes and paperwork for a night. Get a babysitter if you need one, and hit the town with your partner. Bring it back to the good old days when you didn't have "real life" to worry about as much.

**How do you relieve stress as a couple? Share your thoughts below.**

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## Three Tips to Enjoy Marriage Despite the Battles



By Patty Newbold,



author of the award-winning marriage blog, AssumeLove.com

It can't be easy marrying into a reality TV show, as Kris Humphries recently did. Kim Kardashian and her family speak their minds, and it's all caught on camera. Kris already gets his share of it from her siblings, and it can't be long before he catches angry words or insults from his new wife Kim, too.

### **It's the Ratio, Not the Number**

Let's hope Kim's already figured this out, but fighting words do not kill a relationship. Marriages fail when the nastygrams are not matched with at least five times as many respectful, loving and encouraging words and gestures. Remember: Five times. Or more.

That's what psychologist John Gottman's research found. He uses it to predict, in just a few minutes, which marriages will last and which will not. It doesn't matter how many or how few unloving words, eye rolls, or shrugs are used in a relationship; only whether the good stuff happens at least five times as often as the bad.

### **It Won't Be What You Expected**

Here's a tip for Kris. There is only one thing you should expect when you marry: love. We all show up to our weddings with a boatload of expectations, and many of them will be dashed. Your marriage will not go the way you thought it would, and you'll make yourself miserable if you tell yourself this means you are not loved or respected. Kim, like any wife or husband, will love you her own way.

Therefore, due to the unique ways we all choose to show our love, it's important to stop yourself when you hear yourself thinking, "If she loved me..." Unless she is actually doing you harm, she loves you, and you are missing it. You will make a mess of your marriage by getting angry when it's not what you

expected, not what someone else you know might do. That's exactly what I did the first time around, and I could not see how much love I had overlooked until after my husband's sudden death at the age of 35.

### **Never Compromise**

Just about now, Mr. and Mrs. Humphries are probably discovering that they disagree about things like where shoe polish should be stored and which family events cannot be missed. Well, there are never just two options for a resolution. Instead of disagreeing and eventually compromising, look for a third alternative to the problem that both makes you happy and also delights your mate.

Disagreeing is inevitable in any relationship, and if you're not doing it, there's probably something wrong. That said, it's important to outweigh those fighting words with words full of love, kindness and respect. If you do, your relationship will thrive.

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## **Jack Osbourne Announces Engagement and Soon-to-Be Fatherhood**





Newly engaged Jack Osbourne, son of Ozzy and Sharon Osbourne, is about to be a father. Osbourne shared the news less than two weeks after he confirmed his engagement to actress Lisa Stelly, reports [People](#). “I’m excited,” said Osbourne on *Piers Morgan Tonight*. “I’m a little nervous.”

**How do you balance an impending marriage and soon-to-be parenthood?**

### **Cupid’s Advice:**

Though both wedding planning and pregnancy are exhausting, it is possible to balance both. Here are a few suggestions:

- 1. Enlist help:** Planning a wedding is difficult even for people who aren’t pregnant. If a wedding planner is outside the budget, rely on your bridesmaids or phone a close friend for some extra help.
- 2. Remember your schedule:** If you’re planning on getting married while pregnant, make sure to keep your biological calendar in mind. For example, don’t buy a wedding dress that will soon be too small.
- 3. Take it one step at a time:** If planning the wedding is too

stressful or if you're having a rough pregnancy, it's okay to put the wedding on hold. Extend your engagement and wait for a time when you're feeling up to the task.

**Were you pregnant at your wedding? Feel free to share your story below!**

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## Tori Spelling Gives Birth to Third Child



On Monday, Tori Spelling gave birth to her third child, naming her Hattie Margaret McDermott, [RadarOnline](#) reports. "Our family is so happy to announce tht 10/10/11 R baby girl Hattie Margaret McDermott was born at 7:08 a.m. She's amazing!," Spelling tweeted. Her husband, Dean McDermott, also tweeted, "T & I

welcomed Hattie Margaret McDermott to the world yesterday morning. She's Gorgeous!!"

**How does the dynamic change when you add a third child to the mix of your family?**

### **Cupid's Advice:**

Raising a family can be tough, especially when you've just had your third child. Here are some changes you'll experience:

- 1. More chores:** Having three children means there will be more things to work on: cleaning, feeding and even shopping for them.
- 2. Find time:** When a new child joins the family, they get most of the attention. Make sure to also find time for your two older children.
- 3. Creating alliances:** You'll experience jealousy and tantrums among the children and will find yourself trying to encourage an alliance between all three.

**What are some other changes to watch out for? Share your ideas below.**

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## **Paul McCartney Ties the Knot with Nancy Shevell**







Singer Paul

McCartney has said “I do” for the third time with New York businesswoman Nancy Shevell, according to [People](#). The duo exchanged vows in London over the weekend in an afternoon ceremony. They had been dating since 2007 and were greeted with cheers as they arrived at the Old Marylebone Town Hall, which was closed especially for the event. McCartney joked with the mass of photographers standing by, saying, “What’s going on? What are you all doing here?” Shevell has also been married before and is celebrating her second marriage.

**If your partner has been married before, what are some things of which to be cautious?**

### **Cupid’s Advice:**

Having been married and divorced once before isn’t necessarily a bad thing, but there are certain things you need to consider before entering into a marriage with someone who has experienced a union like this before. Cupid has some advice:

**1. Being hasty:** If your partner seems in a rush to tie the knot, you may want to put on the brakes for a while and take things slowly. You need to make sure the marriage is going to last before you jump into it.

**2. Commitment:** Make sure your significant other is completely committed and ready to be in a marriage for the long haul. Let him or her know that divorce is not an easy out in your view.

**3. Prior obligations:** Be aware of the obligations your potential new spouse has to his or her former partner. If they had kids, then they may have financial responsibilities. Get the facts before you tie the knot.

**What are some other things to consider about a previously married partner? Share your ideas below.**

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## Kim Kardashian Says She'll Start Thinking About Having Kids in a Year





Happy newlyweds Kim

Kardashian and Kris Humphries are thinking about having babies in a year, according to [People](#). Kardashian told Ryan Seacrest on his radio show that children are in the couple's future once they settle down in a particular location. Kardashian says that when Humphries figures out for what team he will be playing, they'll get to working on expanding their family.

**What are the benefits of waiting to have kids after you get married?**

### **Cupid's Advice:**

Being a newlywed comes with a lot of new responsibilities.

Before adding raising a child to your list, it's important to spend time together as a couple:

**1. Getting to know your better half:** Everyone takes on a new personality once you live with them. For most newlyweds, living together might be a new step and getting used to your partner's habits will take some time.

**2. Save:** Waiting on a baby helps the two of you to save for the expense of having children. A lot of couples divorce because of money, so don't be the statistic.

**3. Grow together:** Waiting on having a child means that you can both accomplish career goals and other aspirations together before bringing a baby in the mix.

**Did you wait to have children? Share your experiences below.**

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## How Disney Messed Up Your Romance



By Tiffani Azani

**“There are over 100 million single adults over the age of 25 in our country, and for most of them, the thought of being single and dating is analogous to having a red hot poker jammed into their eye.” – Dating coach, Jo Amoia**

Let's face it: 100 million is a lot of singles out there, and

it makes us wonder why those people can't find mates. A new theory called the Disney Myth has recently been brought to light by Dr. Joe Amoia, D.O. and professional relationship coach. It turns out that Disney movies aren't quite as perfect as you had once imagined, because, according to the theory, when a woman goes out with a man and he doesn't treat her like Prince Charming treated Cinderella, she becomes disillusioned. She becomes bitter about the whole dating process, because it's not at all like she'd expected.

The thing is, most people tend to place all of the blame on women for having false expectations and vain imaginations about romance. But women aren't the only ones who are being affected by the Disney Myth. Men, too, are putting on a Prince Charming act in order to capture the attention of a girl. Dr. J.R. Burns, M.D., psychiatrist and author of The Tiger Woods Syndrome says, "It is unfair to blame women for "foolish choices" when even the kindest, most religious and moral young men are using the same deceptive technique to woo and win women as the worst misogynist."

When it comes down to it, the best policy is to always be yourself. Don't expect fireworks on your first kiss or butterflies in your stomach each time your love interest walks into a room. If you do, you'll be disappointed and disillusioned every time. Sure, these things can happen on occasion under the right circumstances, but they're exceptions and not the norm. Surely every evening in Prince Charming and Cinderella's home wasn't as joyfully starlit and romantic as their first meeting at the ball. In fact, the sequel to Cinderella dealt with some of those very things. You'll have to watch it for yourself to find out how Cinderella had to learn to adjust to the day-to-day activities of a high-class lifestyle.

So maybe Disney can't be blamed for bad romances, after all.



*Tiffani Azani is a freelance writer for My Colleges and Careers. Mycollegesandcareers.com helps prospective students determine if an online education is right for them and helps them understand how they can find the best online colleges to fulfill their goals.*

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## **‘Sex and the City’ Alum Kristin Davis Adopts a Baby Girl**



*Sex and the City* star Kristin Davis is now a mom, reports [People](#). Davis, 46, adopted infant daughter Gemma Rose Davis a few months ago.

“This is something I have wanted for a very long time,” said Davis. “Having this wish come true is even more gratifying than I ever had imagined. I feel so blessed.”

**What are some factors to consider when becoming a single parent?**

### **Cupid's Advice:**

Being a single parent doesn't have to be as challenging as it seems. Here are a few things to consider before making the commitment:

**1. Your time:** Single parents are almost always pressed for time. Balancing work and your child will be tough. If juggling your time becomes too difficult, you may need to hire a nanny to help out.

**2. Financial support:** It is difficult to raise a child on a single salary. Before becoming a solo parent, make sure that you're able to support your child. If you can rely on child support, be sure to make arrangements to receive a sufficient amount.

**3. Child's happiness:** Your child will inevitably ask why you're a single parent and why the other parent isn't in the picture. There is no shame in honestly answering the questions, but you need to be sure that your child doesn't feel that they're missing out on anything.

**Are you a single parent? Feel free to share your thoughts in a comment below.**

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# Ashton Kutcher and Demi Moore Are Spotted at Religious Services



After recently being slammed with rumors of turmoil in their marriage, Ashton Kutcher and Demi Moore were seen together attending religious services at the Kabbalah Centre. According to [People](#), the two sat on separate sides of the aisle as is customary in Kabbalah. After the service, Kutcher greeted Moore with a hug and the couple walked out with their arms wrapped around each other's waists.

**What do you do if you hold different religious beliefs than your partner?**

**Cupid's Advice:**

The laws of church and state don't just apply to the

government; they can also often times apply to relationships. Find a happy medium by agreeing to disagree:

**1. Focus on what you have in common:** Chances are you have something in common with your partner, even if it's just your love for one another. Keep your focus on what you can agree on.

**2. Learn more about your partner's faith:** Take this opportunity to learn more about your partner's beliefs and why they are important to him or her. Chances are that they will want to learn more about yours in return. You may find more commonalities than differences.

**3. Don't bring it up:** Make it clear to your family and friends that when your partner is around, religion isn't to be a topic of discussion.

**What do you do if you and your partner shares different political beliefs? Share your ideas below.**

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## David Arquette Says That He's Entered Friend Zone With Courteney Cox





Although rumors of a possible rekindled romance between David Arquette and Courteney Cox have hit the tabloids recently, Arquette insists that he has now entered the “friend zone” with his estranged wife. Cox has been seen supporting her ex at *Dancing With the Stars* the last few weeks with the duo’s daughter, Coco, according to [UsMagazine.com](http://UsMagazine.com). Arquette, who is currently dating *Entertainment Tonight*’s Christina McLarty, says, “We’re pretty much in the friend zone. Though we love each other and we love to laugh and have a great time, it’s difficult.”

**How do you know when you’ve permanently entered the friend zone with someone?**

### **Cupid’s Advice:**

Sometimes, no matter how romance you once were with someone, the “friend zone” is an inevitable situation. Here are some signs you’re in it:

- 1. Distance:** If there’s always a good amount of physical distance between the two of you and he or she makes no effort to close that, it’s a sign that you may be destined to just be friends.
- 2. One of the boys:** If he invites you out to watch the



football game with a group of his guy friends and claps you on the back after each touchdown, you're probably not his romantic interest.

**3. Lack of moves:** The thing is, if he's really into you, he'll eventually make a move in that direction even if he's shy. If it's been weeks and you're still not feeling a spark, you probably never will.

What are some other ways to tell if you're in the "friend zone" with someone? Share your thoughts below.

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## Kim Kardashian Talks Babies with Kris Humphries



It looks like Kim

Kardashian is being confronted with the baby question yet again post-marriage to NBA player Kris Humphries. In fact, E! News got an exclusive interview with the diva and her man after they appeared on the *Tonight Show* together. Although rumors have been surfacing that speculate about a possible pregnancy, Kardashian insists they simply aren't true, according to [HollyScoop](#). "I think we would wait like a year before we really start trying to have kids," said the reality star. "I think we want to figure out where he is gonna play and figure out like his career and like if we have to pack up and move somewhere, like the Midwest. Who knows?" Despite their uncertain plan, they do know one thing, and it involves having "lots of kids."

**What role does your career play when you're deciding whether to have kids?**

### **Cupid's Advice:**

Many factors in life determine whether you're ready to have children, and your career is a pretty big one. Here are some things to consider:

- 1. Hours:** If your job is demanding and you're rarely home long enough to scarf down some food and get a few hours sleep, you may not be prepared to have a child unless you can tone down your career.
- 2. Position:** Make sure your career pays well enough to support a family. Babies cost money ... for at least 18 years of your life. You also need to decide whether one of you is going to be able to stay home with the new child or whether you're going to need to consider daycare.
- 3. Maternity leave:** It may seem obvious, but it's important to research your company's policies on maternity (and paternity) leave for when the baby comes. If your job doesn't allow for such things, it's definitely a factor to consider.

What factors did you consider about your job pre-baby? Share your experiences below.

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## New Couple: Lauren Conrad and Derek Hough



*The Hills* star Lauren Conrad and *Dancing With the Stars* pro Derek Hough have gone public with their romance, reports [UsMagazine.com](http://UsMagazine.com). The duo visited Sayer's Club in LA together on September 29th. "They were very flirty," said an eyewitness. "They were dancing and holding hands!" Conrad, who recently split from long-time beau Kyle Howard, finally appears to be ready for a new love. "Derek has been sweet," said an insider. "They are having fun and seeing where it goes."

What are some ways to “play it cool” in a new relationship?

### Cupid's Advice:

When you're exceptionally excited about a new partner, it's hard not to let too much of your excitement show. Here are a few ways to “play it cool”:

**1. Keep dates simple:** When planning dates, don't put in too much effort. A simple outing to the park or a trip to the nearest ice cream parlor is a great way to casually ease into a more serious relationship.

**2. Limit your contact:** To keep your cool, try limiting the contact you have with your new significant other. Don't text or call too frequently. You'll pique their interest by remaining mysterious.

**3. Don't overdo it:** While being too excited about a new relationship can be a turn-off, appearing too disinterested can be just as bad. Make sure your new love interest knows how much you value your new relationship.

Have you had to play it cool in a relationship? Feel free to leave a comment below.

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## Date Idea: Don't Let Fall Cool Your Dates Down





Fall is here, and what better way to get ready for the cool weather than by heading indoors for dinner and a movie? Try something new by heading to a recently opened restaurant in your town or trying a dish that you and your date can share. Not only are you creating memories, but you're getting ready for the holiday, which is all about giving thanks to one another.

To get current information on new restaurants coming to your area and for some great deals (who doesn't want to save money before the holidays?), check out websites like Bloomspot, Groupon and Living Social.

If you'd rather stay in, become a chef in your own kitchen and start whipping up some fall-flavored creations. Bake a pumpkin pie for your sweetheart, or embrace the season by making it together. Whether you decide to cook a three course meal or just dessert, finish the evening with a movie by the fire, which will put you in the mood to cuddle well into winter.

**Do you and your special someone have a specific restaurant you love? Let us know by commenting below.**



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# Miranda Lambert Makes Blake Shelton's House Girl-Friendly



Country singer

Miranda Lambert reveals that although she doesn't mind being a girly girl on stage, you can usually find her being a normal country girl in overalls in real life. Lambert and her husband Blake Shelton live in Oklahoma in a rural farm area.

"Just being in the woods sitting around the fire being normal, keeps us sane," Lambert shared. [People](#) reports that the star couple own two farms six miles apart from each other.

However, they spend most of their time at Shelton's house. How does one move into her husband's former bachelor pad? Lambert says, "...I've been working on it to make it girl-friendly. You know, bedspreads and candles."

**How do you approach your beau about making changes to his**

home?

### **Cupid's Advice:**

When you're making changes to your partner's home, make sure that whatever you do is a reflection of the both of you. Don't completely take over. Here are some tips:

- 1. Couple's shopping:** Although your significant other may be opposed, urge them to go home shopping with you so that you can get a sense of their style.
- 2. Sorting:** It's important to sort through both of your things to find out what to keep and what to throw away. Clearing out clutter gives you and your partner a fresh start as a couple.
- 3. Compromise:** There may be some things that your mate may not want to give up. So, make sure to compromise.

What obstacles did you run into when you moved in with your partner? Share your comments below.

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## **Blake Lively and Leonardo DiCaprio Call It Quits**





It's official: Blake Lively and Leonardo DiCaprio are no longer a couple. Their romance may have sizzled this summer, but a source told [People](#) that the two are now just good friends. After Lively flew to Australia in August to visit DiCaprio while he filmed *The Great Gatsby*, we all thought their long distance relationship would work out. Unfortunately, DiCaprio's work commitments and distance proved to be too much of a hassle to make the relationship work.

**What are some ways to make a long distance relationship work?**

### **Cupid's Advice:**

A long distance relationship is a tough commitment, but it's not impossible. With trust, understanding, and communication, your relationship will last longer than the miles between the you:

**1. Make your partner your first commitment:** With all of your own commitments, being in a long distance relationship is a big decision. Make sure you're willing to make your partner your first priority, even if it's from afar.

**2. Keep contact:** Communication is important, and it doesn't always have to mean face-to-face time. Utilize social media,

Skype and telephones. Take it easy on texts, as they can easily be read the wrong way.

**3. Be understanding:** In a long distance relationship, you're not going to see your partner all that much, and you need to be aware and understanding about your partner's schedule.

**Have you ever had a long distance relationship work? Share your experiences below.**

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## 'Twilight' Star Kristen Stewart Talks Love and Relationships



Actress Kristen Stewart has had a lot of experience with love, playing half of

one of the most tumultuous on-screen relationships in the movie saga, *Twilight*, and being in love with her co-star, Robert Pattinson. [UsMagazine.com](http://UsMagazine.com) reports that her advice on relationships was pretty simple. "Don't be an a-hole. Don't be mean. Don't take s-t. Don't settle," she said. The star continued on to say, "Good relationship advice for me tends to being honest and knowing yourself." Although Stewart is very into all things *Twilight*, she reveals her boyfriend does not have the same appreciation. "Me and Taylor [Lautner] are actual *Twilight* fans, so we can sit there and be so totally into it! Whereas I sit there with Rob...He likes it, but he has just such a different energy."

**How do you know when you're settling for a mediocre relationship?**

#### **Cupid's Advice:**

When settling in a relationship, you mind may be saying, "yes," but your heart is definitely saying, "no". Be sure to take notice of the signs that you're not happy in your relationship:

- 1. No conversation:** Communication is key in every relationship. If you and your partner's conversations are rare, take this as a warning that maybe you aren't clicking like you should be.
- 2. People take notice:** If others can see the tension and awkwardness in your relationship, then you probably should take some time to analyze your connection.
- 3. No feelings:** If you feel nothing for your significant other when you kiss, touch or even look at them, you're most likely settling. It's probably best to move on.

**How do you know when you're settling? Tell us your story below**



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# 3 Ways to Become the Strong Man Women Love



By Elliott Katz

It's official! Jennifer Aniston has finally found a man to make her happy, as she recently moved in with new beau, Justin Theroux. This begs the question, what makes him different from all of the others she's dated? I think it has something to do with the fact that he's a solid man who shows leadership and makes decisions in their relationship. These days, it's hard to find men who are powerful, which may be why it took so long for Jen to find her man.

Women universally love and respect men who are strong. While researching my book, *Being the Strong Man a Woman Wants*, one of the biggest complaints I heard from women is that today's

men don't show initiative and lack grit. They say that men seem oblivious to problems and wait for women to tell them what to do. Even when they're asked for input about something, men will say, "you decide."

Single women told me that when they go out for coffee with a man, instead of taking the lead and selecting the place to go, he wants her to choose. And when they finally get somewhere, he wants her to pick the table.

To avoid accusations of being controlling, many men have now gone to the opposite extreme by completely avoiding being assertive. They think they're showing that they're non-controlling nice guys and can't understand why women are frustrated and lose respect for them.

Here are three key ways to become a self-assured man any woman would love:

### **Show Leadership**

When a man sees a situation that needs to be dealt with, he should step forward and handle it. Women admire men who are willing to step up, instead of waiting for others to solve the problem.

### **Make Decisions**

A man needs to make his share of decisions (like picking a restaurant and/or a table) and take ownership for the outcome, instead of blaming it on someone else. To many women, a man who avoids being decisive is shirking his responsibilities.

### **Take Responsibility**

Refrain from attacking someone about a situation, and instead make an effort to improve it. There is little sympathy for a man who blames a woman for making a bad choice— even when he thinks she pushed him into it. As the man, it's your lot to

skillfully manage and salvage unfortunate circumstances, as well as seek to attain ideal ones.

Despite these tips, it's important to get to know your mate in order to get a feel for what she wants. Ask specific questions based on the above suggestions. You may be surprised by her response. Remember that by being confident, Justin Theroux ended up dating one of America's sweethearts, Jennifer Aniston.

*Elliott Katz is the author of Being the Strong Man a Woman Wants: Timeless Wisdom on Being a Man, which is being translated into 21 languages in Europe, Asia and Latin America. Women give the book to husbands, boyfriends and sons. Divorced women say if their husbands had understood these insights, their marriages would not have disintegrated. It's available online from Amazon.com and bookstores.*

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## Justin Timberlake and Jessica Biel Rekindle Romance in Vegas





On-again, off-again couple Justin Timberlake and Jessica Biel were spotted in Las Vegas most likely attending Timberlake's Shriners Hospital for Children Open golf event. The two were seemingly back together as they were seen dining at Mastro's Ocean Club with a group of other people. [People](#) reports that the duo were seen sitting close together during their meal and then afterwards, they drove off together. Good luck to the them this time around!

**What do you do if your career is starting to take over your relationship?**

### **Cupid's Advice:**

It's easy for your career to take over your life. If you feel this happening, it's important to take a step back and re-prioritize to make time for your relationship:

**1. Set aside time:** When setting up your schedule for the week, make sure to put in time to spend with your partner. Whether it's a date night or simply leaving work early to spend some quality time at home, it's important to show your partner you care.

**2. Include your partner:** Often times it helps your

relationship to include your partner in your work. If your career comes with a lot of dinners and black tie events, invite your mate along once in a while to show that, despite your work, you want to be with them.

**3. Surprise them:** Surprise your partner by taking a couple days off from work and doing something fun. It reminds them that they are a top priority in your life as well as your career.

**What do you do if your career takes over your relationship?  
Give us some ideas below.**

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## Kristen Cavallari's Ex Fiance Jay Cutler Supports Her at DWTS







Kristen Cavallari

and Jay Cutler called off their engagement just days after Cavallari did a wedding gown spread for Life&Style magazine in July. Talk about embarrassing! After a summer of being apart, Cutler was in the audience of *Dancing with the Stars* on Monday night to support his ex fiancé, according to [People](#). The question on everyone's minds is, are they getting back together? Sources report that the duo are indeed trying to work out their issues.

**What are some ways to show your support for your partner?**

### **Cupid's Advice:**

Supporting your partner shows that you care. Knowing that your mate is there for you and vice versa can ensure a long and happy relationship.

- 1. Show a little love:** It doesn't take much to show support. Sometimes just lending an ear is all your partner needs to know that you care.
- 2. Show up:** Take the time to attend big events that are important to your partner. Your significant other knows you could be at home watching TV instead, so simply being there is a big deal.

**3. Show you've been paying attention:** Ask your partner how things are going with their endeavors from time to time and give some advice on how they can improve. Remember, be supportive and not judgemental.

**How have you shown support for your partner in the past? Share your experiences below.**

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## Jay-Z and Beyoncé Raise \$1 Million at Fundraiser



Buzzed about couple Beyoncé and Jay-Z held a carnival-themed fundraiser for the rapper's Shawn Carter Foundation at New York's Pier 54, where they raised \$1 million. Jay-Z arrived first and later met with his wife at the Spotted Pig's food truck, [People](#)

reports. Guests at the fundraiser enjoyed carnival games and treats provided by Spotted Pig and Momofuku Milk Bar. The money raised at the event will send underprivileged students to college.

## How can you give back as a couple?

### Cupid's Advice:

Giving back to your community with your partner makes for a great time and memories. With the holidays approaching, assist those around you with these three tips:

- 1. Donate:** Donate clothes you and your partner no longer wear.
- 2. Volunteer:** With Thanksgiving almost here, volunteer at a food bank by sorting donations and serving clients. If you do this with your significant other, it's a great way to bond over a good deed.
- 3. Charities:** If your lacking time, make a contribution to charities, such as Habitat for Humanity International and Feed the Children, which both accept money to assist people.

How do you give back to your community with your significant other? Let us know in a comment below.

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## Gene Simmons Marries Longtime Girlfriend Shannon Tweed





After 28 years together, KISS bassist, Gene Simmons, married his girlfriend Shannon Tweed at the Beverly Hills Hotel on Saturday, [People](#) reports. The couple exchanged vows that they wrote themselves in front of 400 guests, which included Hugh Hefner and Bill Maher. Their wedding will appear in the reality show *Gene Simmons Family Jewels* on Oct. 18.

**What are the advantages of writing your own vows for your wedding?**

### **Cupid's Advice:**

Writing your own vows can be overwhelming, but there are advantages to it. Here are several reasons why you should write them:

- 1. Express your feelings:** It will give you an opportunity to put a voice to your heart and make promises to your spouse.
- 2. Originality:** When writing your own instead of reciting traditional wedding vows, your friends and family will get a feel for how much you love your partner.
- 3. Behavior changes:** Traditional wedding vows have been heard so many times that the meaning behind them isn't quite there.

By reciting original vows, your behavior will convey how much you want to marry your significant other.

**Did you or will you write your own wedding vows? Let us know in a comment below.**