

Nick Lachey and Vanessa Minnillo Have Wedding Shower



Nick Lachey and Vanessa Minnillo celebrated their upcoming nuptials this past Sunday at the London Hotel in West Hollywood with an extravagant and unforgettable wedding shower, according to [People](#). The couple and their friends and family seemed excited about their wedding as they took in the amazing views and delicious food from chef Gordon Ramsay's kitchen within the hotel. The party had both a laid back and sophisticated atmosphere where all the guests were able to enjoy themselves and have a great time.

What are some reasons to have a wedding shower before your nuptials?

Cupid's Advice:

Nick Lachey and Vanessa Minnillo enjoyed themselves at their wedding shower, and Cupid has a few reasons why having a wedding shower before *your* nuptials is a good idea as well:

1. It helps calm your nerves: What better way to calm your wedding jitters than to have a fun party with family and friends where you can relax and enjoy each others' company? Having a wedding shower is a great way to celebrate each other without worrying about planning-related stress.

2. It gets you even more excited: Having a wedding shower before your nuptials helps get you and your significant other even more excited for the big day by having a pre-celebration with family and friends.

3. It allows everyone to get to know each other: Having a wedding shower before your nuptials helps your family and friends get to know each other better before the wedding so at the reception they'll have an even better time. This is the time where you can introduce family and friends from both sides and make sure everyone gets along.

Did you have a wedding shower before your nuptials? Share your experience below.

'Vampire Diaries' Stars Ian Somerhalder and Nina Dobrev Pack on PDA



Two vampires were seen in Paris walking in daylight Tuesday.

According to UsMagazine.com, stars of the CW show *Vampire Diaries* Ian Somerhalder and Nina Dobrev held hands while walking around the streets of the city of love. Despite their vacation, the two have yet to come out and admit they're dating. "We expected the rumors. Like, if I wasn't dating Ian, I'd be dating Paul [Wesley]," Dobrev said in April's *Teen Vogue*. "A lot of people who work together end up dating, so it wouldn't be unusual, but I've never dated anyone I've worked with."

How do you make dating a coworker less risky?

Cupid's Advice:

Dating someone you work with is tricky to handle. Think of Jim and Pam from *The Office*, as they're a great example of the ideal way to handle yourself in the workplace with your

partner. Cupid has a few things to keep in mind:

1. On the same level: Things can get messy if one of you is a superior or a manager. Not only does it give a bad image to others, but if you break up, it might be the ugliest one you've ever experienced.

2. Separation helps: Your interoffice relationship goes a lot smoother if you're in different departments. You'll be away from each other for most of the day, and it'll give you a little more to talk about when discussing work.

3. Say 'No' to PDA at work: It makes coworkers feel uncomfortable and is an HR seminar waiting to happen. Keep it at casual flirting and no real physical contact while on the clock.

Ever dated a coworker? Tell Cupid about it below.

The Dating Double Standard





By High Yield Hottie

Ever thrown a drink in a man's face because he said something piggish? I have (and highly recommend it). However, while recently out to dinner with a male friend – let's call him Master Key – I curbed my natural reflex and listened to what he had to say. As we cocktailed, our conversation turned to how many intimate partners were acceptable for men and women in this day and age. Master Key crudely summed it up as follows:

"It's a key/lock situation. Well, a man is naturally the key. The woman is the lock. A key that opens many different locks is an amazing key. But a lock that is opened by many different keys isn't worth anything at all."

Cue my desire to give him a martini facial and poke his eyes out with the plastic olive skewer.

Yet despite my disgust for his sexist point of view, he has a point. While women have been tirelessly shattering glass ceilings and income bracket double standards professionally, there's one area where the double standard seems to persist,

and that's in dating. Even as adult women, in the eyes of many men (and women, too), we're still held to the binary categorization of "slut" or "nice girl." So what's a gal like you to do with this infuriating double standard? Take a cue from some of our celebrity friends and choose to own it, call it out, hide it or accept it.

1. Own It: In the words of Rihanna, "I might be bad, but I'm perfectly good at it!" You're comfortable with your sexploits and prefer to flaunt them.

Ex. Madonna: Not only was she the "material girl," but she was the ultimate alpha female. She embraced her sexuality and made a whole career out of it, which has since been emulated by many.

2. Call It Out: Not quite rising to the level of an "Own It" woman, you operate in a gray area between "nice girl" and "slut." You prefer to fight the double standard with verbal double entendres, rather than with double Ds in people's faces.

Ex. LeAnn Rimes: Labeled a home wrecker, she spoke out against this double standard. While I certainly don't approve of dating a married man, her comments are right on the mark; a cheatin' woman is always lambasted more than a cheatin' man. This woman might slink around, but she never slinks away in silence.

3. Hide It: This woman seems to be your classic "nice girl" on the surface, put together and demure looking. While she might not show her naughtiness to the world, someone has seen it. There might even be irrefutable proof!

Ex. Natalie Portman: Knocked up. Is there any other way to say it? Despite her good girl image, she shocked us when she got herself prego (sans ring) with her *Black Swan* co-star.

4. Accept It: If you can't beat 'em, follow along. You're the type of woman who adheres to the Sandra D 1950's nice girl code: "Keep your filthy paws off my silky drawers!"

Ex. Jessica Simpson (well, before Nick Lachey): She took Master Key's lock/key theory to heart and kept her own lock key-less until marriage.

While Master Key may disagree, there's no universal right choice when it comes to how you feel about the dating double standard and how many keys unlock your lock!

High Yield Hottie is an independent (and sometimes intimidating) woman. Originally from a flyover city in the Midwestern United States, she now lives in a major metropolitan city and has spent the last decade pursuing both her romantic and career goals. Her blog, Six Figure Siren, explores dating as a successful professional woman. You can friend Six Figure Siren on Facebook or follow her on Twitter: @SixFigureSiren.

**Jesse Csincsak Hosts
'Bachelorette Beatdown' on
RTVZone.com**





The Bachelorette – Season 7 – Recap – Ep 1 from Patrick O'Neill on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 2 from Patrick O'Neill on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 3 from Patrick O'Neill on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 4 from Patrick O'Neill on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 5 from Patrick O'Neill on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 6 from Patrick O'Neill on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 7 from Patrick O'Neill

on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 8 from Patrick O'Neill on Vimeo.

The Bachelorette – Season 7 – Recap – Ep 9 – Finale from Patrick O'Neill on Vimeo.

For all you *Bachelor* and *Bachelorette* fans that need more than just watching Ashley Hebert every Monday night, check out season 4 *Bachelorette* winner Jesse Csincsak on RTVZone.com as he hosts a new weekly webisode series called The Bachelorette Beatdown. Csincsak will be joined weekly by a panel of five to 10 former cast members from different *Bachelor* and *Bachelorette* seasons that will dish on the love and drama surrounding the current season of ABC's *The Bachelorette* and the franchise in general.

Viewers may watch the show by visiting RTVZone.com and clicking WATCH LIVE on the main page. On demand viewing will be available within a few hours of airing. The program will also feature live video and interaction amongst the panel, who will occasionally take viewer questions from Twitter, chat and video mail.

Be sure to check it out the first episode **tonight, May 31 at 7 p.m. EST**, submit your questions via Twitter (@RTVZone) and share your thoughts about Jesse's Bachelorette Beatdown series with us below. Happy watching!

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

Kim Kardashian and Kris Humphries Are Engaged



Kris Humphries proposed to Kim Kardashian in her Beverly Hills home on May 18th. After six months of dating, the New Jersey Nets forward waited in Kim Kardashian's bedroom and took her by surprise when she came home to find him on one knee with the words "Will You Marry Me?" written in rose petals. She was completely surprised. "I was in such shock. I never thought it would happen at home, and I never thought now."

According to [People](#), Kris Humphries popped the question with a classically stunning custom-designed, 20.5-carat Lorraine Schwartz diamond sparkler because he wanted the ring to be big. Congratulations to the happy couple!

What are the benefits of proposing at home?

Cupid's Advice:

Home is personal and comfortable. The saying, "home is where the heart is" makes proposing there the perfect location:

- 1. Casual dress:** Proposing in a casual setting can be more comfortable for both of you. Plus, you don't have to worry about getting dressed up.
- 2. Privacy:** You can have more of a private moment as a couple on this special day. There's no need to worry about people in public looking on.
- 3. Going out to celebrate:** If you propose at home, you can go out afterward to celebrate in style.

What's your take on proposing to your partner at home? Share your comment below.

Ex-Husband of Arnold Schwarzenegger's Mistress Speaks Out





Betrayal has definitely been a popular topic in the media the past couple of weeks, and now another person affected by the Arnold Schwarzenegger affair has decided to speak out.

Rogelio Baena, ex-husband of Arnold Schwarzenegger's mistress, Mildred Baena, had something to say. Baena was just as shocked about the affair as Maria Shriver was, and to make things worse, up until a week ago Rogelio assumed that Mildred's son was in fact his biological son, according to [People](#). Rogelio decided to speak out about the betrayal he faced on *Entertainment Tonight*, and how he had considered Arnold Schwarzenegger, who employed his wife Mildred or 'Patty' for 20 years, a 'hero'. Looks like Rogelio no longer feels the same way.

If you're betrayed by your partner, how do you move on?

Cupid's Advice:

Being betrayed by your partner isn't an easy situation to deal with, but here are some tips on how to move on after facing it:

1. Realize that the situation doesn't define you: It's important to realize that after any situation that involves betrayal that you are still the same person you always were, and that in fact you are able to move on with your head held high.

2. Keep yourself busy: Start moving on and rebuilding your life by enjoying hobbies that will hopefully distract you from all of the bad memories of the past.

3. Find yourself: It may sound a little corny, but after going through a tough situation, one of the best things to do is to focus on yourself. Try new things, and try to discover a little more about yourself.

Have you ever faced betrayal from your partner? Tell us how you were able to move on below.

Love Wedding Marriage
featuring Mandy Moore, Kellan
Lutz and Jessica Szohr





A marriage counselor, Ava (Mandy Moore) is thrown for a loop when her parents decide to get a divorce in [Love, Wedding, Marriage](#), which hits theatres June 3rd. Ava, who has recently married Charlie (Kellan Lutz), is now questioning everything for which her marriage stands. To counter that feeling, she decides to get her parents back together by moving her father in with her and her new husband, much to Charlie's dismay.

Through laughs and tears, this family finds a way to make it work despite all the emotional struggles they're going through.

What are the benefits of marriage counseling?

Cupid's Advice:

Marriage counseling does not guarantee a lack of divorce, but there are definitely benefits to the process even if it doesn't work:

- 1. Communication:** The main thing that counseling does is provide a place to air all of your grievances. You can tell your partner all of the things you've been holding in. That way, everything you need to work on is on the table ready to

be tackled.

2. Solutions: Whether the solution ends up being a divorce or getting back together, a decision is definitely necessary when you're at odds with your spouse. Marriage counseling provides a neutral place to decide.

3. Last shot: Marriage counseling comes before a split so that if there's any chance whatsoever that you may be able to work out your issues, you can do it. It's the last stop shop before making the decision to call it quits.

Have you had experience with marriage counseling? Share your experience below.

Pippa Middleton and Beau Spend Weekend at Family Home





Pippa Middleton and her boyfriend of one year, Alex Loudon, left London on Friday to spend the weekend at her parent's home in the countryside. An insider told UsMagazine.com that Middleton spent her Friday afternoon in a short business meeting. Loudon picked her up in the early evening and they headed for her parent's house. "Soon it will be Pippa's time to shine," a source said.

When is it time to introduce your partner to your parents?

Cupid's Advice:

Not only is finding a significant other difficult, but introducing him or her to your parents is also a feat. If you aren't sure when it's best to have your partner meet your parents, Cupid has some suggestions:

- 1. Serious relationship:** Before introducing your partner to your parents, make sure you're in a serious relationship. There's no use in going through the introduction stress if the relationship isn't going anywhere.
- 2. When they ask:** If your parents specifically ask to meet your

current partner and ask you both to dinner, don't refuse. If you say "no," they'll start to get suspicious and things will only be worse when you do decide to have them meet.

3. Parent's reaction: Figure out how your parents would react. Some parents are more accepting than others, so make sure to gage their reaction before you subject your partner to their scrutiny.

How did your parents react when you introduced them to your partner? Share your experience below.

Fergie and Josh Duhamel Are Ready to Start a Family





Black Eyed Peas singer Fergie has babies on the mind, reports [People](#). When asked about starting a family with her husband Josh Duhamel, the singer replied, " Oh yeah, of course. Not right this second. [I'm] not pregnant, for the record. But, yeah." Fergie, who is taking a break from the Black Eyed Peas as her bandmates work on solo projects, is glad to be "getting more of that personal time. Josh and I have gotten to spend a lot more time together this year than other years, which is great."

How do you know it's time to start building a family with your partner?

Cupid's Advice:

Starting a family is one of the biggest changes your life will ever face. Here are a few ways to determine if you're ready:

1. Your marriage is in a good place: Make sure that you and your husband are absolutely comfortable together and that your marriage is happy and stable before bringing a baby into the world.

2. Financial stability: Children are expensive. Before having a child, make sure your bank accounts are able to handle the burden. Being financially stable will save you from much frustration down the line.

3. Your feelings: Analyze your own feelings on the subject. If you don't feel 100 percent ready to start a family, then don't. You need to be completely sure of your decision before you commit to such a life-changing experience.

When did you know you were ready to start a family? Feel free to comment below.

Russell Brand Is Deported From Japan While Visiting Katy Perry





Katy Perry's hectic Japan touring schedule was interrupted on Saturday, reports [E! Online](#). The *Teenage Dream* singer was distraught when news came that her newlywed husband Russell Brand had been deported. Perry took to her Twitter account to share the news. " So...my husband just got deported from Japan. I am so. sad," tweeted Perry. "I brought him all this way to show him my favorite place." Brand was deported due to criminal incidents that occurred over 10 years ago. Brand, however, did not seem too upset. The comedian-turned-actor also took to his Twitter, exclaiming, "Stockholm syndrome kicking in. Just asked my guard out for (vegetarian) sushi. He giggled."

What do you do if your partner has a prior criminal background?

Cupid's Advice:

Not everybody has a squeaky clean past. Here are a few things you should be aware of when dating a reformed criminal:

1. Get the facts: Underage drinking and bank robbery are two

very different crimes. Make sure you know what your partner was charged with and how serious the crimes were before you enter into the relationship.

2. Prepare yourself: It's harder to live life with a criminal record. Travel becomes difficult, as does getting a loan or applying for a job. Make sure that you are willing to carry some of the burden for your partner's past mistakes.

3. Shake it off: Plenty of individuals make unwise decisions when they are young. Though the thought of dating someone who has had trouble with the law may scare you, don't be too prejudiced. Your partner now has different ideals and life experience to bring to the relationship.

Have you ever dated someone with a criminal past? Feel free to comment below.

5 Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat





By Terri Orbuch PhD, The Love Doctorâ„¢

As a researcher and psychologist who's been studying marriage and divorce for more than 25 years, I'm interested in the motivations of men who seem to "have it all" and then throw it all away, facing public humiliation in the aftermath and subjecting their families to the same.

Here are five ways to understand why men like Arnold Schwarzenegger, Tiger Woods and John Edwards risk it all to have an affair:

1. The illusion of invulnerability. Often, powerful men have affairs because they think they won't get caught. And even if they do, they believe they won't get in trouble because they have the resources to cover it up. These men often don't worry about the long-term effects of their actions on others, only the short-term gains for themselves.

2. Ample opportunities for temptation. Wealth, fame and power are attractive to many women, who make themselves available to powerful men, sometimes aggressively and without scruples.

Then such men are away from home for days at a time, and the loneliness and the desire for female companionship can trigger infidelity.

3. Adrenaline dependency. Many powerful men have positions that require a lot of responsibility and authority. They perform well under high stress and continually need and enjoy excitement or challenges to drive them forward. An affair gives them the same type of exhilaration in their private life.

4. Enabled by yes men. Powerful men tend to be surrounded by people who protect them, idolize them, and even “enable” their vices in order to remain inside their influential orbit. Being surrounded by people who don’t challenge your decisions or give you honest feedback has an effect on your ego and your sense of propriety and limits.

5. Desire for change. Let’s not forget that powerful men are still men, and usually an affair signals an internal need for change. Something in the man’s life or his relationship isn’t okay – and the affair creates the trigger for change. Boredom and relationship ruts are common reasons couples cite for infidelity.

While influence, wealth and celebrity may present some additional challenges that are unique to powerful men, the fact is that not all such men succumb to infidelity. And the explanations above are certainly not excuses for the behavior of those who do.

Terri Orbuch PhD, known as The Love Doctor, is project director of longest-running study of married couples ever conducted, funded by the NIH and ongoing since 1986. A practicing marriage and relationship therapist for more than 20 years, she is also a popular love advisor on radio, TV, and peoplemedia.com, most recently seen on NBC’s Today. Her new book is 5 Simple Steps to Take Your Marriage from Good to

Great (Random House). Learn more at www.drterriithelovedoctor.com.

Newlywed Sara Rue Says She's Never Been Happier



Rules of Engagement actress and Jenny Craig spokeswoman Sara Rue put her new hot body to use in a wedding dress recently and could not be happier. “I feel so lucky to have found someone as kind, funny and smart as Kevin (Price),” she recently gushed in UsMagazine.com. The two wed Saturday in a beach-themed affair, held at the Bel Air Bay Club in Malibu. The guest list was small, only 112 total for this “small and

intimate" affair (according to wedding planner Rachel Hollis).

"One of the first things Sara ever told me was that she was obsessed with butterflies and hummingbirds," Hollis spoke of the reception. "She loves specifically hummingbirds. She had this idea of a vintage inspired garden party and it evolved from there."

What are some ways to make your wedding reception unique?

Cupid's Advice:

Your big day should be everything you wished for and more, so why not change it up? Instead of the traditional wedding and reception, here are a few ways Cupid guarantees your wedding will stand out from others:

1. Themed wedding: Most feel this is tacky, but what better way to stand out? Agree on a theme with your partner and give your guests the most unforgettable wedding reception they've ever seen.

2. Top chef: Most of your guests have been to these before. They're over the traditional, cliché reception platters. Switch it up by considering a hibachi-style sushi bar or other personally-made entrées.

3. Make it meaningful: Share the amazing experiences you've shared with each other with everyone else throughout your special day. Select food and decoration choices based on what you've gone through as a couple.

How did you out-do the traditional wedding reception? Share your stories below.

Blake Lively and Leonardo DiCaprio Spotted Together In Italy



Looks like love may be in the air for newly single Blake Lively and Leonardo DiCaprio. DiCaprio, who just ended his 5-year relationship with Bar Rafaeli and Lively, who split from Penn Badgley in late 2010, were spotted together in Italy this past Sunday, according to UsMagazine.com. It seems that the two wasted no time in getting to know each other on a cute, romantic getaway. Talk about starting off a relationship in a unique way!

How do you start off your relationship in an unforgettable way?

Cupid's Advice:

The start of any new relationship is exciting and memorable, but Cupid has some tips on how to make it *unforgettable*:

1. Try new things: What better way to start off a relationship than by going out and trying new things. Try eating at a new restaurant that you wouldn't typically go to or try a new activity. Freshness will help make your new relationship special and memorable.

2. Take candid pictures: The beginning of any relationship is considered the "honeymoon" stage, so why not keep those memories alive by taking pictures of all the fun times you two are having together? This way, you'll always remember the fun you had from the very start.

3. Have fun: The most important part of starting a new relationship is to make sure you relax and have fun. This is the best way to open up and get to know your new significant other without any expectations and judgements. Take a ride on a rollercoaster or go rock climbing. Do something crazy and fun.

How did you make the start of your relationship unforgettable? Share your stories below!

Maria Shriver Seeks Advice After Arnold Schwarzenegger Affair



By Dr. Judy Kuriansky

After 25 years of marriage to Maria Shriver, Arnold Schwarzenegger revealed that he had been hiding a love child from the public. Arnold's behavior is a serious insult – and the ultimate betrayal – to Maria, especially having this affair in her household and keeping it a secret for so long.

It will take a long time for Maria to rebuild trust in any relationship, and we now have a deeper understanding of her request on the web. Uncertain transitions in life can be traumatic. As stated in a video shared on YouTube, Maria says, "As you know, transitions are not easy. I'd love to get your advice on how you've handled transitions in your own life. It's so stressful to not know what you're doing next. People ask you what are you doing and then they can't believe that you don't know what you're doing."

Maria is reaching out to others for advice on how to

transition to the next phase of her life. For many women, Maria's outreach is reassuring. For a public figure to express that her future is unknown is both a positive and comforting example for those experiencing similar turmoil. Maria now has the opportunity to stand for the empowerment of women by respecting herself, having a high self-esteem, trusting her independence and not tolerating bad behavior.

Dr. Judy Kuriansky is a world renowned radio advice host, clinical psychologist, certified sex therapist, popular lecturer, newspaper columnist, author of many books, including *The Complete Idiot's Guide® to a Healthy Relationship* and saw Arnold and Maria's love bloom firsthand at their engagement party. To help Maria and women everywhere, she has offered three suggestions to handle transitions in life:

1. Dream big: Allow yourself time to be quiet and meditate. Think about your ultimate dream. Do not add qualifications or possible inhabitants. Let your mind run free. Imagine without any hesitations.

2. Re-focus your energy: Try out the following exercises:

- Picture your future by drawing a matrix. Put yourself in the center and tasks you are completing now in bubbles around you. Look at those tasks and think of how you could turn them into a substantial activity focus.

- Host a gathering of friends. Have each of them brainstorm something that you are good at, or what you could be doing in your next stage of life. When you do this, be sure to write down all of the suggestions.

- Browse a college course brochure. Look for something new that you've always wanted to learn, but never had the time.

3. Anxiety into action: Transitioning can translate to both stress and excitement. Once you accept the stress and

anxiety, you will gain the courage to face the unknown.

How have you have handled a new transition in life? Share your stories with Cupid below.

Joe Gumm Gives Husbands a Helping Hand with '150 Secrets to a Happy Wife'



By Loren DeLand

A sports enthusiast and former ESPN anchor, Joe has spent the majority of his career entertaining male audiences. When the

work day ends, however, he heads home to a wife and four daughters. Needless to say, he has learned a thing or two about how to make women happy, and is now sharing this precious advice in *150 Secrets to a Happy Wife*. Both comedic and touching, this book is a must-read for all couples looking to share a laugh and better understand one another.

We had the privilege of interviewing Joe via about his new book last month. Here's what he had to say:

You've become something of an expert on women and relationships. What is it about this particular subject that appeals to you?

I love talking about it because I think marriage is a funny topic, especially when you throw in kids, pets, in-laws, marriage counselors and weird siblings. There are topics about marriage that are more serious, like divorce, but that's the whole point of being married – making sure it never gets to that point. As couples, we start off as being the number one priority, but then over the years we become number two, three and four. This book is perfect for all men, especially young men just starting out. It gives a humorous, upbeat outlook into the minds of women and what makes them really happy in life.

You and your wife have four lovely daughters. Do you think this has shaped the perspective you take when writing about how men interact with women? Would you have written the same book if you'd had four sons?

Yes and no to your first question because the book is actually about women, written for men. Do I think Bubba, down on the construction site, is going to take off lunch early so he can go buy it to show all of his friends? No, and I don't think men like being told by another man how they should act around their wives. I live with five females and grew up with two sisters, so I think I know a little about what women want. Of

course, living with five females, what they want changes on a daily basis. I would say yes to the second part of the question. I would have written the same book for my boys, knowing this is the perfect book for young men getting married.

Many of your secrets don't advocate for grand, sweeping gestures, but call for men to take part in daily, mundane tasks, such as doing the laundry, replacing the toilet paper roll and carrying in the grocery bags. Can you elaborate on why the small details matter the most?

I could get a speeding ticket, burn the house down because I left a candle burning and curse my mother-in-law and my wife would really not care. But for some reason, if I don't wipe off the two scraps of food left on the plate from dinner the night before and put it in the dishwasher, my wife acts like it's Armageddon. I think most women love the little things and depend and expect them. As far as the larger, sweeping gestures, I think they appreciate them when they eventually happen.

You're quite an accomplished TV/radio broadcaster in the sports world. Can your fans look forward to a sports-themed book in the near future?

Actually, I have written a sports-themed book called *From Humor To Hormones*. It's a book about birth, and for those who don't think the process of birth is a sport, you need to read this book. For example, you have a baseball team (a pregnant wife expecting). That team has practice (three trimesters). That team has coaches (husbands). The game will have umpires (doctors, nurses, midwives). The game will have points (centimeters dilated). During the game, baseball players will grab their crotch in front of thousands of people on live TV (women deliver a baby from the crotch area in front of a lot of people in the delivery room). The team sweats during the game so they drink water to quench their thirst (the mom-to-be

definitely sweats more, but instead of drinking water, her water actually breaks). The team has fans cheering them on (the wife has her husband and others cheering her to push).

The team has uniforms (the wife has a hospital gown). The team holds up the championship trophy (the parents hold up their baby). Actually, there are a lot of sports analogies in the book, but NO, it's not a sports book and I don't see myself writing an official one anytime soon.

Is there any advice you can share with women about dating?

There are 10 types of men women marry. I'm going to give you five now and then your female readers can buy the book I'm currently writing to find out the other five. You have the ATHLETE, the NERD, the BUSINESSMAN, the ACTOR and the the WANNABE. In my book, it explains who the perfect man is to marry. He may be in this group or he may not. The point of the book is to literally breakdown everything each type brings to the table, as far as marriage. As far as advice, I would tell women to make a list of what makes them truly happy and start with the number one thing.

150 Secrets is now officially available nationwide. What is the next project you're excited about tackling?

I wrote a book about how couples not only deal with children with ADD/ADHD, but how they deal with each other's ADD/ADHD. It's a fun, humorous look about a man who not only had dyslexia when he was younger, but had a speech impediment as well. He had a seventh grade reading level when he graduated high school, was accused of cheating through college, and was rejected for his first book by 70 literary agents. Despite his dyslexia and ADHD, he went on to graduate college after 9 years, became an award-winning author of three books, has worked for companies like ESPN and Fox Sports, and ended up doing a fun online interview with the greatest website on the planet called CupidsPulse.com.

Cupid thanks Gumm for his time! You can find *150 Secrets to a Happy Wife* on Amazon. For more on the author, visit his website at JoeGumm.com or follow him on Twitter: @JoeGumm.

Michael Bublé and New Wife Plan Second Wedding in Canada



A wedding is one of the most important days of your life, and Michael Bublé may get to experience it twice. The crooner recently married Luisana Loreley Lopilato de la Torre, and the lucky bride may head down the aisle once again. Roughly a month and a half ago, the pair wed in Buenos Aires where Torre's family is located, according to [E! Online](#). Bublé's

reps confirm there will be no second wedding, yet rumor has it that a second wedding will take place for his family in Canada. Reps do confirm, however, that there will be a reception for those who could not make it to their ceremony.

The newlywed will then venture off to Italy before Bubl  's big tour.

How can you celebrate your wedding with family from two parts of the world?

Cupid's Advice:

Making both of your families happy can be tricky, and you'll need to compromise. Your wedding day is supposed to be one of the best days of your lives, and you'll of course want to share it with those you love. Cupid has a few ways you can make sure all of your family members and friends are included:

1. Destination wedding: This may be expensive, but why not go all out? Everyone can meet up and take a cruise through the tropics while you two exchange vows at sea.

2. The sympathy card: Guys, she's really stressed out right now, and she wants her day to be perfect. If she wants to get married in her hometown, have your family come to her. Those truly close to you will make arrangements to be there no matter what.

3. Meet in the middle: Find somewhere that is mutual territory and that makes sense. Perhaps that means halfway for both parties, or even in your own backyard.

**How did you make both of your families happy at your wedding?
Share your stories below.**

Ginnifer Goodwin and Fiancé Break Off Engagement



It looks like the engagement between Ginnifer Goodwin and her fiancé Joey Kern is off, sources tell [People](#). Goodwin, a former star of the HBO series *Big Love*, apparently split from the *Super Troopers* actor a few weeks ago. The duo had been engaged since December after being introduced to each other by a mutual friend.

When is it time to break up?

Cupid's Advice:

Not all loves in this world are supposed to last. Cupid has a few suggestions on how to know when it's time to leave:

1. Where is the love?: If the love and connection you used to your feel with your partner has now vanished or decreased significantly, it may be time to re-evaluate your relationship.

2. Mirror check: Take a look at yourself in the mirror periodically and make sure your'e the person you want to be. If your relationship is changing your values and priorities, then you may need to let it go.

3. Butting heads: Sometimes you may be in love with someone, but you can't seem to find a way to compromise about a problem in your relationship. If it's a big enough issue that it's starting to tear you apart, it might be time to step away for a while and think things through.

When did you know it was time to end your last relationship? Share your experiences below.

Singles Event: Club Getaway Weekend





Want to pack all the activities of a week-long trip into an entire weekend? If so, check out WeekendDating.com, which is hosting a trip to Club Getaway in Kent, CT, just two hours away from New York City. This Memorial Day weekend you can be adventurous and go ziplining or just relax with a sophisticated wine tasting. No matter what your interest is, a weekend at Club Getaway will ensure you have an awesome time while also meeting singles...or at the very least, a nice view of the lake.

Who: WeekendDating.com

What: A Club Getaway Weekend

Where: Club Getaway
59 South Kent Rd.
Kent, CT 06757

When: Friday, May 27 to Monday, May 30

Cost: \$449

7 Things NOT To Do On Your Wedding Night



By Brea Gunn

Most women dream not only about their wedding, but also about the wedding *night*. That's right. We girls have the entire experience planned out from the minute that we wake up on that special day to the moment that we put on that slinky babydoll.

What we often don't realize is that there are a number of things that are sure to ruin the experience. Here are some things to avoid:

1. Excessive drinking: I shouldn't need to explain why this

would be a problem, but in case you need a refresher: do you really want to be tired, lethargic and possibly not remember your wedding night? Didn't think so. Have a talk with your groom *before* the wedding about what you both feel is appropriate so that the celebration doesn't get out of hand.

2. Hunger: No one feels very romantic when they're starving. So EAT! That's right. Eat. If you can't breathe in your wedding dress, be sure that your 'going away' garb has a little extra expanding room. If you can't eat at your reception, ask that a fruit, cheese or combination be brought to your changing room.

3. A full stomach: Yes, the food was to *die* for, but now you want to die. This is NOT GOOD. Be careful of eating too much, especially if you have a particularly decadent spread at your disposal. Ask mom, dad or your best friend to save you some good eats for the next day (unless you're leaving for your honeymoon).

4. Thin walls: You may not consider this, but take it from me, you may want to make some noise, and the LAST thing that you want is the old guy in the next room banging on your wall. Do yourself a favor and visit your wedding night room, suite, or B&B well before the big day. That way you know what you're getting.

5. Older hotels and Bed & Breakfasts: Sure, they're cool and have lots of charm, but some also have pitfalls. For example, one historic hotel that I looked at for my own wedding night had *communal bathrooms*. No thank you. There was no way I was going to change out of my dress and into lingerie only to walk down the hallway back to my room. Make sure that you have your own bathroom (You'll know this ahead of time if you follow the advice about an early visit above). I promise, it's worth the time.

6. Fighting: Don't start anything on your wedding night.

Sure, the way that he wouldn't stop break dancing at the reception may have you hopping mad (and yes, it would have been nice if he had asked *you* to dance), but try to put it behind you. After all, you only get to do this night once.

Make sure that your memories are happy ones. Can't keep it in? Try writing it down so that you can address your issues later.

7. Inviting friends to the hotel: Though it's tempting to continue the party (you just got MARRIED!!!), you and your new spouse need some time alone. If you invite friends back to your room, or even to your hotel, you run the risk of not being able to retire when you want to and forfeiting night of your dreams. They're your friends, so you'll see them later.

Gracefully tell everyone thank you, and leave the party at the reception site so that you can get started on your honeymoon.

Brea Gunn is a freelance writer and blogger about Hudson Valley Weddings and wedding business marketing, as well as other family related topics. Born and raised in Washington State, she is a southern girl at heart. She thrives on frugality and money-saving solutions, but isn't afraid to splurge once in awhile.

'Bachelor' Brad Womack Drunk Dials Emily Maynard After Breakup



There appears to be some debate as to what the deal is between Brad Womack and fiancée Emily Maynard. Three sources confirmed in the most recent UsMagazine.com that the couple broke up two weeks ago and that the star of *The Bachelor* has been drunk dialing Maynard. “Brad and Emily are over, and Brad keeps drunk-dialing her,” one insider said. “Brad is such a loser.” A friend close to the couple, on the other hand, says that the couple is still together and engaged. “They are on and off, but there is a lot of love there. This is just a rough patch,” the friend said. A third source said that the 25-year old single mother couldn’t handle the long distance relationship and ended things after heading to Texas to smooth things over.

What are some ways to handle an obsessed ex-partner?

Cupid’s Advice:

For some people, it's really hard to let go of past relationships, especially if they feel responsible for the breakup. Here are some pointers to dealing with your ex:

1. Keep it to yourself: You're going to have to do your best to avoid your ex's calls and attempts to talk to you. Even if you plan on staying friends, it might be a good idea to defriend him or her on Facebook ... at least for now.

2. 'To the Left': One way to make things easier for both you and your former lover is to give your personal property back to one another. That way you won't have to be reminded of each other.

3. Restrain yourself: In the most extreme cases, you might need to get outside help to keep your former lover away from you. You don't always have to get a legal restraining order, but perhaps just a close friend calmly talking to your ex may do the trick.

Have any stories of exes who wouldn't leave you alone? Leave a comment below.

Arnold Schwarzenegger's Love Child: Did He Break Up Housekeeper's Marriage?





Lately, the news has been filled with the tragic separation of Arnold Schwarzenegger and Maria Shriver after a long-kept secret surfaced that the former governor of California fathered a child with Mildred Patricia Baena, a housekeeper and assistant in the family home. This shocking affair, however, also may have resulted in a divorce between Mildred Baena and her former husband, Rogelio de Jesus Baena. The couple split in 2008 over “irreconcilable differences.”

According to [People](#), contrary to the birth certificate that identifies Rogelio as the father, the divorce documents between the Baenas do not mention any minor children.

How do you get over the trauma of an affair?

Cupid's Advice:

It can be tough to get over an affair. In fact, most people who experience this type of trauma in a marriage are never able to salvage their relationships. However, if you do choose to move on and remain with your partner post-affair, the only way to do it is to spare yourself the details:

1. Two affairs don't make a marriage: If you choose to forgive your partner's infidelities, don't try to make things even by having an affair yourself. It will only make matters worse and will never make you feel better in the end.

2. Restore trust: Trust takes a lot of time to restore. Don't stay with your partner unless you plan on being patient. Without trust, you can't have a healthy relationship.

3. Don't ask about the details: If you're going to move on, you can't do so with images in your head of your partner with someone else. Stick to a don't ask don't tell policy, at least as far as vivid descriptions are concerned.

If you have ever been with a partner who had an affair, we want to hear your story. Comment below.

LeAnn Rimes and Eddie Cibrian Pack On the PDA At Bash





LeAnn Rimes and new husband Eddie Cibrian were anything, but shy at an NBC upfront bash at Del Posto in NYC last week.

According to UsMagazine.com, the newlyweds were indulging in some major PDA at the party. They were apparently “making out in the middle of [everything],” said a source. The source explained by saying that Rimes was “making a compete scene and holding up her camera as they are making out so she [could] take pictures of them making out – it was unreal.”

Is there such a thing as too much PDA?

Cupid’s Advice:

Everyone has a different opinion on what is an acceptable amount of affection to reveal to the public. Cupid has some general guidelines to follow when you’re unsure:

1. Think about another couple: If you saw a random couple in public, would it gross you out to watch them make out in front of you? If the answer is “yes,” then you probably should refrain from doing the same thing with your partner. As the old adage says, treat those around you as you’d want to be

treated.

2. Decide if it's necessary: It's always a good thing to ensure that your partner feels loved and cared for at all times, and that includes when you're out in public. That said, think about whether showing excessive affection in front of people is truly needed. The answer is, probably not.

3. Analyze your reasoning: Are you just showing affection in front of people to make someone jealous? Are you simply trying to reassure yourself that the relationship is solid? Either way, those are probably not good reasons to do it. Sometimes the reasoning behind our actions reveal deeper truths.

What's your view on PDA? Share your opinions below.

'The Office' Star Jenna Fischer Is Expecting





When *The Office*'s Jenna Fischer became an aunt, she said, "I already wanted kids, but even more so now." Well, it looks like that wish is coming true. Fischer and husband Lee Kirk are expecting their first child, according to [People](#). The cute couple were engaged in 2009 while vacationing in Europe and tied the knot last July with *Survivor*'s Jeff Probst officiating the ceremony. Now Fischer can follow in her TV character Pam's footsteps and become a mother to her own child!

What are some ways to prepare your relationship for a baby?

Cupid's Advice:

There's no doubt that your relationship will change when you have a child. In order to avoid a negative impact, Cupid has some ways to prepare your relationship pre-baby:

1. Plan: Avoid being surprised by child-related obstacles as much as possible by doing the research you need to do before the baby is born. Make Daddy read the Daddy chapters in *What to Expect While Expecting*.

2. Strengthen your bond: Spend as much romantic and quality time together as possible pre-birth. Make sure your relationship is as strong as it can possibly be before your lives are changed forever.

3. Discuss expectations: Make sure that you both view raising a child in the same way. Determine what morals and values you plan on instilling so that you don't find out when it counts and fight about it.

What did you do to prepare your relationship before you had a child? Share your experience below.

Miranda Lambert and Blake Shelton Go On Bass Fishing Honeymoon





Talk about a romantic honeymoon! Newlyweds Miranda Lambert and Blake Shelton who tied the knot this past Saturday have been updating us via Twitter about their fun getaway, according to [E! Online](#). The two decided to go bass fishing for their honeymoon instead of the traditional island getaway. Lambert certainly isn't hiding her excitement about the recent wedding either, as she tweeted "Mrs Shelton here! Winning!!!!!" in true Charlie Sheen fashion. Plus, she accompanied her tweet with a picture of the bass she caught. It seems like she is most certainly is "winning" on her honeymoon!

How do you decide where to go and what to do on your honeymoon?

Cupid's Advice:

Choosing where to go and what to do on your honeymoon is one of the most stressful parts of the whole wedding planning process. Luckily, Cupid has some pointers on how to make those decisions a little bit easier:

1. Ask for opinions: Ask your family and friends where they

think may be a good honeymoon destination for the two of you. Your friends and family know you well and will be able to give the best advice.

2. Pick one of your dream destinations: Everyone has that one place they'd love to go to, and your honeymoon is the perfect opportunity to live out that dream. If the two of you have two different ideas, compromise and pick a location that has a little of both of your destinations in it.

3. Meet with a travel agent: Sometimes travel agents have the best ideas of where to go on a honeymoon, based on good deals and unique locations. Meeting with an agent may open your eyes to a bunch of places you may not have known existed.

How did you decide where to go and what to do on your honeymoon? Share your stories below.