

Dating Advice: Should A Woman Split The Bill On A Date Night?



By [Joshua Pompey](#)

The moment has come. The bill arrives. Sweat trickles down the back of your neck once the server drops the checkbook at your table. What do you do? Do you let him pay for the meal? Or do you sit there awkwardly while he reaches for his wallet? Ah, the age old question that relationship experts love to answer. If you're looking for [dating advice](#) that will help you navigate this dilemma, take into consideration the different scenarios that can arise on a first date.

Dating Advice On Splitting The Bill With Your Date

The dating advice that I provide you will vary depending on the context of the situation. Suppose a man invited you out to an expensive restaurant or took you somewhere that costs a lot of money, without you being aware of the situation ahead of time. In this case, you really shouldn't be reaching for your wallet. It's not on you to cover an expensive bill that someone else imposed upon you.

But in any other situation, you should at least reach for your wallet at the minimum. This motion is less about the actual act of paying, and more about what it reveals about you as a person. When you reach for your wallet, you aren't just letting him know that you are willing to pay. You are communicating that you are considerate, interested, and trying to do the right thing. A man will notice and process this, even if he quickly waves you off.

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Back when I was single, this was something that I always looked for on a first date, and I know for a fact that most men do as well. When we're on dates and someone sits there as the check comes without even flinching, we start to wonder if she expects to always be taken care of, and even worse, will wonder if she is innately selfish. This may not be you at all, and maybe you've mentally planned on paying for something on a second date, but remember, it's a first date and he still doesn't know you very well. A man's perception of you is based solely on the limited amount of time that they're engaged with you on a first date. In the event that the man waves you off, just smile and say, "Okay, but next time the first round is on me!" And in the event that he doesn't wind up waving you off,

that shouldn't be a big deal either, even if you don't like him. As a rule of thumb, don't accept a date if you can't afford to partially contribute. And if him not paying bothers you, then maybe it's a sign he's not your type anyway.

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At the end of the day, what most quality men want (pending they don't have unresolved mommy issues) is a woman who is down to earth and considerate. The more you make this clear with the things you say and the actions you do, the easier it will be to avoid unnecessary relationship problems in the future regarding finances. You don't want to start any partnership with unequal footing. Having a guy shoulder the bill all the time is a sure way to stir some resentment. The best dating tip that I can offer is to at least give it a try.

Joshua Pompey is an online dating and relationship expert. If you need help getting to that first date, visit his world famous profile writing service and sign up for a free profile evaluation [here](#).

Relationship Advice: 3 Ways To Scratch The Seven-Year Itch





By Amy Osmond Cook for [Divorce Support Center](#)

If you listen to the relationship experts, the seven-year itch can just as easily be called the three-year itch, four-year itch, or the twelve-year itch. “There’s no consensus among experts as to why the seven-year itch may occur,” explained relationship expert Jennifer Nagy. Experts identify irritating contributors like hasty marriage proposals (Pamela Anderson or Khloe Kardashian), declining interest in his or her’s partner, and growing family responsibilities. But with married couples facing a 50-50 chance at success, it makes one wonder how to extend the rather short shelf life of a marriage, despite the growing needs of maintaining a life together.

Fortunately, society is filled with [celebrity couples](#) who have defied the odds. Will and Jada Pinkett Smith will celebrate twenty years together next year, Bill and Melinda Gates have been married over twenty years, and Billy Crystal and his wife, Janice, have been together forty-six years. If you and your partner are truly committed to making a marriage work, here is my [relationship advice](#) where I provide three ways to scratch that seven-year itch. Follow these dating tips to

increase the longevity of your marriage.

Relationship Advice On How To Have A Lasting Marriage

1. Search for the things you first loved about each other. “I just love him more and more,” said Reese Witherspoon about her five-year marriage to Jim Toth. “I want so much for him to be happy, and he wants me to be happy.” Life is filled with distractions that make it difficult for those once-endearing traits to present themselves. Between family, changing interests, and work, we have many things demanding a portion of our time. Remember: You committed to share your life, dreams, and your whole self with this person. Don’t take that promise lightly, and don’t search for perfection—you won’t find it. Instead, uncover the things about your partner that make you feel secure, more focused, and better able to grow and expand your evolving interests as a couple.

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2. Make the private moments meaningful. “For us,” explained Chrissy Teigen about her marriage to John Legend, “it’s exciting to have time away and then be together and make up for that lost time.” As a mature relationship grows, the opportunities to share alone time are few and far between, but the need to find that time becomes so important. “When the sexual intimacy in the marriage can be nurtured and given the time to grow, then the marriage will be successful,” wrote Dawn Michael. “The problem, of course, is that many couples lose the closeness that brought them together in the first place.”

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3. Leaving is not an option. “At our facility, it is not

uncommon to see a loving spouse sit with his or her aging partner while illness, dementia, or frailty robs them of meaningful twilight years together,” said Scott Hanson, executive director of Lake Ridge Senior Living. “Even though the loved one may no longer recognize him, the thought of leaving or loving her any less is simply not an option.” That kind of commitment through good times and bad is what strengthens the bond Gisele Bündchen shares with her husband Tom Brady. “My father always said, the quality of your life depends on the quality of your relationships, and I think, no matter how challenging it was, we’ve always been supportive of one another. I think that’s the most important thing you can have in life.” With the array of circumstances that continually take shots at a relationship, it’s hard to know whether or not a marriage will be strained at any specific time. According to Nagy, “The studies do seem to agree that couples need to put in the extra effort every day in order to sustain happy marriages. If a couple doesn’t prioritize their relationship, their marriage will fall by the wayside – no matter how long they’ve been together.”

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‘Botched’ Star Dr. Paul Nassif Launches New Anti-Aging Skincare Line





Interview by [Lori Bizzoco](#). Written by [Rebecca White](#)

For those of us who are feeling aged, don't get enough sleep or are constantly stressed, a good skincare product always helps us look and feel better. But, with so many beauty products on the market, how can a girl even choose. That's why we were thrilled to find out that our trusted TV doc, plastic surgeon and former *Real Housewives of Beverly Hills* [reality TV](#) star, Dr. Paul Nassif launched a new anti-aging collection, [Bio-Clock Dermaceuticals](#) earlier this year. This skincare line is no joke. It fills your pores with love.

During an exclusive celebrity interview with CupidsPulse.com, the star of E!'s reality TV show *Botched* spoke about his new collection and shared details surrounding how his amazing beauty products will cleanse and hydrate your skin just in time for your next [date night](#). You can even check out the famous doctor's summer beauty tips and learn how these products can cleanse, exfoliate, hydrate, and protect your skin in our product review below.

Dr. Paul Nassif's Summer Beauty Tips

As a facial plastic surgeon, it comes as no surprise that Dr. Nassif looks at skin differently than a dermatologist would. Even when he's doing a facelift, the reality TV star says he can see the loss of elasticity, collagen, and hydration. That's why his goal was to have active ingredients in his new beauty products, such as ElastaDermC, a potent form of vitamin C, and retinol which will really make your skin glow. Dr. Nassif's skincare line features all of the essential ingredients for a proactive summer, such as the gentle cleanser, detox pads, hydro-screen hydrating serum, and night beauty serum. Like the doctor says, these products will "wipe away the signs of aging." The surgeon explains how to use these products effectively this summer with his beauty tips below.

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1. Cleanse. This is especially important during the summer because of the hot and humid weather which leads to sweat that takes longer to evaporate off your skin. The *Pure Hydration Gentle Cleanser* is gentle enough to remove eye makeup but tough enough to remove pore-clogging debris. Don't let that humid weather ruin your skin's glow.

2. Exfoliate. Make sure you exfoliate at the right times. Not only will it help you maintain a fresh fake tan, but gentle facial exfoliation will help create a better canvas for makeup application allowing your skin to wear less on those warm, summer evenings. The *Detox Pads* in Dr. Nassif's new anti-aging skincare line are shown to remove 108% more makeup and dirt than soap and water because of ingredients like retinol, glycolic acid, and salicylic acid (see image above). You will

love how amazing your skin feels after a 30-second detox session with this age defying product. Remember to exfoliate the morning after a swim in the pool or ocean, not prior.

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3. Hydrate. Stay hydrated. You may have let up on this a little since winter left the premises, but don't give it up for good. A solid moisturizing routine can do many beneficial things for your complexion. Dry skin is unhappy, damage-prone skin, so apply a product to protect it from summertime drying agents like sunburns, salt, and chlorine. The new *Hydro-Screen Hydrating Serum* is a lightweight moisturizer that plumps as it hydrates. "Your skin drinks this product," the surgeon said in an exclusive celebrity interview with CupidsPulse.com. "This is one of the only products that hydrates your skin. Our goal is to increase hydration, luminosity, and help the appearance of discoloration."

4. Protect. Your skin is a barrier that protects you from environmental aggressors like pollution, bacteria, and moisture loss. Keeping your skin healthy helps that barrier continue to work properly. Protect your skin with products that contain antioxidants which will help repair damaged skin and prevent free radicals from doing undesirable work. The *Day Therapy Energizing Creme* and *Night Therapy Antioxidant Night Serum* will revitalize your skin, increase the effectiveness of your sunscreens, and boost your skin's defense against UV exposure. Dr. Nassif says these products work for your entire face.

These beauty products are proven to reduce dry lines, wrinkles, age spots, sun spots, and discoloration. Many of Nassif's patients have noticed that their skin returned to its natural tone after using the product line. Don't believe us? The reality star and doctor uses his own products, and at 54 years old, he looks 10 years younger.

Whether you're getting ready for your next date night or just keeping up with the latest beauty tricks, Dr. Nassif's anti-aging beauty products have you covered. Be prepared to feel the difference of the active ingredients working to help you through the aging process.

To learn more about or purchase Dr. Nassif's beauty products, visit the [HSN site](#).

Expert Relationship Advice: You're in the Dog House...Now What?





By [David Wygant](#)

There's nothing like being in the doghouse. As a relationship expert, I can assure you it's the worst part of getting into a fight with a woman. Getting sent to the doghouse without our favorite toys is never any fun. The next time you're in the doghouse, make sure you bring your iPad or have your phone with you so you can sit there and play on your phone and text your friends to figure out exactly how to get out of the mess you're in. Sounds fun, doesn't it? Well, I've got a better idea. An idea that's based on something called communication and is a sure way to help you avoid future relationship problems. So now with the following [relationship advice](#) let's try to do things differently and stay out of the doghouse.

Relationship Advice To Get Out Of The Doghouse

As with most dating advice that's given, communication is the most crucial key to any relationship. However, there's another

important key to having a great relationship, and that is ownership. When you learn how take ownership of something, you'll no longer be in the doghouse. I truly believe that fighting can be avoided in any relationship, as long as you have open communication and take responsibility for all your actions. When you stop blaming the other person or stop getting triggered by what they're doing, you're going to be more in the present moment, so that when a fight happens, you'll be able to have fight management skills right away.

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I was once with a woman whose nickname was "Perfect." Whenever we fought, which was regularly, I would always get so frustrated with her. I was open to apologizing and hearing another viewpoint, but she was always focused on proving her side, twisting my words around, and making me feel like I was always the one at fault. I would tell her that she was blaming me and she would insist that she wasn't. She never took responsibility for anything! In the time I was with her, she said sorry maybe once, and we fought probably every two weeks about something. It's not in my personality to fight, but it sure was in her personality. She was looking for it; she craved it because she loved drama. So with her, I couldn't do a thing. But with most sane, rational people, I have learned the art of saying "I'm sorry," and you can too if you see my relationship with Perfect as a cautionary tale.

Next time when you're in the doghouse, I want you to think about what happened or triggered inside you to go into the fight mode. I want you to clearly understand her point and listen to it carefully as you review the fight. I don't want you to come out of the doghouse if you're not keeping this relationship advice in mind. I want you to look at her and say, "Listen, I love you. I totally hear what you had to say the other day. I respect your feelings and the way you feel, and I understand that my actions may have triggered you

to feel a certain way, and I apologize for that.” It really is that simple. It’s apologizing, talking with kindness, and making the other person know that you understand where they were coming from. It’s what we all want, to be in a relationship where we are understood and heard.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Celebrity Interview: ‘Famously Single’ Star Dr. Darcy Reveals Her Favorite Cast Members & Those Who Surprised Her Most





By [Rebecca White](#)

Over a year ago, Dr. Darcy Sterling received an email inviting her to audition for a new reality TV series, *Famously Single*, which focuses on helping eight single celebrities work through their relationship problems. Having made her television debut on E! in 2011, the network was familiar with her, so she flew out, auditioned, and the rest is history. Her experience as a licensed clinical social worker and relationship expert facilitates her work to help individuals and couples who want more out of life. She hosts workshops focused on psychology and runs a Q&A blog. In our exclusive [celebrity interview](#), Dr. Darcy dishes on the *Famously Single* cast members, from who was her favorite to who surprised her the most, and shares her best [relationship advice](#).

Dr. Darcy Dishes On *Famously Single* Cast In This Celebrity Interview

In the latest [celebrity news](#), before filming the show began, Dr. Darcy reveals that she was most concerned about working

with *Jersey Shore* star Pauly D. “Based on what I knew of him, which was very little, he’s a big prankster always making wise cracks. I thought he was going to be the difficult, oppositional child in the classroom,” the social worker shares. “He actually turned out to be one of my favorites! Not that a mom really has favorites, but he was a delight to work with. He came in so earnest and really showed up with an openness to the process that made it so easy to work with him.” However, now that she’s finished filming the show, Dr. Darcy says that Somaya Reece surprised her the most. On the show, Reece shared her story of domestic abuse and became a poster child for resilience. “How she bounced back from that was mind-boggling,” Dr. Darcy says. “It speaks to human resilience and she is such an inspiration.”

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The main premise of the reality TV series is to teach relationship skills to celebrities who are infamous for being single. But since filming ended, the celebrities who have the best chance of finding love after this experience are those who were able to learn about themselves. “Those celebs that walked away learning about themselves, taking personal responsibility, recognizing that they’ve made mistakes in the past that having nothing to do with being famous are the ones who have the best chance at finding love,” the therapist says. While being famous supersedes relationship problems, notoriety doesn’t create problems that didn’t pre-exist. With Dr. Darcy leading the group therapy sessions, these celebs can’t use fame as the reason for their relationship issues. “The fact that they’re famous is not justification for why they’re single,” the psychologist shares. After discussing their issues and teaching them relationship skills, the celebrities have had a chance to practice these skills through interacting with each other and mock dates.

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[Says Co-Star LeeAnne is “Loud and Obnoxious”](#)

The [celebrity couple](#) who made the biggest splash in the headlines was Brandi Glanville and Calum Best, who began dating on the show. Although their courtship has ended, Dr. Darcy says both celebrities have learned a lot about themselves from the experience. “Brandi is much more aware of certain things she’s done and Calum has thrown himself into yoga, which is major progress for him,” she adds. “The show wasn’t meant to create long-term sustainable change, though. It was intended to provoke a level of awareness in everyone and ignite a desire in each individual to go on their own journey and do their own work.” After working with the celebs, the therapist says that Glanville does tend to pick the wrong people for her, but that there is a reason she’s attracted to certain types of people. “Brandi has done a lot of work on herself and her work’s not done,” she says. After all is said and done, Dr. Darcy said filming *Famously Single* was an amazing and challenging experience, saying, “I would love a second season.”

Reality TV Therapist Shares Best Relationship Advice

From filming a hit reality TV show to managing time with her clients, Dr. Darcy has a busy schedule. However, she knows that her relationship needs to be her top priority. “You cannot give everything you have away at work,” she says. “You have to come home with a little reserved. It’s unacceptable to come home on empty.” The reality TV therapist says that relationships require work every single day and that it’s a fallacy that relationships “shouldn’t feel like work.” If you’re struggling to manage your relationship and busy lifestyle, think back to what created your relationship. Think back to the beginning when you courted, seduced, supported, encouraged, and admired your partner. After the honeymoon

phase, relationships are about self-discipline. “You have to incorporate it into your everyday life,” Dr. Darcy says. “This is the person you want to show up most for, not the least.” In her own relationship with her wife Stephanie, it is all about self-care. The duo makes sure they are highly involved with hobbies, such as yoga, dance, meditation, and CrossFit. “Steph and I try to walk the walk,” she shares. “There have been times when we haven’t engaged in the level of self-care we need to and our clients reflect that. They don’t absorb the information if we don’t walk the walk.”

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The most important skill to maintaining a healthy relationship is communication. “You have to be willing to listen to your partner, even when you’re tired and feel like they’re picking on you,” Dr. Darcy says. It is crucial that you actively listen, remain quiet, and control the impulse to be defensive. You have to mirror back and paraphrase what they said so they know you listened to them and you know you understood. Most of the time, your partner just wants to be heard. “If you can deliver that to your partner, you have a basis of a great relationship,” she says. Once you learn the basic relationship skills, all of your relationships will improve because you will use these same skills with your family and friends. “I really hope people are motivated to learn about relationship skills because the quality of our lives is predicated on the quality of our relationships,” Dr. Darcy reveals. “It’s the most important thing in our lives and nobody teaches us.” At the end of the day, the best love advice from Dr. Darcy is the metaphor: “Use the good china every night.” Relationships are about showing up for your partner the same way you would for a stranger or company that you’re trying to impress. Make every day a date and bring romance into everything you do.

Famously Single *airs on Tuesday’s at 10 p.m. on E!*

You can keep up with Dr. Darcy on her [website](#) or [Twitter](#).

Relationship Advice: Keeping The Fireworks In Your Relationship



By Amy Osmond Cook for [Divorce Support Center](#)

“I wanna know what love is. I want you to show me.” The rock band Foreigner made that desperate request thirty-two years ago, and we are still wondering about the answer today. With summer romance in full swing, many are looking for

[relationship advice](#) on how they can keep the fireworks flying in a relationship that is worth protecting. A common truth behind some of today's most enduring relationships is that it takes work to keep that spark alive, and these four dating tips will help ensure your love is a total blast.

Relationship Advice On How To Keep The Spark Alive

1. Keep dating. Typically, a secure, committed relationship means we don't have to pay close attention to it, right? Wrong! Relationship experts stress that just the opposite is true. Marriage counselor Michele Weiner-Davis says that many times her clients can't recall the last time they spent any time alone together. "They are just not recognizing that romantic time with one another is what a relationship should be about—it should not just be the icing on the cake," she says.

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2. Stay connected. A healthy relationship needs to be nurtured. That means your significant other needs to be reminded regularly that you are his or her number one fan. By using today's technology, you can drop a message to your main squeeze in any form. Be careful who is on the receiving end, however. [UsMagazine.com](#) reported on Kelly Ripa's experience sending a photo of her toned behind to her husband, Mark Consuelos. Unfortunately, the photo made its way to her in-laws' iPad instead. "My mother and father-in-law respond from their email and they're like, 'Dear Kelly, we are so proud of all your hard work,' she said. 'Your exercise classes are really paying off.'"

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3. Stay interested. When the relationship began, we wanted to know everything about our new love interest. As your relationship continues to progress and evolve, staying curious about what makes your partner tick keeps you both engaged in the relationship. “Romantic profundity embodies frequent acute occurrences of intense love over long periods of time, along with romantic experiences that meaningfully resonate in all dimensions, helping the individuals flourish and thrive in all dimensions of love,” wrote relationship expert Aaron Ben-Zeev, Ph.D. In other words, the best relationship advice to follow is recognizing and celebrating the new, positive discoveries with your partner which will keep things hot in the relationship.

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4. Do whatever it takes. When you have made up your mind that you are committed to this relationship, you will find the little things that often chip away at a marriage won't be a factor in yours. For example, actor Hugh Jackman and his wife, Deborra-Lee Furness, have made a promise to each other not to be apart for more than two weeks at a time. They have been together since 1996. The decision to stay committed early on will be the foundation when difficult times challenge the relationship. Since actor Dax Shepard opened up publicly about his personal struggles with addiction as a result of childhood abuse, his wife, Kristen Bell, has remained supportive of her husband and offers public support to others who live with mental illness and addiction. “Seeing the world through his eyes has really opened mine to knowing that it is a disease, and nobody is choosing to drink more than others. They are doing it because of a variety of reasons, and they deserve the attention of a mental health professional, and not the county jail or however else we're choosing to pretend we're fixing the problem,” says Bell.

The secret dating advice behind a healthy relationship is that

there is no secret. But it does require an understanding of what you want in a loving partner and an awareness of what you are willing to share. Then, by investing time in keeping private time a priority, being generous with loving gestures, staying curious about your partner, and being fully committed to the success of the relationship, you are destined for a lasting love that lights up the room.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Date Ideas: Heat Up Winter With These Loving Ideas!



By Shannon Seibert. Updated by [Josh Ringle](#)

Who says the great outdoors are forbidden territory in the winter? Brave the cold weather with your man with some fun [weekend dates ideas](#): Take a walk in winter wonderland, hit up an ice bar, or release your inner child and play in the snow. Just keep your layers on and your loved one close as you enjoy the winter chill with these date ideas!

Enjoy these fun outdoor date ideas this winter.

The blustery breeze may keep some inside, but a little wind and snow shouldn't prevent you and your sweetheart from having a spectacular weekend. To follow this dating advice, put on your favorite winter gear, and embark on an adventure with your man as you bring out your wild side. Have a snow man building contest and see who can create the most unique character!

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It's also the time of year where you can bust out all of your favorite winter toys. That sled that's sitting in the back of your garage or use your hands to make some snow balls with these date ideas! Have your Superman help you carry it up a small hill and jump on together as you plunge into the flurries. Having a sled race with your honey will definitely bring out the competitive spirit in you.

If there isn't much snow around you, think outside of the box. Visit a local ice skating rink and try to see who can balance on skates the longest. Some cities like Chicago and New York City, even have outdoor rinks where many people can enjoy the holiday decorations and skate around the square.

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There are also different ice shows that you can attend with ice sculptures that will blow your mind. In Orlando, Florida, there is a traditional ice show called *Ice* at the Gaylord Palms Hotel every year. Each guest gets to wear a blue parka and browse the ice creations modeled after real people, fictional characters, and historical events. There is even an area where you and your love can climb and play all over the ice. Think of how fun and romantic that will be!

At the end of your Winter Wonderland weekend date idea, cast away your many layers, follow our dating tips and snuggle by the fire. Take a selfie, documenting your red noses, and laugh as you rehash your fun day. Roast some chestnuts or s'mores by the flames as you talk about preparations for the upcoming holiday together.

How do you and your honey spend your winter days? Share your best date ideas with us in the comments below!

Date Idea: Shop Until You Drop





Updated by [Josh Ringler](#)

Need some holiday plans for after you've carved the turkey this weekend? After you've put the stuffing and cranberry sauce in the refrigerator for leftovers, what's a couple to do? Take advantage of those holiday sales of course. Wallets be aware: this [date idea](#) may cost you some cash! Wouldn't it be nice to have the latest style from your favorite [celebrity couple](#)? Holiday sales, like Black Friday, are a great way to get that style without burning through all your hard-earned cash!

Be shopaholics together with this date idea!

While waiting in line in the November weather can seem daunting, you can turn this camp out into a romantic rendezvous. Pack some leftovers, bundle up, and don't forget your canister of Pumpkin Spice Hot Cocoa! Here's a dating tip for while you're waiting on line: keeping each other warm while waiting for discount appliances is one way to keep your

heart rates up in the cold!

Related Link: [Dating Advice: Gifts For the Heart](#)

What happens once you make it into the stores? It can get a little hectic in there, but fear not. Staying close together is an important piece of shopping [dating advice](#)! You wouldn't want to lose each other! Venture into Target, Walmart, or your favorite clothing store together. Help your significant other pick out gifts for family members, like \$3 appliances, deeply-discounted designer clothes – you can't go wrong. Zales is probably also having a sale, and what better way to ensure you love the gift you're getting than by doing some early window shopping (in your flame's presence, of course)? Be sure to pick up Macy's Black Friday ad for coupons, which you can put toward some sexy lingerie for frosty weekends.

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After enduring the crowds and the checkout lines, put some of those goods to use! Pick up some discount DVDs from Walmart, and snuggle up with your sweetheart. There's nothing like putting your feet up after a hard day's shopping and enjoying movies on Netflix, your favorite rom-com on DVD, or the new titles you just got in store!

Have a lead on a Black Friday sale? Comment below and share with our other readers.

Date Ideas: “Fall” in Love





By Shannon Seibert. Updated by [Josh Ringler](#)

Before the weather gets too cold, take time out to embrace summer's last bit of warmth. This weekend, take part in some fall [date ideas](#) like going for an early fall hike and appreciating the nature changing around you. Or, you can just drive around with the windows down and breathe in that fresh autumn air. Check out this [dating advice](#) on how to make the most of your fall weekends!

Enjoy awesome date ideas for the fall!

Hiking is an amazing way for you and your man to connect with the beautiful outdoors *and* strengthen your relationship. Talk about your favorite events coming up this fall, and make plans for pumpkin carving, football games, and bonfires. The conversation will distract you from the distance, and in no time, you'll cover a decent amount of ground and get a great workout in for your legs. Staying healthy is one of the great dating tips autumn has to offer.

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Collect different kinds of leaves as you make your way down the trail, and take cool pictures with the different sites you see. If you find a leaf unique enough, save it! Press it in a book, and when the leaf dries out, you can place it on a matted frame and have it as a keepsake of your trip.

For this weekend date idea, you can even build a pile of fallen leaves and jump in! The more, the better. Think of the scene from *A Thanksgiving for Charlie Brown* when everyone built gargantuan leaf piles and played in them for hours. You and your man can really dive into the feeling of fall and spend the afternoon making angels in the leaves.

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If exercise isn't your thing or you don't have any mountains to scale, then take a long drive with the windows down to soothe the soul. Have your beau turn on some of his favorite tunes and just enjoy each other's company. Some "Old Time Rock N' Roll" or a little bit of Jason Mraz will relax the both of you and ease the stress of the workweek.

If you are fickle about wasting gas, you can just drive to an open field and have a picnic. As a tribute to the end of summer and the beginning of fall, bring all of your favorite foods. Hidden Valley has an amazing recipe for potato salad, which is a great picnic food. It pairs well with turkey sandwiches and fresh fruit.

Lay out with your love and watch the clouds roll by. Bring up your favorite fall memories as a kid or plan a trip together. It could be a weekend getaway to a nearby cabin or a visit to a national park. The Red Woods in Yosemite National Park in California are beautiful this time of year. Ask him about what his ideal vacation would be and bounce ideas off of each other. Maybe even use your favorite [celebrity couples](#) as an idea-starter!

When the day is over, snuggle on the couch with a blanket, pop in your favorite rom-com, and think about a fun fall date idea for next weekend.

How are you and your honey getting into the spirit of fall? Tell us in the comments below!

Relationship Advice: The Power of Touch



By Amy Osmond Cook for [Divorce Support Center](#)

A dim room, calming oils, quiet music, two masseuses, you, your significant other, and a few hours away from the world: A

couples massage sounds hard to beat. While couples massages are known for being a relaxing and romantic date idea, have you ever considered the real health advantages of them? It turns out the power of touch plays a very important role in massage therapy and health. Follow my [relationship advice](#) and learn how a couples massage can provide you and your love with real health benefits that can ultimately strengthen your relationship.

Relationship Advice: Strengthen Your Relationship Through A Couple's Massage

1. Physical touch. Physical touch is a vital part of any relationship. "Touch is important for sustaining a healthy relationship, but it's also necessary for our feelings of connection, safety and overall well-being," says Dr. Justin R. Garcia, Associate Director for Research and Education at The Kinsey Institute. Receiving a couples massage with your partner will not only satisfy a need for physical touch but also remind you both of the need for physical touch in your relationship. As a relationship expert, I always hear about couples who have been together for a long time, perhaps growing out of the stage of passionate love to companion love who tend to touch less. A couples massage presents an opportunity for you both to feel a renewed sense of satisfaction and peace. You can pick up on a few massage techniques to use on each other at home. Relationship advice: Take time to make touch a priority so you can become closer as a couple and give you both a greater sense of love and security.

Related Link: [Relationship Advice: 10 Tips for Couples from 'The Energies of Love'](#)

2. An anxiety reliever. Every relationship goes through tough times, whether caused by a difficult life event or lack of communication. A couples massage can help alleviate some of this stress and anxiety. Regular massages can decrease cortisol while increasing frontal delta brainwaves, causing you to feel more relaxed. After a couples massage, you and your partner will not only feel less stressed but will also handle challenges better. Releasing anxious feelings together can bring you closer and set the tone for a better week.

Related Link: [Weekend Date Idea: Spa Day at Home](#)

3. Improved overall health. A healthy couple is a happy couple. Massage provides a variety of overall physical health benefits, including heart health. “Studies show massage therapy can immediately lower blood pressure, decrease heart disease risk, and improve circulation,” said Dr. Candice Hall, D.C., an expert in Functional Medicine with Next Advanced Medicine. “We often use massage therapy to help our patients control anxiety and common digestive disorders.” If you and your partner are looking for ways to become healthier together, this is the perfect solution. Another added health benefit of a couples massage is how well it accompanies chiropractic care. Whether you or your partner have chronic back pain or are just in need of some TLC, massages can be a great way to get the most out of your chiropractic appointments. While a chiropractor can adjust your joints, massage therapy can help relieve stiffness and discomfort. If your loved one is suffering from back or joint pain, offering a couples massage is a great way to show you care. When you both feel good, you’re less likely to be irritable and more able to enjoy spending time together.

A dating tip for this weekend? Surprise your significant other with a couples massage and you’ll not only enjoy spending quality time together but could leave feeling healthier and more relaxed than ever.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Relationship Advice: Author Dave Kerpen Talks 11 People Skills and Dating Tips



[By Mary DeMaio](#)

Being able to build strong relationships and treat people with respect will establish understanding and trust, some of the most substantial components in any relationship. The way we

communicate and the connections we develop, set the foundation for creating more meaningful relationships. Dave Kerpen's new self-help book offers 53 simple tips to help master the 11 people skills that will get you more of what you wish for at work, at home, and in life. His book, *The Art of People: 11 Simple People Skills That Will Get You Everything You Want* discusses what it takes to win success and influence in today's competitive world. In this exclusive author interview, Kerpen shares his best [relationship advice](#) revealing some dating tips to improve your romantic life.

Author Opens Up on Best Relationship Advice to Incorporate People Skills

To start, we are so excited for your book to come out! Can you give us some background on what inspired you to write this book?

The inspiration for *The Art of People* was, well, people. All of the amazing people I have been fortunate enough to meet along the way have had a huge impact on me – most of all, my wife Carrie. In fact, my mother-in-law called the book “a giant love letter.” Plus, as I wrote and talked about my first 2 books, *Likeable Social Media* and *Likeable Business*, I realized that the people skills I was writing about didn't just apply to social media or business- they applied to all relationships, in and out of work.

Related Link: [5 Top People Tools for Relationships and Love](#)

If romantic relationships are based on trust and sincerity, how can you apply the 11 people skills you discuss to your romantic life?

There are countless ways to apply the 11 people skills and 53

strategies I wrote about to your romantic life. It's about sincerely listening and seeking to understand, mirroring and validating your partner, following the conflict resolution process I discuss when things go wrong, and remaining authentic and grateful.

Which skills do you feel can be applied to both a romantic and professional relationship? How are they used in the same way?

All of the skills presented can be applied to any kind of relationship. If you have any relationship problems, a few that stand out as being particularly applicable to both professional and romantic relationships are understanding others, reading others, and being able to resolve conflict. Being able to effectively understand and read others on a deep level is crucial whether you share a house with someone or just a meeting room.

Our visitors are always looking for advice on how to make the most of their personal lives, what people skills do you feel are most important in a romantic relationship?

My relationship advice is to listen, listen, and then listen some more. Try to get out of your own perspective for a little while and try to truly listen and understand your significant other. The key to a successful relationship is the platinum rule: Instead of doing unto others as you'd like done to yourself, understand your partner well enough to do unto him as you know he would like done!

Related Link: [How to Campaign for a Better Relationship](#)

How can these 11 people skills sustain a relationship over a long period of time?

The best way to answer this question is to look at a relationship as an extended series of small day-to-day interactions. If you don't make a conscious effort to improve your people skills today, you likely won't notice any

immediate difference. However, making numerous small improvements now will have a big impact on your relationship down the road. And when it doubt, remember the basics: listening, understanding, and gratitude. One more, that my wife has taught me well: It's better to be happy than right.

What is the most important message readers should walk away with after reading this book?

I want readers to know that people skills are something that can be learned! I truly believe that it's possible to create more meaningful relationships in life by trying to better understand yourself and the people around you, listen better, help them get what they want, and guide them to help you get what you want.

The Art of People: 11 Simple People Skills That Will Get You Everything You Want *can be ordered now on [Amazon](#). For more Dave Kerpen visit <http://davekerpen.ceo/> and <http://www.likeablelocal.com/>.*

Relationship Advice: Is Long Distance Worth It?





By [David Wygant](#)

A long distance relationship is probably the biggest challenge that you could ever try to face. I travel a lot. I've been all around the world. I've met some amazing, beautiful women, and I really wish that I had been able to connect with them and see them on a regular basis. I tried long distance and even though I'm a relationship expert, it has never really worked for me. It's not that it's impossible, it's just not very realistic. And I'm going to explain why with some [relationship advice](#).

Relationship Expert Gives Relationship Advice On Long Distance

Long distance relationships take so much work. It is a constant battle to truly stay connected to someone. Alright, granted, in today's society we text and communicate with one another incessantly. You can actually communicate with

somebody non-stop throughout the entire day. In a long distance relationship this can give you a feeling of connecting with someone, a feeling of getting to know them. But a relationship is a day-to-day grind, and I don't mean grind in a negative way. It's a day-to-day exploration of getting to know one another in everyday situations. Even when we do communicate with someone over a long distance, it's usually through texting or social media. We hardly ever even use the phone anymore. In order to avoid relationship problems, there needs to be communication on a scale that's difficult to get other than seeing someone face-to-face. There's things we just can't learn about them, as individuals, any other way.

Related Link: [Expert Dating Advice: When It's Time To Say The L Word](#)

For instance, how does this person act when they're with their kids? Or *your* kids? What are they like after a stressful day of work? How are they when they're super busy? Do they have time for you? What are they like when they interact with their friends, their family? Long distance relationships are all about creating an illusion of closeness. You set up a time to meet one another. You spend a weekend together and you're on the best behavior possible. They come and visit you the following month. You're still on your best behavior possible. Everything is exciting in a long distance relationship because you're not seeing each other on a regular basis, so the sex is always off the charts. The things you do are always fun. But, it's like being in an artificial relationship; everything is fun all the time but not really in touch with reality. Everything is great, but you're missing the day-to-day grind, the reality of knowing someone in a real way.

Related Link: [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

Long distance relationships will only work if the two of you have an end goal. My relationship advice: The relationship needs purpose. The relationship will eventually need the day-to-day grind. You will both need to decide whether or not it is worth moving away from the illusion that the distance can create. The two of you will have to decide to be flexible enough so that you can close that distance and be together in a set amount of time. For some people this will never be realistic. For instance, if both of you are single parents, you're not going to move your kids anywhere. So, a long distance relationship would be pretty unreasonable. Some people can make this kind of relationship work. If your relationship is made up of two people who are willing to be mobile, two people who are able to go and explore the world, then a long distance relationship has hope. As long as you determine when one of you will spend real, significant amounts of time with the other person. That could even be a month living together, being with that person, and getting to know them on a daily basis.

Related Link: [Relationship Expert Discusses How To Know When It's Time To Call It Quits](#)

This also means having an end goal that you're willing to go and move to another state, or willing to go and move to the city where your partner lives. Love can come from anywhere in this world. Love can come from anywhere on this whole planet. But, my dating tip is that you've got to be able to follow the very distinct guidelines to make it work. When you do that, you actually have a chance. You have a chance to be able to love.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Dating Tips: Spring Cleaning Your Online Dating Profile



By Justin Lavelle

Online dating is all the rage, right? I mean, all of your friends say so. But after your last date with Logan, who turned out to be less hard-working intellectual and more mid-30-year-old living with Mom, and the one before, Scott, the self-proclaimed genius surfer from Arkansas, you're feeling a bit wary. Maybe the problem, aside from your

questionable taste, is closer to home than you anticipated—maybe the problem is your profile. Your profile deigns who decides to swipe right on you, and you have a lot of power here. Follow our tips to spring-clean your profile, and wash away the negative energy and scarring first dates. Start fresh.

Spelling and Grammar: Glance over your profile: is everything spelled correctly? Bad spelling and grammar is the equivalent of having bad breath when you meet someone in person. It will also make you look careless or like you're part of an online scam. No one is interested in dating someone that comes across as if they haven't even finished elementary school, and bad grammar is an enormous turn-off. So wipe your profile clean of typos and uneducated phrases, and start anew.

Related Link: [5 Tips for Creating a Perfect Online Dating Profile](#)

Be Honest and Specific When Describing Yourself: If you want to attract the right person straight away, be honest and specific when you describe yourself and your attributes. Then when you message someone or someone messages you, you'll be able to look at the profile, find similarities, and decide if this is someone you'd like to meet. Are you quiet or outgoing? Do you like sports or art house movies? Are you a creative type or in finance? Are you just interested in meeting new people or are you looking for marriage in the future? Throw out statements like, "People tell me I'm really nice and fun to be around" or "I like hanging out and getting to know new people." General statements like this describe half the population and say nothing distinct about you. Except that you're boring.

Don't Focus on Flaws: No one wants to read a bunch of negatives like, "I'm fat, but working on a fitness program," or, "I'm short and don't like my knees." While you might view

this is as a problem, there's no need to flaunt your insecurities. You're basically throwing yourself under the bus and giving them reasons not to like you. And if you write about your flaws, you will come across needy and self-conscious. Let's be honest, bad knees are hardly a deal breaker—but lack of confidence can be.

Lists of Things you Dislike: If your profile is full of claims like, "I hate liars, I hate cheaters and I hate smokers," you will be turning off most potential dates. It's objectively normal to dislike liars, but a list of everything you dislike seems pessimistic, grumpy, and off-putting. No one will be overly interested in a Debbie Downer. If you're allergic to smoking that's one thing, but a profile full of "hates" won't make you seem like much fun.

Related Link: [Love Advice: What Makes A Great Online Dating Profile](#)

Pick Your Profile Pic Wisely: Be honest in selecting your profile pic. It will only backfire if you choose an image that's 10+ years old, that is blurred or doesn't represent the true you. It's ok to do a little photoshopping or add a filter, but don't go crazy. The last thing you need is someone showing up and announcing you don't look anything like your profile pic. Sites like OK Cupid have posted helpful info on what makes for a good profile picture, so use this data to help you improve.

Weed Out Bad Apples: Before becoming emotionally invested in an online relationship, and definitely before meeting someone in person, perform an online background check through a service like [BeenVerified](#) on your date to make sure they are who they say they are. You'll be looking for basic information such as marital status and location, as well as arrests records, history of domestic abuse, gun permits, and more. This is an important step in protecting your safety and well-being.

So now that you've cleared out your spring profile of over-the-top edits, spelling and grammar errors, and negativity, start anew. May your gleaming, fresh profile give you the strength to persevere. May the odds be ever in your favor.

Justin Lavelle is the Communications Director for BeenVerified. He regularly writes about topics related to online dating and romance scams for the company's blog. The company's mission is to help people discover, understand and use public data in their everyday lives so you can confirm whether your online date is a love match or a scam artist. With millions of app downloads and millions of monthly visitors, BeenVerified is a leading source of online background checks and contact information and allows individuals to find more information about people, phone numbers, email addresses and property records.

A Hole in My Heart





By Patricia Bubash for [Hope After Divorce](#)

A June wedding invite came in the mail for my husband and me this week. Ahhh, I think June is still the month for weddings, although I have read that October is quickly matching it for the month chosen by brides.

I met the groom-to-be a couple of years ago at a film festival where the documentary produced by him was being previewed. Dan and the other two creators of the film *Give a Damn* had decided in their mid-twenties to travel to one of the poorest countries in Africa. This film was to bring awareness to the world, to encourage those who saw the film to be proactive, to become involved in whatever manner they chose to be involved.

The three filmmakers would make their way from the Midwest to Europe feeding themselves on only \$1.25 a day for each. When they could, they hitchhiked; flights to Europe and Africa came out of fundraising money. Once there, they shared lodging, food, living arrangements with the poorest of poor, constantly filming, telling a story for the world. I watched in amazement, awe, and great respect what they had documented,

their immersion into extreme poverty.

At an age when most young adults are just beginning their careers, these three chose to live in uncomfortable, unpleasant, inconvenient, and even horrific circumstances and conditions. I wanted to hear more of their story, so I arranged to have breakfast with the two who were available. Dan arrived before David, and as we chatted, we discovered that he had attended a school where I had counseled part-time. He told me that he had also attended Rainbows, a divorce group for kids within the school. It was a program that all the counselors in the district utilized.

He went on to share that he was an only child, and in the fifth grade, his parents divorced. Not an unusual story, but what has transformed a first time meeting, a casual relationship, into an ongoing friendship, a wedding invite, is Dan's following words: "I was very close to my mother, and when she divorced my dad, she just left, went away. It left a hole in my heart."

Although Gwyneth Paltrow has been getting a lot of publicity with her "conscious uncoupling" approach to divorcing when children are involved, it does not take away the pain and sadness that kids feel when their parents breakup. They have feelings too, and their feelings are often not considered nor are their voices heard.

Related Link: [The REAL Reason that Gwyneth Paltrow and Chris Martin Split](#)

I have listened to many children's stories, wiped their tears, and reminded them that "things would get better" as they coped with their parents' divorce. Dan's words reached such an emotional cord with me. Before me sat a young man who had been part of an extraordinary project, was way past fifth grade, did not know me, and had shared something so personal.

I felt that I had been gifted with his openness. He went on to

tell me that he had participated in counseling beyond the Rainbows into his adult years. He had found his niche through church and his church friends. They were his support and his family.

Finding a faith, friends, a church family, and a cause had been Dan's personal "hope after divorce." I have always been bothered by adults who express that kids are resilient, that they will be just fine with the divorce, remarriage, or blending families. No matter what age, children are emotionally affected by the end of family composition as they have known it. It shakes their sense of security and stability.

They often fear that one parent will no longer be in their life. They worry that they will have to move, lose their friends, will have to change schools, and like Dan, feel a hole in their heart.

Related Link: [To Move or Not to Move? Why This Decision Is Tough on Kids](#)

I have often reflected back on our conversation, as a counselor and a divorced mother. I wondered if my kids were in conversation with Dan, would they share the same feeling of loss at the time of my divorce from their dad? What I do know is that I am so grateful for my relationship with Dan and for the compliment of an invitation to his wedding. I think Dan is quickly – and effectively – filling the hole in his heart.

The sharing time I had with Dan really did touch my heart so deeply. He is marrying a young woman who has a child – and I think he will be good at filling her little boy's heart.

For more information about Hope After Divorce, click [here](#).



Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and, a Stephen Minister. She submits a variety of articles related to relationships, marriage and divorce to several internet sites, and, frequently, is interviewed on internet radio stations. Volunteerism, writing and family are most significant in her life. Patricia writes for DivorceSupportCenter.com, HopeAfterDivorce.org, CupidPulse.com, andFamilyShare.com. She can be reached at patriciathecounselor@successfulsecondmarriages.com. Follow Patricia on www.facebook.com/patriciathecounselor.