

Kim Kardashian Says She Can't "Imagine Being With Anyone Else" Other Than Kanye West



By [Jessica DeRubbo](#)

It looks like Kim Kardashian and Kanye West are getting pretty serious, according to [UsMagazine.com](#). In the November issue of *Tatler* magazine, Kardashian opens up about her strong romance with West. She says, "It's so nice to have a best friend in this game who understands everything you're going through. Being with someone I've known for so many years is comforting." Kardashian, who has been married twice before to Damon Thomas and Kris Humphries, is certain the West is "the one." "I can't even think about being with anyone else than the man I'm with," she says.

How do you know when you've found "the one"?

Cupid's Advice:

Dating around can get confusing, and it's sometimes hard to know when you've found the person you're meant to be with long-term. Cupid has some advice:

1. The spark doesn't fade: Even after months of dating, you still get butterflies in your stomach when you go to see your partner. That's a sure sign that the connection you have is likely not to fade for some time.

2. You feel secure: Security is a great thing in a relationship. If you don't feel as if something small could throw your relationship off, it shows that you're committed to making your relationship work far into the future.

3. You trust each other: Part of security means trusting one another. You should have no doubt that your partner will never cheat on you, for one. If you question it, you may want to re-think whether he/she is "the one."

What are some other ways to know you've found "the one"?

Author Linda Yellin
Chronicles Her Search for
Lasting Love in 'The Last

Blind Date'



By [Jessica DeRubbo](#)

You may think that you'll never find lasting love if you've been part of one failed relationship after another but Linda Yellin, author of *The Last Blind Date*, is here to tell you that there is hope for a happily ever after. In her new book, she chronicles with wit and hilarious detail, the lead-up to her current marriage to Randy Arthur and her subsequent move to New York City. She lets it be known that although there are no steadfast rules to a lasting relationship there are things you can do to keep a healthy and happy outlook on life with your partner.

We had a chance to interview Linda Yellin about her book, and this is what she had to say:

What inspired you to write a book about your experience with love?

Now that's a good question. I'd written a book eons ago called *Such A Lovely Couple*. That book was about my first marriage. Interestingly, all my husbands get books written about them, whether they need one or not. (This might be the appropriate time to note that there have only been two husbands and two books. And that I'm currently not planning any sequels.)

I loved my first book, but it was totally unread. (Second note: I said *unread*. Not *unreadable*.) By the time anyone in the bookstore got to the "Y" section, they'd already bought two other books and gone home. So I figured if I wrote a new book, maybe people would like it enough to go read the first book...which Mr. Simon and Mr. Schuster have thoughtfully just re-released.

Of course, I still have that end-of-the-alphabet problem, which just goes to show I'm an idiot, since I'm now married to Randy *Arthur* and could have moved up to the A's.

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How would you explain the book's title, *The Last Blind Date*?

I went through 8,000 titles. If I'd strung them all together, they would have added up to another book. But my Editor-in-Chief picked *The Last Blind Date* out of the "short list." I think the short list only had 500 titles on it. Randy's the last blind date. At least I thought he was, until I moved to New York from Chicago to marry him and found myself "dating" for friends. That was one thing I hadn't considered before moving – that I'd be starting all over without any girlfriends. So really, Randy's my last *guy* blind date.

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

Many reviews focus on the way in which you use humor to tell your story. Was this a conscious decision during the writing process?

No. I'm not that self-aware. If I could make a conscious decision to add things into my writing process, I'd be Aristotle or Plato. Or at least Jim Patterson.

What advice would you give our readers when it comes to finding lasting love?

Well, you won't know if something was lasting love until you're at your own funeral. And if Randy outlives me (and boy do I hope he does; it scares me silly to imagine myself as The Widow Linda, without him – to say nothing of having to come up with all those corned beef platters for his relatives) – even if yes indeed, we've had as great of a relationship as I think we're having, there's no doubt that before my casket's halfway into the ground, women will be throwing tuna casseroles at him and offering him tickets for a night out at the theater.

So assuming everything is hunky dory until then, one of the most romantic things Randy ever said to me was that he didn't want to change me, and that if he tried, he'd just mess it up.

(I'm wondering... maybe that wasn't romantic... maybe that was seduction; but it worked at the time.) Regardless, I make a point to remind myself that I'm his lover, not his mother. If I was his mom, by now he'd know to put the toilet seat down.

So we don't *pick* at each other, which is a little thing, but maybe a big thing, too. And we're always saying, *I love you*. Sometimes I'm saying it to a black and white cookie, but most of the time I'm saying it to Randy, and he's saying it to me.

When I first told him that I loved him (yes, I said it first – so sue me!) he gave me this whole big speech about how he didn't like saying all that love stuff because if one person says it then the other person feels obligated to say it, and then the first person... blah, blah blah... Basically, it was the

biggest dodge in the history of [romance](#). So I stopped saying *I love you* until he started saying *I love you* (took another two months), but now we tell each other *I love you* all the time, which I like. Plus, it fills in the gaps when we run out of conversation.

So there you have it! For more information about Linda Yellin and her book, visit LindaYellin.com. To purchase your own copy of the book, check out Amazon.

Five Reasons Why Opposites Attract



By [Jessica DeRubbo](#)

Why are nice girls attracted to bad boys? Because opposites attract – duh! For decades, we've been throwing around this cliché without really investigating why it may be true. I mean, at one time or another, haven't we all been drawn to those who are so different from us that we'd be hard pressed to actually find a similarity?

For instance, your idea of having fun is to hit the bar scene and meet new people, while he wants to sit at home and watch sports. You're super bashful at a dinner party, and he's the life of the party. You were always a straight "A" student with no "naughty" record, while he struggled to pass in school and spent the majority of his time in the principal's office. Despite those glaring differences, the thing is, sometimes being in a relationship with an opposite personality *works*.

So, let's find out why those who have very little in common find each other irresistible. Here are five solid reasons:

1. It's all in the science: A recent study shows that females are naturally attracted to men whose immune systems differ from their own. In fact, the more unlike a man's immune system is to a woman's, the more likely the woman is to remain faithful. Pretty soon, a simple DNA test may be the answer to all of our relationship problems.

Related: [Laws of Attraction Between Celebrity Couples](#)

2. Curiosity: Sometimes it's simply that we want to know how "the other half" lives, according to Ronnie Ann Ryan, MBA, CCC (known as The Dating Coach and author of *MANifesting Mr. Right*). "I am the type that wants to get from point A to point B as fast as possible," she says. "My husband wants to go the long way so he can see the sunset at the beach on the way to his destination. Learning to slow down has been very good for me."

3. New and improved: Having a relationship with someone whose perspective on life is completely different than yours serves to bring out a spanking new, and sometimes better side, of each person. Plus, being with someone who has a completely different opinion than yours can keep the spark alive in a relationship.

Related: [Male Perspective on How to Not Strike Out in Dating](#)

4. Divide and conquer: “Opposites can make fabulous partners because they complement each other,” says Ryan. Instead of arguing over who gets to do the “good” chores and who gets stuck with the “bad,” your likes and dislikes don’t overlap. You prefer washing the dishes, while he’s totally fine with drying.

5. It’s a challenge: Let’s face it: they don’t call it the “dating game” for nothing. Yes, eventually dating can turn from a contest into a serious relationship, but it starts out as a challenge to overcome. It becomes even more of a feat when you add opposite personalities to the mix. Bottom line is – the Venus vs. Mars dynamic is exciting!

What are some other reasons that opposites attract? Share your thoughts below.

JJ Flizanes Helps You Attract Your Mate Through Fitness and Health with ‘Fit 2 Love’



By [Jessica DeRubbo](#)

What if incorporating fitness into your life actually helped you meet the love of your life? Turns out there's a correlation between fitness and love, which JJ Flizanes, celebrity fitness trainer and exercise architect explains in her book, *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life*. If you're single or looking for a better relationship with your partner and you struggle with weight loss or body issues, Flizanes' book may be just the thing you need to gain love and security through fitness and health. She says it's possible to attract your life mate by creating the body you desire from a place of self-acceptance, rather than self-loathing. Named by *Elite Traveler Magazine* as their 2007 Global Black Book pick of Best Personal Trainer in Los Angeles and one of *Shape Magazine's* top six fitness trainers in 2003, JJ Flizanes knows what it takes to get long lasting results in both fitness and

relationships.

We had the privilege of speaking with Flizanes via phone last month. Take a look at what she had to say:

How do love and fitness go together?

Love and fitness go together in a couple different ways. The first way is in how someone approaches fitness. Most of the fitness industry supports the idea that if you lose weight and have a nice looking body, then you'll love yourself. And unfortunately, that approach doesn't come from love; it comes from fear. It comes from the fear and the frustration and the disgust most people have with their bodies. And they get so upset and beside themselves that they want something different, and so they go and work out. But most of the time, that way of working out comes from a place of not liking your body ... You're coming from this attitude of negativity. There is another way, and that's honoring the body and doing things for it to support the future, and that feels differently. And that's how fitness and love go together.

I'm in an industry that loves to catch people in that very dark moment and then capitalize on it, which is why we're all fat and continue to not find solutions. And it's coming from a different place where you can empower yourself and have it become part of your life. Your self-care is a blueprint. How you take care of yourself are the exact signals and messages that you're sending out into the world of how it's acceptable to treat you. If you don't take care of your body and respect your health, why would you expect someone else to?

What were your goals in writing *Fit 2 Love*, and what inspired you to write it?

I always saw myself as different in this industry, and I was never able to quite pinpoint why until I read Geneen Roth's latest book, *Women, Food and God*. I read that book and I was

inspired by her stories, and as far as I know, she doesn't have any credentials, yet her credentials are her life. She's gained and lost over 1,000 pounds throughout her life. I was sitting there thinking, "Well, what's my story?" because I'm not the trainer that's gained and lost 300 pounds in my lifetime. It didn't come from that place. It came from being in the gym and looking at the trainers and saying, "Wow. That looks good. I'd like to do that."

And then the love came from what my real story is: being able to attract my husband; being able to attract men and relationships into my life from how I was treating myself. I was watching different stages of my life and comparing them with how I was treating myself at those points. The time when I was taking care of myself on every level was the time when I met my husband. I know a ton of very smart and very attractive women who don't understand why they're single, and they don't take care of their bodies. And there's a correlation there.

Many trainers use the fear factor to get their clients in shape. Why haven't you adopted that approach?

I didn't feel right about instilling fear in people. It's different coming from a place of love than from a place of fear. I looked at my body and said, "I don't have any pain. I'd like to stay pain free." I see all these older people who have all these issues and I don't want to end up like that. I want people to feel better now; I don't want them to have to wait. You'll always have that "push, push, push," for where you are with both your body and your relationships. And if you can't accept where you are right now, you delay the kind of results you can get. The people who get lasting results are those who accept working out as a way of life, a new habit and a transition.

One review says you are a “rare commodity” because you actually live the truth that you preach. Is that true?

Well, the “rare commodity” comment comes from my passion and my drive for wanting people to be better and to be happier ... and to not force a way of being with pressure. When there is pressure, you’re never focused on the person ... you’re just focused on the results. It just dehumanizes us down to these numbers. I just try to help people find what works for them.

There is no perfect body, or standard that we all have to meet. I think half the population that doesn’t work out don’t do it because they’re fighting against the idea that in order for someone to accept them, they have to look a certain way.

It just goes back to loving yourself first and taking care of yourself. You will not have long-lasting results until you’re from that place.

What would you say is the answer for women out there who are single or unhappily in a relationship?

Ask yourself how you want someone to treat you and if you’re treating yourself that way.

What’s the most important piece of advice you’ve learned through this approach to love and fitness?

Your results will come faster and last longer when you come from a place of love.

Is there anything else you’d like to add?

The book outlines a 5-step process. I think these steps are very easy and very do-able for people. You can follow them in my book or in my workshop, and actually try to apply them to your own lives. It’s something everyone can do no matter where you are with your body or where you are with your relationships. It can help you attract your ideal mate and it can also help improve any current relationship you’re in.

Cupid thanks JJ Flizanes for her time! *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life* is available on Amazon. For more information about her book and workshops, visit her website at www.invisiblefitness.com.

Gwyneth Paltrow Slams Celebrity Couples Who Teach Important Relationship Lessons



By [Jessica DeRubbo](#)

Recent *Glee* guest Gwyneth Paltrow is making headlines lately.

Even though she's part of a high-profile celebrity relationship herself, she is speaking out against "unnecessary" celebrity couples. In fact, she went so far as to tell CNN, "It's just unnecessary to be a public couple, and to have your couple-dom or whatever be its own entity. It doesn't make sense to have that in the public world."

Alright, Gwyneth, I see your point. There are definitely famous couples who live for the spotlight, which is pathetic.

One obvious example is former *Hills* stars Heidi Montag and Spencer Pratt.

I don't know about you, but I'm under the impression that their every move is to garnish media coverage. And then there's LeAnn Rimes and Eddie Cibrian. Has anyone else noticed their everyday presence in tabloids lately? They cheated on their respective spouses with each other and then they spend months defending their indiscretion to the media.

Is that necessary?

Even Taylor Swift is becoming a constant presence in the celebrity relationship world. While she doesn't currently have an 'other-half,' I'd be shocked to see someone who *doesn't* know that Taylor Swift is single and loving it. I've read at least three interviews in the last month where she refers to her singleness. Okay, we get it already!

Yes, I see Gwyneth Paltrow's point. She even refers to her own relationship, saying, "When I see high-profile relationships now, I think, 'Oh my God' even though I'm technically in one. But we sort of don't do anything public, we try to keep it behind the scenes as possible (sic).

Because it just generates more interest...it just undermines the quality of your life." That being said, there's certainly a lot to learn from those high-profile pairs that Gwyneth

Paltrow speaks about. Celebrity couples can teach us about our own personal relationships. Consider the following:

1. Heidi Montag and Spencer Pratt: You may roll your eyes at their publicity stunts, but through that negativity you realize that you want to avoid being like them in your own life. They convince you that it's probably best not to discuss every detail of your relationship to anyone who will listen.

2. LeAnn Rimes and Eddie Cibrian: This singer and actor duo made the mistake of cheating on their significant others and then defended their decision to do so, even though many would agree that infidelity is morally wrong. LeAnn Rimes and Eddie Cibrian help you realize that if you find yourself falling in love with someone who isn't your current partner, you should call it quits and come clean about any wrong doings.

Apologize and move on. And whatever you do, don't rehash the past in public!

3. Taylor Swift: She's not only been linked to John Mayer, Taylor Lautner, Joe Jonas and Jake Gyllenhaal, but she's turned around and written songs about it. And right now, Taylor Swift is embracing the single life, calling it "wonderful." What have we learned from her? Being single is okay! Dating is okay! Instead of sulking in a dark corner and lamenting your current solo status, enjoy the experience while it lasts. If Taylor Swift can do it, so can you.

Gwyneth Paltrow may make a valid point in her rant on high-profile celebrity couples, but I highly doubt those who crave the limelight will leave the tabloids anytime soon. As long as they exist, we can use these stories to gain insight into the multifaceted world of dating and relationships.

Wicked Celebrity Breakups



By [Jessica DeRubbo](#)

Let's face it: It's not often that breakups and divorces are civil and lacking in drama. In fact, most are ridden with angry fights, jealousy and revenge. America's A-list celebs prove that theory better than any other group! Consider Bristol Palin, Courteney Cox and Mel Gibson.

Bristol Palin

After revealing that she was expecting a baby during her mom's run for Vice President, a teenaged Bristol Palin announced her engagement to baby daddy Levi Johnston. Things eventually turned sour, however, when the couple called it quits and both of their families turned to the media for revenge. Johnston bad-mouthed Palin's family in an attempt to destroy it in a

famous interview with [Vanity Fair](#). He said that Sarah Palin originally wanted to keep her daughter's pregnancy a secret and then adopt the child as her own when he was born. When the couple decided to try to make it work again recently, things went downhill pretty quickly. Bristol talked to the tabloids herself this time, claiming that she called it quits with Johnston due to his being in an intimate music video with singer, Brittani Senser. Johnston had apparently told Palin that he was going to Hollywood to film a hunting show. Even now, as Bristol stars on this season's *Dancing with the Stars*, Johnston had something to say about it, remarking that she never once danced with him while they were together. Big or small, the drama won't seem to leave this couple alone! Unfortunately, with a son in the picture, the two will have to eventually make it work in a civil way.

Courteney Cox

Everyone's favorite *Friends* actress Courteney Cox isn't innocent to relationship drama either. Although we have yet to hear much from her camp after her split from husband David Arquette after 11 years, Arquette has been very vocal. What started out as a united statement to the media, saying, "'The reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage.

We remain best friends and responsible parents to our daughter and we still love each other deeply. As we go through this process we are determined to use kindness and understanding to get through this together'" quickly led to Arquette's shocking radio interview with Howard Stern. The actor commented on the couple's sex life, among other things.

"'We're not having sex, and I completely understand," he said. "She's in a place of wanting to be real and emotional.

She's an emotional being. She's an amazing woman. If it doesn't feel right, she doesn't feel like bonding in that way.'" It's been reported that Cox is more than unhappy about her former flame's big mouth (I know I definitely don't blame

her!)), but it remains to be seen where the two will go from here. It's so sad when a celebrity couple who seems to have it all together shocks us with buried anger and bitterness!

Mel Gibson

And then, of course, there's the case of Mel Gibson. After being married for 28 years to Robyn Gibson, Mel left his wife for Russian entertainer, Oksana Grigorieva. The couple dated for two years before breaking up, at which point Gibson allegedly lost it and began leaving abusive messages for his ex. The crazy messages were recorded and eventually leaked to the public. In them, Gibson uses explicit language and is very hostile toward Grigorieva. At one point, he says, ""You're a f-ing mentally deprived idiot. You're a f-ing using whore ... I own you." At another point, Grigorieva says, "You control me, like marionette ... I walk on eggshells with you." Fighting words! The duo have been in a legal battle ever since. Personally, I'd want it all over and done with as quickly as humanly possible, wouldn't you?

Drama, drama, drama! Some celebs just can't avoid it. And when you add an anger-ridden break-up or divorce into the picture, A-listers seem to lose all control.

MTV's Video Music Awards: What You Missed





By [Jessica DeRubbo](#)

Well, the MTV Video Music Awards have come and gone yet again, and the celebs in attendance this year didn't disappoint!

Some of the more notable duos walking the white carpet this year were Justin Bieber & Selena Gomez, Usher & Justin Bieber, *Jersey Shore*'s Ronnie & Vinnie and Stephanie Pratt & Lo Bosworth, according to [Hollywood Life](#). And, of course, there was the much-anticipated awards show participants Taylor Swift and Kanye West. After last year's debacle where West barged on stage during Swift's acceptance speech, he was on his best behavior. The two stars separately sang two brand new songs addressing last year's event, "like a pair of dueling attorneys making closing statements in front of a jury," according to Tris McCall at the New Jersey [Star-Ledger](#).

That's not to leave out the host of this year's VMA extravaganza. E!'s popular comedienne Chelsea Handler took the podium, and the question is: how did she measure up?

Here are three reviews that seem to sum it up:

1. "As the live portion of the show began, Handler turned in a

moderately funny Gaga sendup, appearing amid red-lycra-clad dancers wearing a dollhouse on her head. Though, again, it felt a little like Host the VMAs Paint-by-Numbers – Gaga’s both the easiest and the lamest (not to mention the most willing) target around,” said Jennifer Armstrong in *Entertainment Weekly’s* PopWatch.

2. “And then there was the awkward plight of the night’s host, Chelsea Handler. She was among the worst in the show’s history – purposefully out-of-touch, with brief, alarming flashes of off-color racial humor,” said Jon Caramanica of the [*New York Times*](#).

3. “But there was little smooching or feuding on Sunday, despite some nudging from the host. ‘I want to encourage everyone to be on their worst behavior,’ comedian Chelsea Handler declared in her opening monologue, a string of flat punch lines that felt a few degrees below crass,” said Chris Richards in *The Washington Post’s* Click Track.

Although the VMAs usually make for some stories full of cat fights and on-stage duels, the show was pretty tame overall this year. But with the best ratings since 2002, according to Just Jared, Chelsea Handler can’t complain!

‘The Romantics’ Starring Katie Holmes, Anna Paquin, Elijah Wood & More



By [Jessica DeRubbo](#)

Interested in seeing a love story that transcends the rom com genre by breathing new life into it with a unique plot and A-list actors? Eager to settle into a theater seat with buttery popcorn in your lap and your girlfriends giggling by your side? *The Romantics*, which premieres today, September 10, may be just what you need. Based on the novel by producer/writer/director Galt Niederhoffer, *The Romantics* is directed by its original novelist and follows the story of seven close friends, all members of the same college clique, as they get together to watch two of their own get married. Lila (Anna Paquin), the bride, and Laura (Katie Holmes), the maid of honor, have long been coveting for Tom (Josh Duhamel), the groom. In fact, Laura is his former lover. As if this heated love triangle doesn't create enough tension and drama already, the drunken group of friends takes a late-night swim the day before the wedding and return without the groom.

Ominous weather is looming overhead, and the night is sure to be eventful.



Want some solid reasons as to why you should start making your way over to the movie theater?

Check out what these reviews had to say:

1. "*The Romantics* gets much of the female chitchat right, from catty asides to sisterly chase-fights in bare feet," says *Time Out New York's* Joshua Rothkopf.

2. "Replete with unconventional music choices, hand-held camerawork, and a rather simple, yet dramatic and funny plot, the film balances itself out with its share of hits and misses," says [Limité Magazine's](#) Daniel Quitério.

3. "So one enjoys *Romantics* for the genre trappings – the inebriated toasts, feverish gossiping, unexpected trysts, the de rigueur wedding dress snafu and bright lines that cut through the mood of sentimentality and nostalgia," says the [Hollywood Reporter's](#) Kirk Honeycutt.

Other notable actors and actresses in the film include Adam

Brody, Malin Akerman, Elijah Wood, Diana Agron, Jeremy Strong, Rebecca Lawrence and Candice Bergen.

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