

Fitness Tips: How to Shed Holiday Weight After the New Year



By [Ahjané Forbes](#)

As we welcome the new year, we plan to draft our resolutions. The majority of our new commitments will be to lose weight. Sometimes, this process can be tricky and may not always go as planned. However, it is important to make mistakes and learn from them to make a healthier you!

What are some [fitness tips](#) to help

ring in the new year?

Attempting to lose weight can be hard, especially if you're trying to do it around the holiday season. Make sure that this is something that you want to do, and you're not just succumbing to pressure from others. Avoid losing weight for a better body image, and focus on the [health benefits](#). Here are some [fitness advice](#) on how to get through one of the most difficult resolutions:

1. Create a realistic goal: Don't make a New Year's resolution stating that you're going to lose 30 pounds by Easter. That'll only put more pressure on yourself. Think of short term goals like walking 10,000 steps per week. If you're on your feet a lot, this will be easily obtainable. Be honest with yourself. If you know you definitely don't want to try a new sport or sign up for that Zumba class, then don't do it. Find something that you will enjoy doing. Losing weight with a group of friends will give motivation as well.

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2. Slowly eliminate your guilty pleasures: It will not be easy to stop eating candy, chocolate, fast food, unhealthy snacks, and drinking soda. Start small. If you're used to buying a 24 pack of soda, then lower your consumption to a 12 pack. Let's say you eat two bars of chocolate every day. Begin by only eating one per day. This will help you to curb your habit and begin to see your weight change.

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3. Ease your way into the gym: As soon as the ball drops, don't just head to the gym. Create a workout plan that will benefit you. For example, if you know you cannot run a mile, start off by only walking one fourth of it. Also, it is okay

to not go to the gym. You can do most exercises within the comfort of your own home. A lot of trainers have online videos that you can watch and do in your living room. Do something simple like stretches or yoga, and heighten your intensity level from there.

4. Just dance: A lot of people forget that dancing is a good form of exercise. You can go to classes that are geared toward losing weight and having fun. Many of the group members are making their way through this just like you. It will be easier to build a connection with them and learn from their experiences.

5. Keep a positive mindset: If you keep thinking that you're not going to lose enough weight by a certain time, then you will not actually do so. Even if you lose one pound in one month, try to celebrate that. It's all about progress. Learn to understand your body. Be proud of what you are doing even if the process might take a long time. Move at your own pace.

6. Reward yourself: Now we know we mentioned you should slowly eliminate your guilty pleasures, but sometimes we all need a little cheat day. If you're on a diet, take one day out of each month where you eat until your heart's content. Keep the date you set consistent. If you start on January 15th, make sure that on that day every month you fully indulge. This will actually give you something to look forward to each month and you'll start to feel good about yourself. Remember, you still have to get across the finish line. So, always remember to stick to your diet and drink plenty of water, and you'll definitely get through this year's New Year's resolution a winner!

How do you plan on losing weight this year? Share your New Year's resolutions in the comments below!

Parenting Tips: 5 Parenting Goals to Start the New Year



By [Ahjané Forbes](#)

As you help your child write their New Year's resolution, you begin to think about what yours might be for this year. You might want to start with changing up your child's routine, and this is the best time to do so. Each year they get a little older, and parenting does not get any easier. Check out our [parenting tips](#) on how to make this new year a better one for you and your kids.

Starting the new year off with a resolution for parenting. What are some parenting tips that you can help your family this year?

As parents, we want the best for our kids. The process begins from home. Parenting is a full time job, and you often don't get breaks. Here are some of Cupid's tips to help you with your parent endeavors this upcoming year:

1. Self care is the best care: Taking care of yourself will benefit your kids. Start with small things like a little "pamper Mommy" day, or have a sports night for dad. This will let you relax after a busy week of work and bringing the kids around between their extracurricular activities and school. You can even relax with your kids. Create a movie night in the living room, or do something fun like a mini cooking class. This will keep them entertained and gives you time to relax.

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2. Keep the learning flowing: The weekends may a tough time to get your kids to focus on school work. Try to sign them up for programs like Khan Academy, Cool Math, or learn a different language on Duolingo or Rosetta Stone. These fun and interactive programs will appear to them as games with pictures and videos. It will also help them to stay engaged in their classes.

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3. Make exercise fun: Enroll your kids in a sport or a dance class. Get them into something that they are interested in and lets them learn a new skill. Constant exercise helps the

growth process and works as “food” for the brain. Try to get them to work in teams with other children. This will help them with leadership skills and collaboration for when they get older.

4. Establish a routine: Completing tasks in a habitual way will help your children to be aware of what’s to come next. If you assigned them a chore to do at home, make sure they follow through each time it needs to be done. This will teach them how to do things in a timely fashion. Starting January 1st, assign a given bedtime, and stick to it. Work to get them in bed at least half an hour before the given bedtime.

5. Remain authoritative: As your children get older, you want to give them more privileges and leniency, but you still have to set the rules. Make sure you draw the lines clearly. Try not to use harsh language like cursing; rather, talk to them in a stern tone. This will help them with their relationships with teachers, coaches, and their future bosses. Treat your child as if they were your employee. If they do good work in school, then you reward them with gifts and praise. However, if they are misbehaving, then you take things that they like away. This will help them work for what they want.

What are some parenting resolutions you plan to make for this year? Share your tips and tricks and the comments below!

Date Idea: Get in Gear for the New Year



By [Jessica Gomez](#) and Shannon Seibert

You may think New Year's resolutions are old-fashioned, but there's a great sentiment behind them. Rather than planning year-long objectives, follow these [date night](#) ideas and set small goals with your love. In relationships and love, people tend to take on more than they can handle alone. Buckle down with your significant other and get realistic together. Celebrate the holiday season before ringing in the New Year. Use this time to see what direction you both want to head in your partnership.

Cupid has some advice on strengthening your partnership in

the New Year. Here are a few date ideas that will be productive for you and your lover:

By following these small pieces of dating and [relationship advice](#), you are sure to strengthen your love in the long run.

Go to the gym together: Get your sweat on! Thinking of goals is the easy part of New Year's resolutions – it's sticking to them that's so hard! We've all seen the people who want to "get fit this year" and crowd the gym for the month of January, but are no where to be found by the middle of March. Set goals with your partner that are achievable.

Related Link: [Date Idea: Create Magic in Your Relationship](#)

Give to yourselves and to others: Give to yourselves by taking a couple's trip, like taking a weekend getaway within the next two months. And give to others by spending one day each month giving back to our community. There are many ways to help out, so choose a cause you and your other half are passionate about and go for it!

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Go on dates weekly: Any date! Be spontaneous! If there are small aspects of your partnership that you'd like to work on with your partner, tonight's the night to tell them. If your significant other has a busy career that involves a lot of travel, make a goal for more communication throughout the week. Agree to pursue a date each week, whether they are home dates or outdoor dates. Break down your schedules and pick a night that would work for both of you, and get ready for some fun!

Break each goal down into time increments to solidify the commitment you and your honey make. As you ring in the New

Year together, keep in mind that your relationship is what you make it. Reaching these small goals will lead to something even bigger than the both of you could've imagined!

What are some New Year's resolutions you've made with your partner? Share them with us in the comments below!

Travel Destinations: Top 5 Vacation Spots to Spend New Years



By [Ashleigh Underwood](#)

Ring in the New Year has is one of the greatest celebrations of the year. Countries around the world participate in events like parades, dancing, fireworks, and street parties. While each travel destination have similar celebratory roots, they all have cultural twists that make them unique. While New Yorkers stand in the street and count down until the ball drops, those in St. Petersburg watch fireworks and send paper lanterns into the sky. Whether you like to party until dawn or enjoy a relaxing night in, there is a vacation destination for you!

Dying to be somewhere different for the New Year this year? Here a few travel destinations perfect for celebrating this special occasion.

1. Valparaíso, Chile: If your year hasn't been the best, or you are feeling down and need a little extra luck in your life, Valparaíso is where you need to be. While partaking in traditional activities like large feasts, parties and fireworks, Chileans also celebrate in an unusual way. Each year, the people of Valparaíso, Chile attempt to bring in good luck for the New Year with a few different traditions that are extremely important in their celebrating. Firstly, they eat lentils, and 12 grapes. The lentils are eaten at midnight to ensure success and well being in the coming year. The 12 grapes are symbolic of each strike of the bell at midnight and are meant to fulfill all wishes and projects for the New Year. Their other classic tradition is donning yellow underwear throughout the festivities. The color represents energy and wearing it allows you to attract a happy and hopeful spirit. So, if you are needed some extra luck and good fortune in your life, while also enjoying a classic New Year's Eve, head on over to Chile.

2. Reykjavik, Iceland: This small Icelandic town is sure to blow away your expectations of how a New Year's party should be. The people who live in Reykjavik take their celebrations to a whole new level expanding the event across many cities and goes all night long. Not only can you take part in their insane nightlife, but you can also experience their unique cultural traditions. Each year, the citizens of Iceland participate in community bonfires to burn away the troubles of the past year. Then, they get to enjoy the firework spectacle that spans across their entire coast. After drinking away the night, they continue on the next morning with hangover curing meals. If you're a diehard partier, Iceland is the place for you.

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3. Bratislava, Slovakia: In Bratislava, they are all about noise. This city offers a very casual, yet uplifting environment that is mean to keep you in the holiday spirit all night long. The town hosts thousands of people from all over the world in their streets each New Year, bringing them in with their many concerts. Bratislava is divided into sections, allowing one part for concerts and another for partying. The concert sections has several types of music going all throughout the day, including gypsy, folk, and disco. The other section, meant for partying, allows other to be more social. There is ice skating, restaurants, bars, and a large screen prompter to watch the celebration so you will be sure to see everything. At the start of the New Year, a fantastic fireworks show is displayed over the Danube River and people cheering and spinning their rehtacka. Participate in this tradition, and you are sure to rid yourself of any negative energy and start your New Year fresh.

4. Bahamas: While the Bahamas may make you think of a quiet, beach getaway, on New Year's Eve they are anything but. Choose any resort to stay at and they will be sure to offer some type

of activity that will make you feel at home. However, if you dare to venture off with the locals, your time will be much more exciting. The people in the Bahamas celebrate the coming year with music, masks, street performers, costumes, and parades. These festivities are part of the Junkanoo Celebration that locals hold very dear to their hearts, as it is a long standing tradition. It begins with a cultural celebration, welcoming people of all ages and genders to participate. This special procession is lead to a final party destination where everyone is welcomed to stay up all night and bask in the glory that is the Bahamian culture.

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5. Sydney, Australia: If you are looking to party in a huge way, Sydney is where you need to go. Here, they try and step up their game knowing that so many people will be watching. With more than 1 million people gathered around the waterfront, and a billion watching on T.V, the celebration lasts all day and goes out with a bang (literally). Throughout the day, there is an air show, a water performance, multiple fireworks shows, and a parade. This destination is perfect for the family, or a party with your friends. So, be one of the first to live it up in the New Year and check out Sydney!

Where is your favorite place to spend New Year's? Comment below!

Dating Advice: New Year's

Resolutions To Rekindle Your Relationships and Love



By Debbie Ceresa for [Divorce Support Center](#)

Has your marriage lost that lovin' feeling? The same old New Year's resolutions of getting into sexy shape by going to the gym won't rekindle the once burning embers in your relationships and love. Now is the time to reignite your relationship flame. It's important to remember that you did find the right person, but somewhere along the way you lost yourself. Think back to the time you fell in love. Not long ago, you could look at each other and instantly know each other's thoughts or just the memory of your loved one made you smile. You can be that right person for each other again. As a relationship expert, my [dating advice](#) is to start by conjuring

up those lost memories while you work on the five following commitments.

Dating Advice On Rekindling The Lovin' Feeling In Your Marriage

1. Respect: Aretha Franklin knew it was worth spelling out. You know respect when you feel it. It's an inner sense we all have. If you want to be admired and held in high esteem, know that your spouse is looking for that same feeling. Respect is essential in a successful marriage. Often it manifests itself in small gestures such as the endearing name that makes you feel loved or expressing thanks for the cup of coffee your spouse makes for you every morning. These are little gestures, but how about the bigger ones? Talk to each other when making joint decisions, whether it involves accepting a dinner invitation or making a huge purchase. Recognize each other's strengths and weaknesses and encourage rather than belittle your partner. Make a conscious effort to bring back your secret looks, kind acts, and loving nicknames.

Related Link: [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

2. Teamwork: "I'm on your side," should be your motto to each other. Author and marriage and family therapist [Tina B. Tessina](#) shared in her book, *Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage*, that instead of dwelling on who's right and who's wrong, the focus should be on solving the problem that the two of you are facing together. Her dating advice emphasizes on talking about your challenge long enough to understand it. Then you can move on with mutual solutions. Working together to find a joint solution will add motivation to continue working as team players both during challenges and good times.

3. Love: I love you. This phrase never goes out of style. It's a powerful statement to each other that can't be said enough. We all enjoy being loved. Love is sharing, appreciating, and admitting our mistakes. Have you heard the saying, "You attract more bees with honey than vinegar?" The more love energy you send out, the more your spouse and others will want to be around you. Write down a few date ideas, initiate a date night and spend time being a couple. Incorporate your teamwork skills to schedule a special event without your cell phones, kids or friends. It's always fun to think outside the box and try a new activity, such as visiting a museum or a unique restaurant.

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4. Commitment: "When people say they are committed to his or her relationship, they can mean two things," said Benjamin Karney, a professor of psychology and co-director of the [Relationship Institute at UCLA](#). "One thing they can mean is, 'I really like this relationship and want it to continue.' However, commitment is more than just that." A deeper level of commitment, the psychologists report, is a much better predictor of lower divorce rates and fewer problems in marriage. "It's easy to be committed to your relationship when it's going well," said senior study author Thomas Bradbury, a psychology professor who co-directs the Relationship Institute. "As a relationship changes, however, you must say something like, 'I'm committed to this relationship, but it's not going very well – I need to have some resolve, make some sacrifices and take the steps I need to take to keep this relationship moving forward.'"

5. Forgiveness: You were the one who was harmed and feels bad—why should you forgive? Forgiveness doesn't mean you excuse the hurtful behavior, but it does mean you can let go and move forward. Here's the benefit: After you forgive, you'll feel better. Your ability to forgive gives you a feeling of empowerment and the power to take charge of your

happiness. Holding onto old disappointments, arguments, and hurt is a waste of your time and energy. Forgiveness will keep you healthy both physically and emotionally.

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So if your relationship has lost that lovin’ feeling—take five. By focusing on mutual respect, teamwork, love, commitment, and forgiveness, you will find the keys to a new and improved relationship just in time for the New Year.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband’s battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

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

Relationship Advice: Why Your Dating New Year’s Resolutions Fail





By Toni Coleman, LCSW

Once again it's time for that honored tradition of setting and then breaking our New Year's resolutions. Year after year we tell ourselves that this time it will be different; then armed with a renewed feeling of determination and optimism, we prepare to say goodbye to our bad habits, unhealthy lifestyle choices, and/or dead end job or even our relationship and love. Then at the beginning of February, we find that much of our resolve has been replaced with a feeling of defeat and a resignation that our life probably won't ever be what we want it to be. As a relationship expert, I know it's hard when your dating goals aren't met. Keep reading for my [relationship advice](#) on why you're dating New Year's resolutions are failing and what to do about it.

Relationship Advice On Your New Year's Dating Resolutions

1. Avoid the number one reason for failed resolutions. Essentially we set ourselves up for failure every

year. We do this by setting unrealistic goals, having too many goals, and not having a concrete and reasonable plan for how we will work toward them. This especially happens in the dating world. When we don't make any progress, our self-esteem and confidence take a hit, we feel defeated, and we abandon our plans. Our defeat contributes to a belief that this goal is just not possible for us, and if we do this year after year it becomes a self-fulfilling prophecy.

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2. Set a maximum of one or two achievable goals. These don't have to be major goals; they can be smaller objectives that will lead to bigger changes that can happen further down the road. By approaching change in small and manageable steps, you will help ensure your success, which will provide you with continued motivation and a boost of self-esteem along the way. It's also important to think about your core need or desire—in other words, what is the key problem or desired change you want to address. By correctly identifying this and tackling it first, you will find that most other issues you think require a separate resolution are connected to the core need, and will be impacted by addressing it.

3. Write down how and when you will take your action steps. Unless you have a concrete plan for working on your resolutions, they will not get acted on. Your calendar contains a record of work obligations and tasks, social events, and other life priorities so you won't neglect or forget them. Can you imagine what would happen if you never wrote anything down? Many things would slip through the cracks, and you would be hopelessly off track. The same problem presents itself when you make an agreement with yourself to work on a resolution—if it isn't put into your schedule, it simply won't happen. My dating advice is to set small goals like making an online dating profile, going on three dates, etc.

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4. If a goal proves unrealistic or unattainable, tweak it until it works. This seems to be a hard one for many people as they equate stepping back with failure. However, this is no different from when you are involved with any project that presents unforeseen issues or challenges and requires you to make adjustments and changes along the way. If you are cutting a piece of wood for a home repair project and find it is too long or short, you will either have to shorten it or start with a new piece. If you are completing a work document and find omissions or errors, you go back and change, correct and/or delete until it is correct. Applying this same approach to achieving a resolution will work in much the same way, keeping you engaged until you are satisfied with the outcome.

5. Celebrate every small win—this keeps momentum going. It's hard to sustain ourselves through long, dry spells when we aren't receiving any feedback on our investment of time and energy. This is why using short-term objectives as building blocks to success is a great way to keep up the momentum. If you resolve to lose 5 pounds over 3-4 weeks as opposed to losing 40 pounds over 6-8 months, you increase your chance of success. At the end of those few weeks, you can congratulate yourself on achieving that first objective and get a boost to your self-esteem, which will help you to remain positive and more confident that you can continue achieving your ideal weight.

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The people who are successful at realizing their New Year's resolutions do not have more self-control or discipline than you. They don't succeed because they are lucky, and many or most aren't blessed with more resources or a special talent that gives them an edge. What they do have is a clear and

strong desire for change, a written and well thought out plan, and a willingness to be flexible with their process and open to making adjustments along the way. My relationship advice is to do the same thing.

[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.

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Solo Parenting: New Year, New You!





By Cynthia MacGregor for [Hope After Divorce](#)

If you didn't make any New Year's resolutions, don't feel bad. Many people don't. In fact, I happen to be one of them. But just because you didn't make any resolutions, that doesn't mean you can't make any changes.

Most resolutions get broken anyhow – and pretty quickly at that. But you don't need to make a resolution in order to make a change. Think about your life as it is currently or as it has been for the past 12 months. Are you satisfied with it? If not, what would you like to change about it?

What's stopping you?

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Of course, if you'd like to be living in a mansion with servants and what's stopping you is that you only make so many dollars (fill in the blank) a week/month/year, then you're dreaming impractically. Instead think of the things you'd like to change that are *feasible*. Plausible. Possible. And then

I'll ask you the same question: What's stopping you?

Would you like a better relationship with your kids? Do you think it's impossible as long as they maintain their attitudes and there's nothing *you* can do? Think again.

Yes, they're the ones with the attitudes, the ones with all the eye-rolling, the ones who are being smart-mouthed or bratty or just plain obnoxious. But have you sat them down and had a talk? A non-judgmental, non-accusatory talk? Have you elicited from them the specific reasons they behave and talk the way they do? If they can't come up with a single one, maybe they'll realize that they're wrong. Maybe they'll change. It's not impossible. And if they do come up with some reason and it reflects on you, maybe there's something *you* can do that's different. (Hey, if you can ask them to change, isn't it reasonable to ask yourself to change too?)

What about having a better relationship with your ex in the year ahead? Is that something you'd like? I don't mean for you to get back together or anything of the sort. I just mean for you to normalize the way you relate to each other, so every request to change visiting days doesn't escalate into a skirmish.

Leaving aside your relationship with your kids and your ex, what about the way you feel about *yourself*? What do you like about yourself? Focus on it. Expand on it. What *don't* you like about yourself? Work on changing it. Do you want to be a less cynical person? A more forgiving person? A more accepting person? Give yourself an attitude makeover.

You're a single mom with kids, and you're not likely to change that in the New Year unless you get married or move in with someone—which is not a change that can come from within so isn't under discussion here. But what you *can* change about yourself is your *attitude* toward that status. If you've been desperately looking for a new husband, you can work to become

comfortable in your own skin, a self-sufficient person, a person who's happy with herself and her life. And if you've been in I-hate-men, men-all-stink mode, maybe it's time to let it go and realize that one bad marriage doesn't mean the whole barrel of apples is rotten.

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What else would you like to change about your life? Which of those things *can* you change?

Well, what's stopping you?

It's a new year. How about a new you for the New Year?

Get started!

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Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include "After Your Divorce," "Divorce Helpbook for Kids," "Divorce Helpbook for Teens," "Solo Parenting," "'Step' This Way," and others. Forthcoming books include "The One-Parent Family," "Why Are Mommy and Daddy Getting Divorced," and "Daddy Doesn't Live Here Anymore." She hosted and produced the TV show "Solo Parenting," which was broadcast in South

Florida over WHDT. Cynthia writes for [HopeAfterDivorce.org](#), [FamilyShare.com](#) and [LAFamily.com](#).

How to Celebrate the New Year with a New Baby



By [Courtney Omernick](#)

You may think that all of the fun of New Year's is over because you have a new baby in the house, but guess again! Just because your newborn is taking control of how you spend your time doesn't mean you have to have a dull New Year's celebration. Check out some fun ways to celebrate New Year's with your baby in tow:

1. Host a slumber party: If you have enough space in your home, consider inviting a few of your friends who have children to party at your place. Yes, your house will have even more chaos because of the extra children, but this gives

your friends an incentive to get out of the house and celebrate too! You can even have it catered to take some of the pressure off of you and your partner.

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2. Dress up: If you're planning a night in, you don't have to resort to sweats! Add some sparkle to the event by wearing a skirt or dress (for her) and a bowtie and suit (for him). Make sure to include your new baby in the festivities by dressing them up in a cute outfit too!

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3. Bring your baby to the party: Obviously, this option depends on the type of party you're attending. After all, you won't want to bring your baby to a loud bar. But if you're going to a friend's house, you might be able to bring your newborn along. If there's a place in your friend's home where you can put your child down for bed, you won't even have to worry about interrupting their usual routine.

How else can you celebrate the New Year with a new baby? Share your ideas in the comments!

Ring in the New Year in True Vegas Style: Hotel Party Roundup



By Kristin Mattern

Ring in the New Year in grand fashion by planning a getaway with your significant other or even better, surprising him with a ticket to board the next jumbo jet to Vegas. Sin city is even more alive on New Year's Eve and this year there are four amazing events taking place that will pretty much ensure you are welcoming 2014 in style. As we all know, what happens in Vegas, stays in Vegas!

Party Inside The Venetian at TA0: Enjoy a night of R&B music with a live performance from Grammy Award winning artist Miguel. You and your partner are sure to get caught up in the moment as you sway to Miguel's sweet sounds surrounded by the innovative ambiance of TA0's "Asian City" theme, featuring a twenty foot tall Buddha statue. Your taste buds will be treated to the delicious dishes of the Pacific Rim as you both enjoy hors d'oeuvres made by celebrity chefs and a premium

open bar from 9 pm – midnight. Then, as the clock begins the countdown to welcome 2014, raise a complimentary glass of champagne to toast the start of another New Year in true Vegas style. At the stroke of midnight, TAO ticket stubs will also grant entrance to LAVO, providing you and your partner access to two incredible parties in one night. But that's not all. The ticket stubs also provide 10% off dinner at either TAO or LAVO the next day. What an amazing way to celebrate the start of 2014!

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Rock Out In The Palazzo at LAVO: Enjoy an electric end to 2013, and ring in the New Year with amplitude as you and your significant other jam with the incredibly talented DJ Vice. This spin master will rock the crowd into the New Year. Get your rave on as the two of you dance to dubstep and pop beats amongst a state of the art audio-visual system. Not only does LAVO sport an incredible sound system, the space derives design inspiration from the bathhouses of ancient Mediterranean culture and a menu that highlights the best of the region's cuisine. You and your partner can soak in the unique beauty of LAVO while enjoying tasty hors d'oeuvres, served from 9 to midnight, and enjoy some delicious cocktails at the premium open bar from 9 to 11pm. The party will continue as you enjoy a complimentary glass of champagne to toast the start of 2014! Just like above, your LAVO ticket stub will also grant access to TAO, allowing the two of you to party it up at two amazing clubs in one unforgettable evening. The tickets also provide 10% off dinner at either TAO or LAVO the next day! What a sweet New Year it will be.



Left to Right: The Chelsea;
Bruno Mars. Photo: Kirvin Doak
Communications

An Intimate Evening In The Cosmopolitan at The Chelsea: Looking for a unique experience this New Year's Eve that you can really brag about? What about a smaller venue featuring a performance by the amazing Bruno Mars? Mars will not only ring in 2014 with true Vegas showmanship, but will inaugurate The Chelsea as the new club at The Cosmopolitan. Don't miss this opportunity to be a part of history as you and your loved one ring in the New Year and kick off the start to what is sure to be one of the best clubs in Vegas. The Chelsea offers an avant-garde approach to entertainment; the venue features cast glass chandeliers, a vintage lobby bar, private VIP opera boxes and a decorative grand staircase. Don't miss this exclusive chance to celebrate New Year's Eve in a truly glamorous way!

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Celine Dion. Photo:
CeasarsPalace.com

Sing Your Heart Out in Ceasar's Palace at The Colosseum: If you are totally in love with Celine Dion and her harmonious voice, what better way to celebrate the New Year than by seeing her perform live? You'll be swept away by the visually stunning presentation of Dion's new show that was designed exclusively for The Colosseum – a state of the art venue. This show is a spectacular event, directed by long time Grammy producer Ken Ehrlich, and features a full orchestra and band to accompany Dion's timeless classics. Don't just party this New Years Eve; have an experience! Let the awe-inspiring sounds of the big band and Dion's unforgettable voice transport you and your beau into the New Year with sophisticated style and elegance. Instead of throwing the same old party at home with flat champagne and noisemakers, do it up big, and get on the next plane for scenic Las Vegas! This party town is ready to throw down and give you and your sweetie the most memorable night of your lives. Ring in 2014 in sensational style.

What are you waiting for? Tickets are limited, so be sure to visit Vegas's New Year's Eve Live website, www.newyarsevelive.net/cities/las-vegas.html to buy spots for these, and other exclusive venues.

How will you celebrate New Years? Heading to a fabulous location like Vegas? Let us know in the comments below!

NoGamesLove Video Dating Tips: 10 Places to Meet Your Soul Mate by New Year's Eve



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Where to Meet Your Soul Mate

Are you hoping to find a guy before New Year's Eve rolls around? If so, you're in luck! With a little strategic dating, it *is* possible to meet your soul mate – or even just Mr. Right Now – before the clock strikes midnight and a new year begins. First, you must do something different. "You want to expose yourself to new people and set-up an opportunity for chemistry," says Laurel House, dating expert and E!'s *Famously Single* dating coach in this week's [dating advice](#) video. "You do that by going places you normally would *never* go."

For more information about our dating mentor, click [here](#).

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

What are you going to do to meet a man by NYE? Share your tips in the comments below.

Celebrity Relationships in Need of a New Year's Resolution





By Courtney Allen

The New Year is here, and even the biggest celebs in Hollywood know what that means: it's time to pull out the glorious pen and paper. There is no better time like the present than to leave the daunting past behind in the tabloids, whether it is love drama with exes, juicy scandals or shocking infidelity. 2012 may have proved to be rocky for these celebrity couples, but the upcoming year just may be looking up if they write their New Year's Resolution list with these things in mind:

Kristen Stewart and Robert Pattinson: These two *Twilight* stars had us watching in amazement as their seemingly perfect relationship flourished both on-screen and off. It wasn't until this summer that their 'fairytale' took a turn for the worst. Stewart became the center of a cheating scandal between her married *Snow White and the Huntsman* director Rupert Sanders. Stewart caused jaw drops amongst her *Twilight* fans and co-stars as news of the flaming affair became public. Speculation over whether Stewart and Pattinson would stay together swirled for months. The answer to the question we were all once dying to know? Yes. The couple is together today. But one piece of

advice for their partially tainted relationship: keeping Kristen's deceit in the past in order for it to successfully recover in the new year.

Related: [Is Your Past Interfering with the Present?](#)

Rihanna and Chris Brown: Chris Brown and Rihanna have quite the troubled past. The two world-famous singers started dating back in 2008. Between Rihanna's stunning face and body and Chris Brown's undeniably handsome facial features and lullaby-like voice, they instantly became one of the hottest, power couples in Hollywood. But in February of 2009, tragedy struck for the lovebirds. Brown was arrested for allegedly assaulting the "Disturbia" singer after a pre-Grammy bash. The two obviously went their separate ways as Rihanna filed a restraining order against Brown which was later dropped in 2011. Shortly after, rumors began to fly about the two rekindling their flame with the release of Rihanna's "Birthday Cake Remix" featuring the R&B singer. Looking back, the rumor seemed nothing less than the truth. Brown recently dumped ex-girlfriend Karrueche Tran and now appears to be dating Rihanna based off pictures on her Instagram. Let's just hope these two have a healthier relationship this time around. If they commit to this New Year's Resolution, nothing can stop them.

Halle Berry and Oliver Martinez: Halle Berry and fiancé Oliver Martinez seem to be doing just fine besides one small problem: her ex. Model Gabriel Aubry is causing trouble in paradise for the couple. Berry and Aubry are right in the middle of custody battle over their four-year old daughter Nahla after splitting up back in 2010. Things got pretty heated over Thanksgiving when Aubry got into a physical altercation during a custodial hand-off with the bombshell's current boyfriend, French actor Gabriel Martinez. Aubry seems to be creating quite the mess for Berry and her new relationship. The cause of the fight is unknown, but pleasant words are definitely out of the question. Sounds like the three need to somehow find a way to kiss and make up for the New Year and for the future. With

Nahla in the picture, Aubry isn't going anywhere.

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

Rupert Sanders and Liberty Ross: The couple on the other side of Kristen Stewart's cheating scandal has been through trying times since the infidelity went public last summer. Turns out *Snow White and the Huntsman* director Rupert Sanders was not only in a relationship, but was married to English model Liberty Ross. The couple was not seen together for several weeks following the scandal, leaving us to wonder if Sanders' position as director in the *Snow White and the Huntsman* sequel was the only thing he had lost. Luckily for Sanders, Ross seems to be giving him another chance after his slip-up with 22-year old Stewart. Sanders will now be walking on thin ice with his wife as he enters into 2013. All the New Year's resolving between them should come mostly from his end: proving that he can be trusted again; and of course for Liberty, giving him the fair chance.

What are some of your New Year's Resolutions for your relationship? Share your ideas with us!

How to Fall in Love With Yourself in 2013





by Marina Sbrochi for GalTime.com

10 Love Resolutions to Make to Yourself

Here we are at the beginning and end of a year, all in one. That means it is time to set some resolutions. Maybe you're thinking, "Oh, no! Not me! I don't do resolutions." Not to worry. We're not talking about anything that has to do with a weight scale or bank account or de-cluttering that junk drawer in the kitchen. This is the year you can really focus on yourself and build great habits to take good care of you every single day.

Here's how to get started:

1. Love Thyself and Count the Ways – You rock, you know you do. Take a piece of paper and write down 10 great things about you. Now tape it to your bathroom mirror and every morning when you wake up you read them as you brush your teeth. It sounds hokey, but it really does feel good way to shower yourself with compliments and acknowledge all the good stuff you've done rather than look in the mirror with criticism.

2. Bubble Bath Sundays – Why the heck not? You've got a tub. Get yourself some bubbles and a candle and have a date with some hot water. Wash away the week and get ready for another. When the time is right, you can invite your special someone to join you.

3. Honor Your Breath – Take a brief moment each night before you fall asleep and take a long deep breath. Say thank you for the breath you breathe.

4. Take a Chance – Make this the year you will take the chances you get to be more YOU. Always wanted to go rock climbing? Go ahead and say hello to that cute guy standing in line in front of you at the coffee shop. Feel ready to look for a new job? Go out on that blind date. Sign up for an online dating site. Try out the hot pink lipstick. See how well you can rock a sheer shirt. Reconnect with a grammar-school friend on Facebook. Write a poem. Say out loud what you'd like to make happen in 2013. You never know what can happen when you take a chance!

5. Be More Kind – Look for opportunities to show little acts of kindness here and there. Go ahead and let that car get in front of you. Open the door for someone. Write a love letter or thank-you note. Call your mother. Hold the elevator even though you are in a hurry. Take notice and be kind.

6. Here's to Your Health – You want to live to make many more New Years Resolutions, right? You have to be healthy. Make small changes. Cut the soda. Eat more fruits and veggies. Walk instead of drive. Quit smoking. Join a gym. You have to treat your body right to really love it.

7. Watch "The Notebook" – It's the loviest love story and Ryan Gosling is smoking hot in it too. Remind yourself of what type of love you want in your life.

8. Design Your Love Potion – Go ahead and love something yummy. Plan your signature love cocktail for 2013. Something

special will happen every time you drink it, you will meet someone fabulous. (May I suggest Three Olives brand Bubble Vodka with soda and a splash of pink lemonade?)

9. Never Say Never – This is no Debbie Downer year. This is the year of YES. The old you maybe NEVER used to dance. But the new you – dances.

10. Let it Go – This year you aren't going to be hyper focused on finding someone. You are just going to be you and do things for yourself. Take ownership of you and do everything you have ever wanted to do. In time, that right person will come to you.

11. Say "I Love You" More Often – Life is short. This is a lesson we have learned too many times this year. Say I love you to your family, your friends and anyone that means something to you. Say it often.

12. Find Your Signature Scent – Sniff around until you find something that works with you. Something subtle, but noticeable. Something that not every else wears. Buy the body cream too. Wear it every time you go out. People will learn to know you by your scent.

How will you be good to you this coming year?

Ring In The New Year With A New Relationship





By Jennifer Ross

The New Year is always that time to let go of the old and stagnate parts of your life to make room for the new and exciting ones. With all the spine-tingling sensations coming your way, now is a good time for you to start a new relationship. This does not mean that you dump your current relationship to find a new one. Rather, view this as making a new start with your current partner. To create a memorable 2013, filled with an invigorating romance to last well beyond the year, here are five steps to lead you to a “new” relationship:

1. Your mindset: The number one step to starting a new relationship with your current love is to mentally vow to have a new relationship with your current love. Sound too simple? It actually is that easy. You don't need to know all the answers on January 1. Instead know this. Your relationship is on a new journey, with you and your partner as co-pilots. Once your new relationship takes off, there is no going back! Feel yourselves veering off course? That doesn't matter; just nudge your relationship slowly back on track. And remember, as long

as you and your mate are still heading towards the direction of love, you are always making progress to your final destination.

Related: [Shrink Wrap: Has Your Relationship Hit a Speed Bump?](#)

2. A new language: With a new relationship comes new vocabulary or rather a new way to speak to each other. Think of this as your relationship's very own language of love, fluently spoken by only you and your partner. Instead of saying "I" or "you," use the word "we." Instead of saying "problem," use the word "challenge." Instead of saying "but," use the word "and." Instead of saying "can't," use the word "can." Finally, instead of saying "why," use the word "how." An example of the old language is, "You have a problem but I can't fix it. Why can't you fix it?" Your new language is, "We have a challenge and we can fix it. How can we fix it?" The difference is to focus on a solution and not the problem. With a little practice, it will come natural.

3. Remember what year it is: If you are holding on to issues from 2012, it is time to let go. That doesn't necessarily mean you act as if the issues never happened. Can anyone do that? Instead, have those conversations with your partner, talking about how each of you feel. The best way is to listen to your mate without interrupting. Don't keep a tally, while he/she is speaking, of what you think he/she has done wrong. Honestly try to understand only from their perspective before reacting. Remember, you love each other. No one is deliberately hurting the other. Often the case is, both of you are reacting to preconceptions of intentional pain.

Related: [Does Your Past Interfere with Your Present?](#)

4. Be Open: In the late 1800's, inventor Thomas Edison, and his team, experimented with thousands of different filaments in order to get the right material to make a long-lasting light bulb. What does this have to do with your relationship?

Throughout 2013, you and your partner will also experiment with thousands of different ways to make a long-lasting relationship. Just like Edison, be open to other interpretations or ideas. More importantly, ask for help or advice when needed. Edison didn't succeed alone and neither will you.

5. Control only what you can: Realize that just like last year, there will be situations to create setbacks in 2013, times where you will feel personally hurt or your relationship threatened. That doesn't have to halt all progress. Make the decision to continue forward. Just because someone or something has attempted to hurt you does not mean you are required to react negatively. You cannot control what happens but you can control how you react. Once you master this, you will see that the negative issue is only 10% of the situation and how you react is 90%.

How do you plan to re-new your relationship in 2013? Share your ideas with us below.

Taylor Swift and Beau Harry Styles Kiss at Midnight for the New Year





By [Jennifer Ross](#)

It was definitely a “[rockin’](#)” night for Taylor Swift and Harry Styles on New Year’s Eve. The swooning duo celebrated the evening in Time Square with an official [kiss](#) that was captured by a [witness’](#) fuzzy photo, which has now gone viral. Swift, 23, was in New York City to perform “I Knew You Were Trouble” and “We Are Never Ever Getting Back Together” that Monday night on Dick Clark’s New Year’s Rockin’ Eve with Ryan Seacrest. With millions of people watching that night, Swift and Styles’ New Year’s kiss was a romantic moment seen round the world.

What are some ways to welcome the New Year with your partner?

Cupid’s Advice:

Who doesn’t want to start a New Year perfectly by stealing a [kiss](#) from your beau at the stroke of midnight?! If standing for endless hours jam packed with thousands of strangers, waiting for the Big Apple’s ball to drop, don’t worry. Here are a few optional ways to celebrate the New Year with your

partner:

1. Host a party: Just like you and your [mate](#), there are probably other couples that enjoy a great glass of champagne at midnight. If so, host a small party at home with great friends, hors d'oeuvres and plenty of bubbly to go around.

2. Make reservations: To take the party out on the town, make reservations for a [romantic dinner](#) for two at your favorite place. It doesn't have to be a fancy place; so be creative. Also, be sure to book months in advance.

3. Stay in: If Dick Clark is your idea of fun but can't be in Time Square that night, a great option is to stay in with your [partner](#). Watching the NYE countdown with a glass of champagne and sexy pajamas will surely be a night worth remembering.

How did you welcome the New Year with your partner? Tell us below.

QuickieChick's Video Dating Tips: Your New Year's Resolution to Find Mr. Right





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on New Year's Resolutions

If you're hoping to find a new man in the New Year, listen up! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us what to rules to follow and what rules to break, helping us discover a new approach to dating that will finally lead to love. It's time to stop playing games and be enthusiastic and confident when it comes to looking for Mr. Right. According to the dating expert, the most important thing to remember is quite simple: "Just be you. Be wholly and completely you."

For more information about our dating mentor, click [here](#).

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

What dating rules will you break as you're looking for love in 2013? Tell us in the comments below!

Singles and Couples: 5 Ways to Celebrate the New Year



By Sarah Ribeiro

We all have our idea of the perfect New Year's Eve: spending the night with your loved ones, dancing the night away and counting down to midnight where you can pop champagne and share a kiss with your sweetheart. While tradition may be romantic to you, sometimes breaking that tradition can give

you a unique, memorable experience that can make this the best New Year ever. Cupid spoke to some experts to find ways to celebrate the holiday and resolutions to keep through the year for both couples and singles:

1. Save your money: One of the most fun-wrecking part of the New Year holiday is having to work around your budget. Andrew Schrage, co-owner of Money Crashers Personal Finance, says your best bet this holiday is to find free entertainment options in your community on New Year's Eve, or go out early and skip late-night cover charges. "Set a budget for yourself for the evening and stick to it," Schrage advises, "and if you're going out with your partner, look for budget packages that include the price of a meal, parking, and a hotel room so you won't be tempted to drink and drive."

Related Link: [Celebrate Being Single This Year](#)

2. Don't just go out – Go abroad: What better way to start the year off than spending the holiday in a different country with all of your friends? Marina Sbrochi, author of Stop Looking For a Husband: Find the Love of Your Life says, "A destination location is a great way for a group of singles to ring in a New Year – pick somewhere fun and do it up. Who knows? You just might meet someone great on New Years Eve."

3. Meet new friends: Zuhairah Scott Washington, the creator of Kahnoodle, a mobile app for busy couples, says couples can have their romantic New Year's Eve in the company of new friends: "Keep an eye on daily-deal sites like Groupon and Living Social for holiday specials on group activities like overnight ski trips, cruises, and parties. These are great for active couples who want to spend quality time together while meeting other like-minded people. These deals also will save couples a decent amount of money on a fun New Year's getaway, which is always nice right after gift-giving season."

4. Stay in with your sweetheart: While it may be tradition to ring in the year with your friends – or out with strangers – try having an intimate night with your love. “Instead of hitting the party scene,” Washington says, “think about renting a private bungalow in the mountains or a sleepy town nearby to say hello to 2013 in a private, intimate setting. Run a hot bath, add the bubbles, pop the champagne, and soak the night away in each others’ arms.”

Related Link: [Important Decisions to Make As a Couple](#)

5. Make reasonable resolutions: Of course, it can’t be a New Year without a resolution. Both couples and singles alike can make **realistic** resolutions that they know they can keep.

Couples can start the year off by making a short-term, broader goal that’s easier to keep. “Instead of promising to have date night at least once a week, try agreeing that each partner will plan the date of their choice once a month,” advises Washington. “This type of resolution has more room to breathe, and each partner can appreciate that the other is doing something for them on a regular basis.”

For singles, Shrage says, “It is important to set specific goals. It’s real simple to say, “I’m going to save more money this year,” but it’s those who put together specific strategies who have the most success. If you’re looking for love, a great New Year’s resolution is to improve your overall health as that will not only make you seem more “eligible” in the eyes of bachelorettes, but will also allow you to focus on finding love rather than worrying about your health.”

What are some ways to celebrate the New Year? Share with us in the comments below.

5 Resolutions That Can Help You Find “The One”



By Ashley DelBello

The year is coming to a close and you still haven't found that special someone. So if you're truly ready for love, why not make it your 2013 resolution? While love does seem to happen when you're not exactly looking for it, there are things that you can do to work toward that goal. Cupid spoke to a few relationship experts and came up with five resolutions to help you get closer to finding "The One." Keep reading to find out what they are:

1. Show yourself some love. “Start dating yourself and do for yourself what you want someone to do with you – stop waiting around and treat yourself well. Once you get an appetite for that, not only will you be better able to find someone because your best self will be out there, you also won’t stick around for what doesn’t feel right,” said clinical psychologist Ramani Durvasula, M.D.

It might sound cliché, but it wouldn’t be said if it wasn’t true – you need to love yourself before you can have a healthy relationship with someone else. So go ahead, take yourself on a trip to somewhere you’ve always wanted to go or simply order in dinner and have a glass of wine or two. As long as it’s all about you.

2. Get out of your comfort zone. “Commit to putting yourself out there at every opportunity. It doesn’t matter where you go or what you do, as long as you can meet other people there. Even going to a movie with a friend can lead to something more – you can start a conversation with a cute guy in line. You simply never know,” advised author and marriage/family therapist, Jane Greer, Ph.D.

Go even further and make a resolution to do one thing a day outside of your comfort level – a concept that is explained in Durvasula’s “You Are WHY You Eat,” a book on making better choices in health, love and life. “Go out for coffee alone, join that online site, tell your friends that you are ready to meet people – one thing a day. Then once a week, do something unique – visit the planetarium, take a cooking class or join the yoga class in the park. Try and make it something where there will be other people. I acknowledge that it can be the loneliest in a crowd, but they are not going to come to your front door,” added Durvasula.

3. Resolve to be in the best shape of your life – this doesn’t just mean your physical health. “It means that if there is an area of your life that is not working, then you need to make a

resolution to restore balance in that area. If you have been ignoring health issues, then you should make a resolution to go to the doctor. If your finances are a mess, then you should make a resolution to get help from an accountant,” said life coach and dating expert, Jason Weberman of North Star Coaching.

Whatever it is (and it may be more than one thing – that’s OK!), figure it out and focus on improving that area of your life so there won’t be any obstacles in your way of finding “The One” – and more importantly, having a long and healthy relationship with that person.

4. Break unsexy habits. “This should be the year that you vow not to think negative thoughts every time you step out of the shower. Set the expectation to have at least one positive thought about your body when you look in the mirror,” says founder of Pure Romance and relationship expert Patty Brisben. “As the year progresses, keep adding positive self-talk until you are completely in love with the person staring back at you.”

It’s true – confidence is hot and attracts others to you. So stop talking about how gross you feel or how you wish you were better at your job and do something about it. And then believe it.

5. Have fun. Love happens when you least expect it so don’t put too much pressure on yourself to find that special someone...and don’t forget to enjoy the journey as well! Overall, it’s about knowing (and loving) yourself and then putting yourself out there so you can find someone that is not only worthy of you, but someone who is right for you and who you can have a great life with.

Tell us: What will your New Year’s resolution be?

4 Tips To Reduce New Year's Eve Dating Anxiety



By Dr. Tranquility – [Lydia Belton](#), PhD, Ct. H.A.

We have all experienced an [New Year's Eve](#) that we look back on with regrets. This is largely due to the fact that we invest too much into trying to make this one day the most perfect of the year – when in truth, it's really no different than the other 364 days. Here are some tips to help you have an anxiety-free New Year's Eve this year.

1. Plan Ahead. Lots of restaurants, clubs and various event venues book up early, so make certain that you make

reservations or purchase tickets ahead of time. You can always bring a friend with you, which is a great idea and certainly guarantees a much better evening than a forced [date](#). Regardless of whom you decide to celebrate with, have a discussion about what you both would enjoy doing and make a plan.

If you need some ideas, search online for New Year's Eve activities for adults and children in your town. If you like to travel, take a cue from the stars: Brad Pitt & Angelina Jolie will be traveling with the kids, while [J. Lo](#), Casper Smart & the twins will be in Melbourne, Australia. Or you could plan a [party](#) of your own. If finances are tight, make it a BYOB and/or a potluck get-together.

Related Link: [Three Steps to Stress Free Holiday Dating](#)

2. Why Accept A Date Simply For The Sake Of Having One? This is a common mistake made on both this holiday and Valentine's Day. If you have no [significant other](#) in your life, it's a great time to simply hang out with friends. We often feel that we have to have a great date, but usually, this just creates a lot of pressure that leads to us choosing the wrong partner.

Another mistake that can often be made is going back to an [old lover](#). Set healthy boundaries. If this person was physically, mentally abusive or even inconsiderate, DO NOT ever give them a chance again. It can be easy to think that it will be different this time, but 99 percent of the time, it won't be. Remember: this is a holiday to move forward, and if the wrong lover is clogging your path, there isn't room for the new one to come along.

3. Go Forward, Not Backward. Rather than spend the [holidays](#) with a negative and abusive partner, who I allowed into my life longer than I should have because he was tied into my companies, I checked my boundaries to make sure they were set correctly. I discovered that I was tolerating too much,

so I reset them. As I have said before, you must let go of what doesn't work so that the right people can come into your life. In a couple of days, I had a new backer with massive funding for the New Year. He became a friend and a life [partner](#), and I have never been happier. Give this story some thought before backtracking again!

Related Link: [Get Back In the Dating Game This New Year](#)

4. Be Proactive! Don't wait for the phone to ring. Instead, get out there and set your action plan. I recommend a plan A & plan B; then, determine how much time you will allow for plan A to kick in before you move to plan B. You should make your plans at least two weeks before New Year's Eve. If someone doesn't want to make plans in advance, he or she is "shelving" you, and we all deserve better than [mistreatment](#).

Allowing yourself to have fun with friends can be a much better launch to your new year than forcing that [dream date](#) to occur. No matter what you do on New Year's Eve, take a moment during this time to visualize your goals and hopes for the next year. See yourself living the life you want!

Enjoy some holiday freebies from your [Drtranquility.com](#) goodie bag and schedule your free session by simply mentioning this post. Developed by Lydia Belton PhD, Ct.H.A., [Date Therapy®](#) is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

QuickieChick's Video Dating Tips: How to Celebrate New Year's Eve If You're Single



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on New Year's Eve

New Year's Eve is a holiday that comes with a lot of stress and pressure to have fun. How do you decide where to go, who to invite and what to wear? If you're single and don't have

that special someone to kiss at midnight, it's even harder to plan the perfect evening. In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares three fantastic ways for singles to celebrate the holiday. Listen up to make sure that you make the most of your night and kick off the New Year in style!

For more information about our dating mentor, click [here](#).

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

How do you plan to celebrate New Year's Eve this year? Tell us in the comments below!

Eva Mendes Meets Ryan Gosling's Mom





It seems as though Ryan Gosling brought in the New Year right with his two leading ladies by his side. After spending some quality time together earlier during the day on Sunday, Gosling and his mother, Donna, met up with Gosling's girlfriend, Eva Mendes at an AMC movie theater in uptown Manhattan. A source told [People](#) that Gosling and Mendes seemed very happy as the trio hung out and went to the movies together.

How do you prepare to meet your partner's parents?

Cupid's Advice:

Meeting your partner's parents is a big deal; sometimes their feelings about you can give your mate the final seal of approval ... or at worst, denial. Cupid has some advice:

1. Dress appropriately: When it comes to meeting your mate's parents, especially for the first time, it's always best to wear something respectable and not so revealing. You want them to focus on getting to know you instead of giving a bad first impression as soon as you set foot outside of the car.

Think classy instead of tacky.

2. Be social: Sure, meeting the parents for the first time can cause you to become a bit nervous, but make sure to remain calm and cool. Ask questions and casually keep the conversation going to show them that you're just as interested in getting to know them as they are in getting to know you.

3. Be you: There's nothing worse than being fake, and it's pretty obvious when you're doing it. The important thing parents want to know and see when they meet you is why their son or daughter fell in love with you. Be honest and confident.

How did you prepare when you met your partner's parents for the first time? Share your comments below.

Find Out How George Clooney and Stacy Keibler Spent New Year's Eve





Stacy Keibler didn't have to worry about where her New Year's kiss was going to come from because she and boyfriend George Clooney celebrated the arrival of 2012 together with family and friends at their home in Cabo San Lucas, Mexico. [People](#) reported that, although the former *Dancing With The Stars* contestant and hunky actor kept things low key this holiday, they still participated in usual NYE festivities. "There will *definitely* be some dancing and drinking going on," Keibler explained beforehand.

What are the advantages of celebrating holidays at home?

Cupid's Advice:

Spending New Year's Eve in crowded bars can be fun, but it can also be a hassle. Cupid has some advantages to ringing in the New Year at home:

- 1. VIP list:** If you throw a holiday party at your home, you can invite all of your closest friends and family. There's no chance you'll be sitting next to strangers.
- 2. Save money:** Buying drinks or dinner out can be expensive.

Make dinner at home, and accompany your meal with your favorite drinks made at a fraction of the price.

3. Intimate: Spending the holiday with friends and family can be a blast, but it might be a nice change of pace to spend a romantic night alone alongside your partner.

How did you ring in the New Year? Share your comments below.

LeBron James Is Engaged to Longtime Girlfriend Savannah Brinson





Miami Heat basketball star, LeBron James, popped the question to his longtime girlfriend Savannah Brinson at a New Year's Eve dinner party at the Shelborne hotel in South Beach.

According to [People](#), the party was hosted by his Heat teammate Dwyane Wade and his girlfriend Gabrielle Union. It was a celebration not only of 2012, but also a belated birthday party for James. According to witnesses, James picked up the couple's two sons and swung them around right after popping the question.

Where are some creative places to pop the question?

Cupid's Advice:

Getting engaged is a moment in your life that you'll never forget. Here are some great places to act as the setting for your amazing moment:

1. During fireworks: Fireworks are always a sign of a joyous occasion and serve as a great backdrop to the question, "Will you marry me?".

2. On top of a rollercoaster: As the old saying goes, life is

a rollercoaster, so celebrate this high point in your life in the fast lane.

3. On a chairlift: The winter months are a time of romance. Pop the question on top of a white mountain or on a chairlift during a ski trip.

Where do you dream of being proposed to? Share your fantasy engagement below.

Celebrate Being Single This Year



By Steven Zangrillo

If questions about your singledom are still echoing in your head from your last family visit and you feel down about your relationship status, this is the year to make a change. That doesn't mean going out and finding the first online suitor you fancy or tying the knot in Vegas with someone you just met.

Instead, make a resolution to yourself and celebrate the positive aspects of flying solo.

Can't think of anything but the negative? Well, soak it up, because despite what others tell you, there are many reasons to celebrate. If you need some help with your list, here is a jump start so you can start smiling about being stag:

1. Singles are the Majority: What makes being unhitched exciting this year is that singles now account for a majority of households in the United States. Yes, it's true.

According to a recent Census Bureau report, married people have dropped below half of households, to 48% and only a fifth makeup a traditional family which consists of a married couple with children. So, when your Aunt Ida says, "You need to settle down and get married," you can let her know that the times are a-changing.

Related: [Career and Motherhood: Can Women Do It All?](#)

2. Singles are just as Happy as Married Couples: The holidays are an evocative time and people often engage in self-evaluative thinking. You measure where you are in your life professionally, socially and romantically. While the "single" stereotypes call for the image of a forlorn, lost, puppy-dog with no one to love, reality would suggest otherwise. As the marriage rate in our country dips below 50 percent, there has been a consequential growth in the single-and-happy demographic. A recent study in *Psychology Today* analyzed by Dr. Bella DePaulo found that being in a marriage with financial and social support does not necessarily denote

consequential happiness. Whether married or single, having a strong support network is the key to quality of life.

3. Singles Have More Options and Don't Need Permission:

Discussions and arguments about equally sharing the weight in finances, parenting, and other mutual obligations is a moot point for singles. It's one less stress to consider. Plus, you have the freedom to travel, make career changes and move to a new state or country without answering to anyone about your decision. You haven't merged your life with a partner, so you still have the opportunity to enrich yours in a way that is unique to being single.

Related: [When Friends Have Babies and You Have Your Career](#)

While others lament your romantic misfortune, you should consider the perks. Aside from the aforementioned financial and emotional benefits, you have the advantage of spontaneity. So, if you were looking to book a holiday getaway – do it. It can be less expensive to travel solo and you can set your own budget. Even if you overspend, you won't have to listen to someone else's ranting and raving about it.

4. Take care of yourself: The most important reason to celebrate is that right now, you can completely focus on y-o-u. Spend this time to grow into a person of strength and dignity that is willing to be part of a team. Maybe you aren't in a relationship because you aren't ready. Self-awareness about where you are in life and if you're available emotionally to be with someone else is important.

There are plenty of reasons to celebrate being single this year. And, if you do it the more open you'll be for someone to come into your life. This is a great time to explore yourself, your needs and better yourself for finding a potential match in the future. Everything is relative, after all.

Prince William and Kate Middleton's New Year's Eve Plans



Prince William and Kate Middleton will be surrounded by family and friends as they ring in the New Year. A source told UsMagazine.com that the newlyweds plan to spend New Year's Eve and New Year's Day in Aberdeen, Scotland and will stay at Birkhall, the 53,000 acre estate belonging to William's father, Prince Charles and his wife, Camilla Parker-Bowles, Duchess of Cornwall. The source also revealed that Middleton's parents, Michael and Carole, are expected to join

in on the festivities, although they won't likely be staying with the royal family.

What are some romantic ways to spend New Year's Eve?

Cupid's Advice:

Whether you're going out on a double date or staying inside cuddled up watching a movie with each other, there are plenty of romantic ways to ring in the New Year with your love. Here are a few last-minute ideas to make sure you get your New Year's kiss:

1. Plan a dinner at home: There's a wise tale that says to get to a man's heart, you have to know how to cook. Prepare a candlelit, romantic dinner at home for just the two of you.

If the weather is somewhat breezy, set up a nice backyard dinner for you and your love. That way, you will have front row seats to an early firework show.

2. Hit the beach: You may not be able to ring in the New Year in Las Vegas or New York, but you can always take a quick getaway trip to a nearby beach that will allow you and your significant other to spend some quality time together. Watch the fireworks pop over the ocean as you and your love relax with your feet dug into the sand.

3. Dance the night-away: So maybe you're the type of couple that likes to be seen. Head to the club dressed to impress, and dance all night to your favorite songs. Go as a couple, on a double date or with a group of your closest friends.

How do you plan to spend the New Year with your significant other? Share your ideas below.