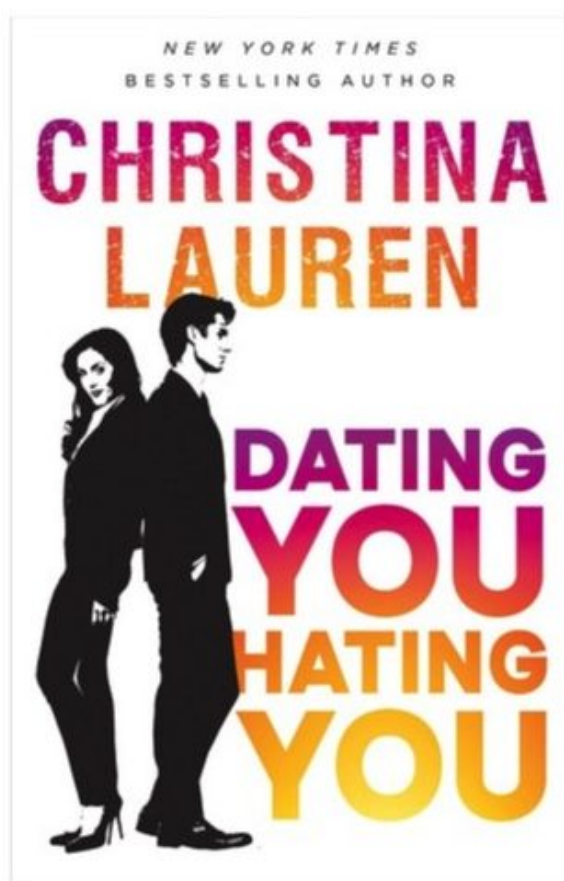


Author Interview: Christina Hobbs & Lauren Billings Dish on Relationship Advice & Their Newest Book 'Dating You / Hating You'



By [Noelle Downey](#)

Best friends and *New York Times* bestselling authors Christina Hobbs and Lauren Billings (who collaborate under the shared pen name Christina Lauren) have quite literally written the book on romance! Their newest novel *Dating You / Hating*

You (DYHY) follows the story of two star-crossed lovers, Evie and Carter, who find themselves locked in a heated battle of the sexes after their Hollywood agencies combine and force them to compete for the same job. With the glamorous backdrop of Hollywood life and celebrity style, these squabbling love birds must finesse the tricky situation of chasing their dreams without chasing each other away. Recently, Hobbs and Billings spoke with CupidsPulse.com on their excitement over this new project, which hits shelves today, June 6th, their best [relationship advice](#), and how they found success as BFFs. Check out our exclusive [author interview](#) below!

Exclusive Author Interview with Christina Hobbs and Lauren Billings

In *DYHY*, Hollywood culture plays a huge role since your main characters are both agents. How did you research the celebrity lifestyle? Did you get the chance to meet any celebrities while you were writing this book?

We have had interactions with various Hollywood folks, including celebrities and industry people, but our focus on the research was on the agent side. We had a lot of fun talking to agents and managers about things they had seen and experienced. Interestingly (at least to us!), a lot of the shenanigans that Carter and Evie stoop to in the book are based on true stories.

Speaking of Carter and Evie, they vie for the same job in *DYHY*, which obviously disrupts their flirtation. What are your tips to our readers who may also be struggling to handle the demands of work life and romance? How would you advise them to find a healthy balance between the two?

Beyond the premise of this book, it can be really hard to find that balance—whether you're single, in a relationship, or have

kids. When we were first writing, we were working full-time jobs and raising small kids and trying to fit the writing into every crack of time we had. What we found is that nothing in our life was getting 100 percent of our attention. We ended up leaving our jobs to write full-time, and it allowed us to have much more energy for the relationships at home.

It's okay to set priorities and—this is especially important for young women to hear—it really is okay to make your career your priority if you're doing something you love. That said, it's also okay to feel like the rat race isn't for you. Bottom line is, only you know how things rank in your emotional heart. No one else can tell you how you should be balancing your career with your love life, not even a couple of romance authors.

Related Link: [Relationship Advice: 6 Ways to Keep Work & Life Demands in Balance](#)

In your opinion, do you think that men and women are often pitted against one another in the workplace? How did your own professional experiences in the past influence your writing of this book?

It may not be the case that men and women are necessarily “pitted” against each other, but sexual politics are alive and well in the workplace. We've seen this ourselves in various ways, from the women being more visible in assistant roles to egregious pay disparity to casual sexism in the form of “sweetie,” “hon,” and “kiddo” spoken from men to women, even sometimes to women who are their superiors in the reporting structure.

Luckily, we've both worked with very progressive people—both men and women—who made a point to address any overt workplace disparity. But, for better or for worse, given that it's hard to miss it even in this day and age, it made that aspect of writing this book very easy because we didn't have to dig very

deep to find the thread of that subplot.

Do you have any tips for our readers on how to foster the kind of amazing and collaborative relationship that the two of you have found in your friendship, especially if demands like school, work, or kids tend to keep them apart?

There are a million reasons why this collaboration is so enduring—and still so happy—but at the end of the day, the most important component is our chemistry. Lo is the neurotic, spreadsheet-loving, deadline-driven one. Christina brings the levity. As our editor has said on multiple occasions, “The world needs Laurens, but it also needs Christinas.” It’s true. If we were all Laurens, we’d be wrestling for control until it turned into a bloodbath. If we were all Christinas, we’d drown in a pool of boy bands and glitter. Having both makes this possible.

The other thing is, when we began writing together back in 2009, we said at the very outset that *the books will not become more important than the friendship*. That has been a very, very important motto and one we have treated reverently. To maintain a deep friendship, it has to be put front and center.

Christina Lauren Shares Best Relationship Advice and Favorite Date Nights

Shifting gears, since you’re both clearly romance experts, I have to ask: How would you advise our readers to keep things sexy and fun with a partner, even after years have gone by and kids and other commitments come into the picture?

Communication, communication, communication. The more open we are, the better our marriages are in all respects—in and out of the bedroom. We find that when things are more distant in

our marriages, it's because we aren't speaking to our spouses as lovers and partners; we are only interacting as parents.

Related Link: [Parenting Tips: How to Feel Sexy After Motherhood](#)

Do either of you have a favorite date night? Do you ever double date?

We can't routinely double date because we live in separate states (!!), but when we are together, we have a lot of fun, just the four of us. Our husbands get along really well, and when we travel, they often take off and do their own thing together—sometimes stumbling back tipsy and hilarious.

Favorite [date nights](#) are usually spent discovering new restaurants in the area, catching a movie we couldn't see with the kids, or—probably most common—going to a concert together!

As two people who have written so much great romance, I'm sure you get asked all the time what your best relationship advice is. I'm curious, though: What's the best piece of advice you've ever been given?

If you're in a relationship, the best love advice we've ever received was what someone said at Lo's wedding, "Always assume good intentions." That means, if you're in a loving, stable relationship, the basic assumption should be that your partner has your best interests in mind. If you see the relationship through that lens, you are less likely to see strife or hurt where there is none.

Related Link: [5 Communication Keys Every Relationship Needs](#)

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

Other than *DYHY*, we have two more books out this year. *Autoboyography* is out September 12th; it's the story of Tanner Scott, a bisexual teen who moves from the Bay Area in

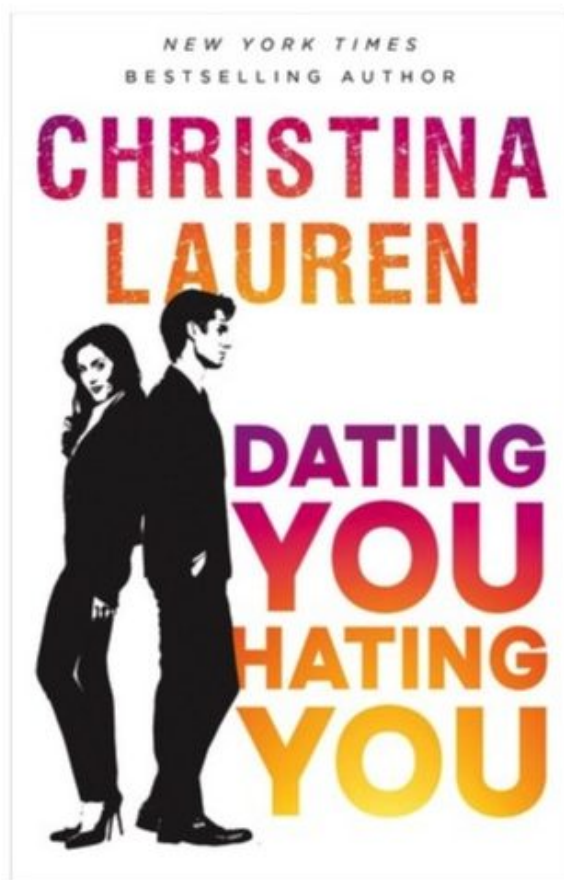
California to Provo, Utah and falls in love with the son of the local Mormon bishop. We love how this book came out; it's been something we've been working on for many years, and we are so proud of the finished product!

Then, in December (formerly October), we have *Roomies*, which is a little bit Greencard-meets-Once. It's the story of Holland Bakker, a twenty-something woman in NYC who is watching her MFA gather dust in the corner while she works front-of-the-house for the hottest musical on Broadway. Holland has an infatuation with an Irish guitar-playing busker at the subway near her house and offers to marry him to help him stay in the country...and land him a position in the ensemble for the show. It's a strangers-to-married story that has been *the most fun* to write!

2018 holds LOTS MORE for us, but we haven't announced those projects yet, so for now we'll just have to say: we.cannot.wait.for.2018.

You can purchase *Dating You / Hating You* on [Amazon](#). For more from Christina and Lauren, visit their [website](#) or follow them on Twitter [@ChristinaLauren](#).

Celebrity Relationship: Jessica Simpson Celebrates 7- Year Anniversary with Eric Johnson



By [Whitney Johnson](#)

Congratulations are in order! As originally reported by [UsMagazine.com](#), [Jessica Simpson](#) and her husband Eric Johnson just celebrated the seven-year anniversary of their [celebrity relationship](#). The fashion designer marked the special occasion by posting a sweet family picture on Instagram, captioning it, “7 years, 2 kids, and a whole lotta love later.” The [celebrity couple](#) are proud parents to Maxwell Drew, 5, and Ace Knute, 3 – and they don’t plan on having any more kids. As Simpson recently shared on *The Ellen DeGeneres Show*, “I have two beautiful children and I’m not having a third. They’re too cute! You can’t top that.”

This celebrity relationship has lasted for seven blissful years. What are some ways to work on your relationship on a daily basis?

Cupid's Advice:

Strong relationships don't always come easy, and you have to make an effort to make your partnership last. Here are three ways to work on your relationship on a daily basis:

1. Communicate: Communication is important in every relationship. No matter how busy or stressful your day is, make sure to sit down with your partner and free yourselves for any distractions, like television or cell phones. Spend some quality time together and talk about how you're feeling, what you're working on, etc.

Related Link: [Jessica Simpson Says Her Celebrity Husband 'Is Hotter Than Yours!'](#)

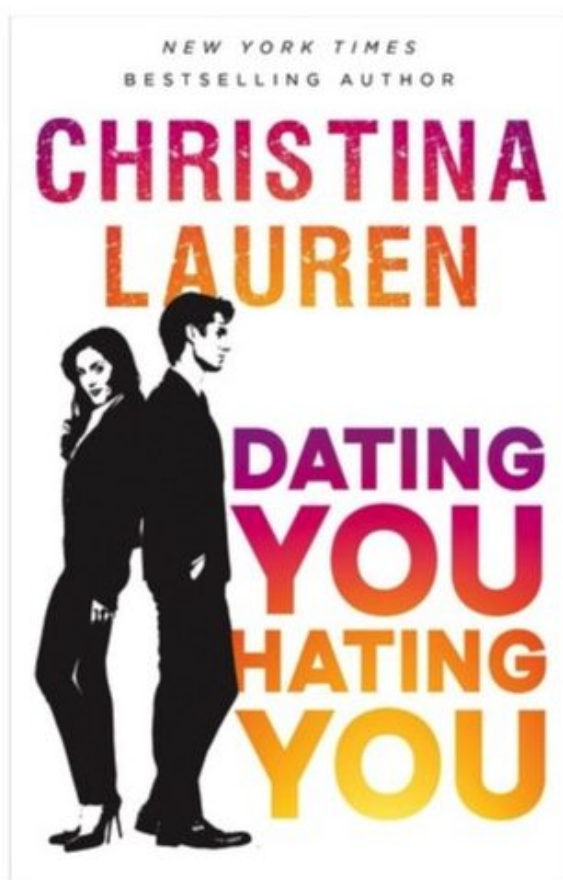
2. Rely on your support system: Having friends and family who love both you and your partner is so important to a strong and happy relationship. In fact, Simpson previously wrote in *Glamour* that the "support system" of family and friends that she's "nurtured and cherished" helps strengthen herself and her [celebrity marriage](#) daily.

Related Link: [Jessica Simpson and Eric Johnson Include Their Kids in Lavish Celebrity Wedding](#)

3. Invest in me time: You can't be a good partner without focusing on yourself too. Make sure you have something that you truly love outside of your relationship. You never want to depend on someone else for your own happiness.

Cupid wants to know: What's another way to work on your partnership on a regular basis? Share your best relationship advice below!

Relationship Advice: Keep Your Man By Becoming a Multi-Faceted Woman



By Megan weks

We can all risk becoming complacent at points in our lives. Therefore, my final tip to share on keeping the man you desire is to become and to remain a multi-faceted woman. This is a woman who is interesting, well-rounded, and has a life beyond the man or children. A big complaint I hear from men in my practice is that women lose their curiosity and sense of adventure about life and become creatures of habit who are addicted to comfort. I want you to know that you can't assume your man will remain attracted to you if you sink into this situation.

One of my biggest pieces of [relationship advice](#): You must work to keep things fiery and fun!

Do you have multiple interests and passions? If the answer is no, you risk losing your luster over time. In order for your man to remain interested in you for the long term, you need to remain interesting. He needs to know that there is always something he doesn't know about you yet. If there aren't hidden tidbits of information to uncover about you, you've still got a chance to create some mystery about you to keep him interested. Here are some tips to become, and remain, that multifaceted woman who will fascinate him for life:

1. Learning. There are so many incredible things to learn about in this life and not enough time to! If you don't have a passion, that's okay. Be on the lookout for anything you feel even a tiny bit curious about because it can snowball into a brand-new interest or hobby. Put yourself in the right situation to learn about it by reading a book or going to a class or event about it. If you find that you never stick with anything or become bored, you need to know that to become great at something, you must be able to work at it, even without passion.

2. Don't lose yourself in your relationship or your children.

Schedule time for yourself to fuel your personal growth as an individual. This will strengthen your relationship with your partner and will inspire your children to become more well-rounded,. My friend Shelley just took her eight-week old baby to Italy last week. She strapped him in the Babybjorn and took a hike to a vineyard with her husband. She came to the city last night with her baby in tow for a grownup dinner, and told us all about her trip. She's living her life and remaining curious and adventurous! I'm telling this story to spark your inspiration. Tammin Sursok from *Pretty Little Liars* says, "splice up your day in sections. Do a little adult, a little kid." (source: bravotv.com)

3. Be daring. Jack Canfield said that your greatest triumph is on the other side of your greatest fears. What they mean by that is that life starts outside of your comfort zone. Become aware of the fears that keep you stuck, and consciously push yourself forward to the other side of your fears. When you do this, you'll surprise yourself with your potential and ability for growth, . which will not go unnoticed by your admiring partner!

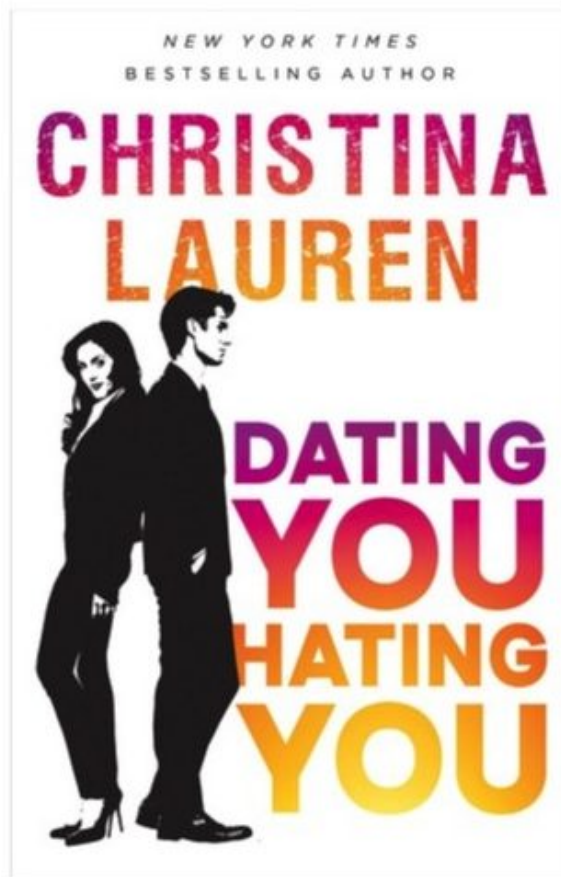
Take out your pen and paper and create a list of interesting things you will incorporate into your world in the next few months. Looking back, you'll be surprised and proud of what you've accomplished by following through on your list. Your man will be thrilled to sit down with you at dinner to hear what's new in your ever-changing, ever-expanding world.

[Megan Weks](#) is an international dating and relationship expert who specializes in helping women get the admiration they deserve from men, and to keep it. She is a certified specialist in her field, but one of her biggest credentials is her personal story. Living in New York City for over a decade, Megan has had the opportunity to meet and date many different men. Through working with a relationship guru, she literally changed from crumb-picking and obsessing over men who didn't

deserve her, to being called a “man whisperer” who men (including her now-husband) would never leave. Megan’s career is devoted to helping women who struggle with the men in their lives, to turn it all around and keep the men they desire. Aside from her coaching practice of saving hearts, She writes a monthly love column for LVBX Magazine and runs a private online woman’s discussion group where women are supported with these principles.

Celebrity News : ‘Bachelorette’ Rachel Lindsay Meets Her Men in Season Premiere





By [Noelle Downey](#)

In [celebrity news](#), [UsMagazine.com](#) has reported that *The Bachelorette* has kicked off its new season with a premier episode where Rachel Lindsay met her suitors and focused on finding love and being herself. The night's events included a cringe-inducing penguin costume worn by bachelor Matt, a full marching band brought by bachelor Blake E., and a surprise kiss from bachelor Bryan, a chiropractor. Lindsay commented later, "I was not ready for it, did not want to kiss anybody tonight, but boy did I love it!" Lindsay started the night with 30 guys, but she cut eight in the rose ceremony at the end of the episode. 21 more cuts to go until she finds her ultimate love!

This celebrity news has us excited for a new season of *The*

***Bachelorette!* What are some unique ways to meet a new partner?**

Cupid's Advice:

There's no doubt that meeting your love on a reality TV show qualifies as "unique," but we don't all have that opportunity. In this [relationship advice](#), here are some out-of-the-box ways to meet your new partner:

1. Work happy hours: If you have to hang with colleagues after seeing them all day every day, you might as well use it as an opportunity to meet your next crush! Even if you know you aren't into dating a coworker, you never know who they might invite to tag along.

Related Link: [Celebrity News: First Black 'Bachelorette' Rachel Lindsay Hopes People 'Rally Behind' Her](#)

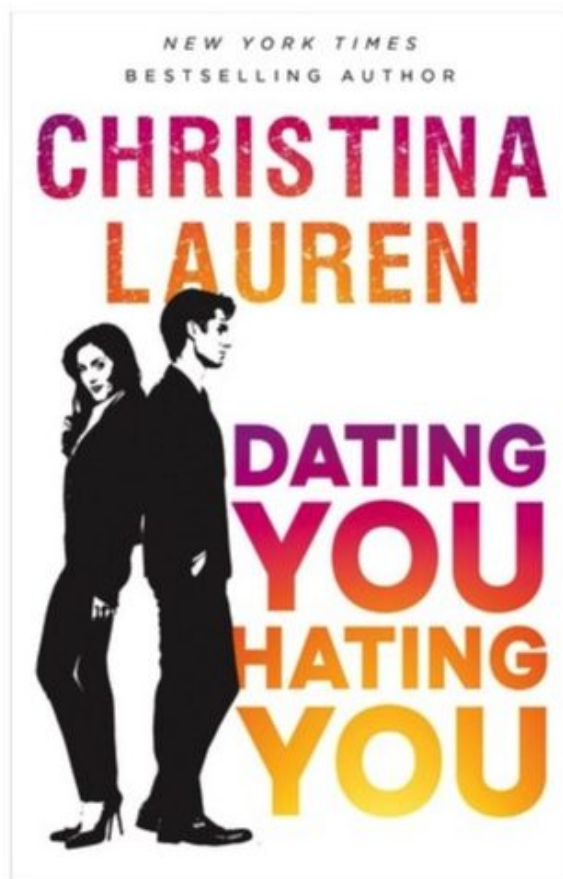
2. Public transportation: If you live in a city and you have the option to drive or take public transit, choose the latter. You'll have quite a bit of time to "waste" while riding to work, and you never know who might sit next to you. Seize every opportunity to talk to an attractive guy or gal!

Related Link: [Celebrity News: New 'Bachelorette' Rachel Lindsay Goes on Group Date with NBA Star](#)

3. Volunteer: Not only will you be helping the community, but you'll be with other volunteers who enjoy doing the same thing and may have the same values that you do. Consider volunteering at an animal shelter or a nursing home. There are so many ways to get out there and help, while potentially colliding with love.

What are some other unique ways to meet your next love interest? Share your thoughts below.

Relationship Advice: Can You Move Too Fast Moving In?



By Dr. Jane Greer

Actress Ariel Winter revealed that she's moved in with her boyfriend, Levi Meaden, after just several months of being together. While this is an exciting next step in the relationship, it raises the question of if it is ever too soon

to move in with your significant other.

Is it how long you've been together, or the quality of the time you have shared that determines when the time to move in with your partner is right? Check out my [relationship advice](#).

In today's age of Skype, Facetime, and Google Hangouts people can almost be with each other all the time, texting or even Skyping in the middle of the night. When you are in love and spending all your time with your partner, it feels logical to want to take that next step and live with them. If your lives have become entwined, you may feel your relationship is resilient enough to deal with the ins and outs of joint living. Others, though, find that marking the passage of time as a couple helps give them security that the relationship is solid before feeling ready to consider moving in with their significant other. You are already sharing your heart, but are you ready to share your home?

Related Link: [New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut](#)

The most important thing is to be aware of the responsibilities that come with making a home together, and knowing if you have a deep enough foundation to work through it all as a team. It becomes about more than just the love you share and begins to include housework, the bills, child and or pet care, the actual square footage, who gets more closet space, food shopping, cooking, and whatever else goes along with cohabitating. Much of that requires clear communication about what you both need for yourselves and expect from each

other, and most important, the compromise it takes to accomplish it. If you are ready to share the space and everything that comes with it, that is the first step in knowing you might be ready. Another thing to consider is how involved you have become in each other's lives. Do you spend most of your time together, including each other when making plans with family and friends? Are you basically doing everything as a pair anyway? If so, that is another indication that you might be in a good position to take that next step. Another clue that you might be heading down this road is if you are already pretty much living together at one location, with a lot of your stuff still at your own place and really being inconvenienced because you don't have what you need a lot of the time. In that case, making the decision to consolidate and be in one house or apartment becomes the practical and considerate thing to do.

Related Link: [Celebrity Couple News: Ariel Winter Reveals She's Living with Boyfriend Levi Meaden](#)

On the other hand, if it seems like a sacrifice or an effort to make room for your partner, if you feel they are encroaching on your personal space, and or if you feel that your partner is reluctant and unwilling to accommodate your needs, then it might be worth taking some extra time to see where your relationship stands. Similarly, if you worry about losing personal time with your family and friends, about potentially now having to be accountable to your partner for your whereabouts, this is another red flag that you might not be quite ready. Finally, if your relationship has not been stable and you've had a breakup along the way, there is no need to rush into anything. You might stand a better chance of going the long haul if you make sure you have the important tools in place to tackle the daily challenges of living together.

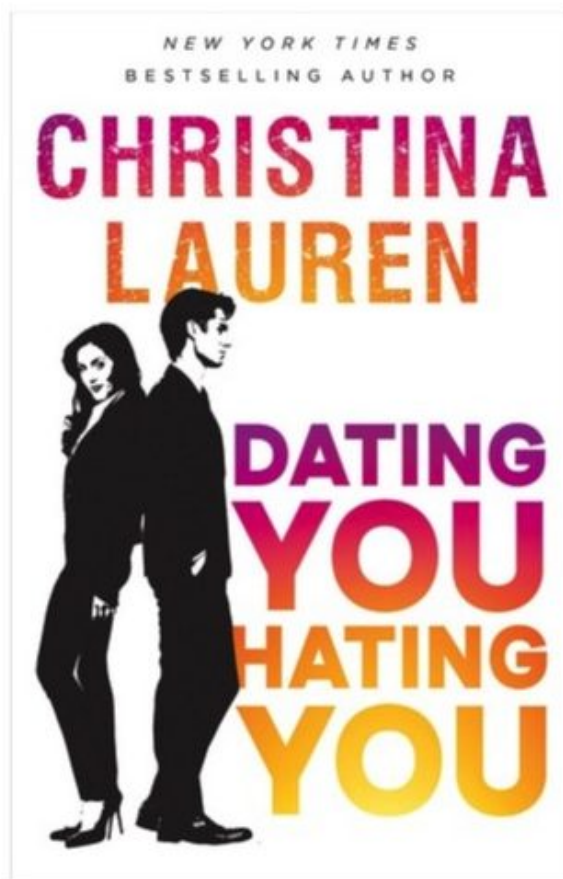
Ultimately it is up to you to sort out where you stand with all of these issues, and determine when making that big

decision suits both of you. There is no right or wrong time, it just depends on your own personal situation. It seems Ariel and Levi are ready, so here's to luck and happiness ahead for them.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Dating Advice: What You Don't Know About Men!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their [dating advice](#) on how to figure out what men do and don't want in a partner. Learn how you can attract a lifelong partner with the following dating tips!

Dating Advice That Will Reveal Male Secrets

1. Want you to win. Men want to see women actualize their dreams in personal and professional settings. They're supportive and want their partner to be happy when it comes to love. Don't be misled by aloof behavior. If you're both in a committed relationship, he cares about you more than you realize.

Related Link: [Dating Advice: Who Should Pay For a First Date?](#)

2. Sports win their heart. You can really get to know a guy when it comes to sports. Most men are interested in some type of sport, so get involved in his interests if you also like sports. If you can't bring yourself to enjoy sports, then give him time to engage in his own sport-like hobbies. Don't limit him from things that bring him joy.

Related Link: [Dating Advice Q&A: Am I His Catfish?](#)

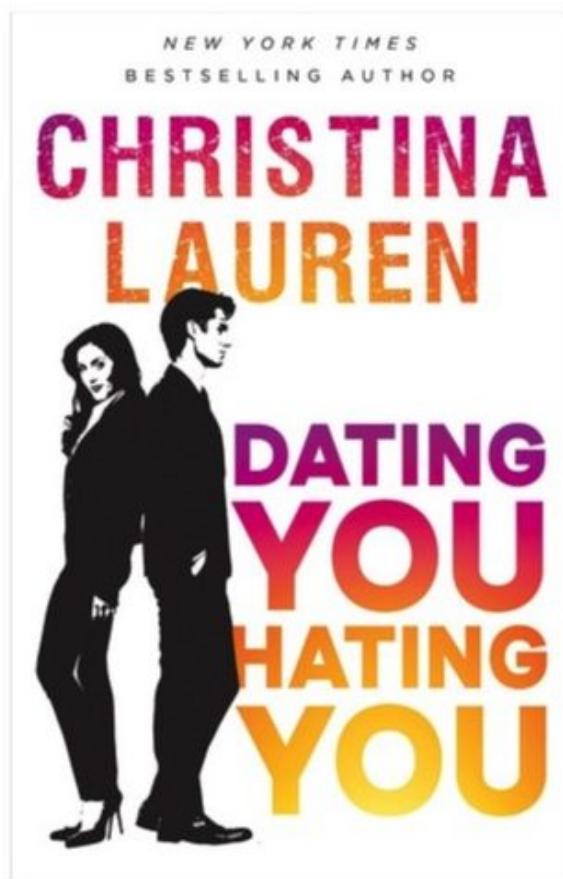
3. Guys can't read signals. More often than not, men are blindsided by breakups. The reason for this, men are bad at reading signals of a strained relationship. Men aren't mind readers, so if you're unhappy, you need to express this at some point. This way your man can work with you to fix the problems you're experiencing.

For more relationship advice videos and additional information Single in Stiletto's show, [click here](#).

For more videos from CupidsPulse.com, check out our YouTube channel.

Dating Advice: Should I Drop All The Other People I'm Interested In?





By [David Wygant](#)

This is always a controversial subject, especially in today's modern "swipe dating." 93 percent of the people that go out on a date meet on Bumble, Tinder, Hinge or Match will go home that night and literally get back online to see whether or not there's somebody else that's better. Somebody that might be cuter. Somebody that might have a better body. These online dating services are a brilliant marketing ploy to get people to think that there's a huge paradox of choice. It's literally like going on Amazon, but instead you get to look at all the men and women out on the market. You see, by getting on all these devices constantly, there's no reason to ever settle for somebody that's awesome. So we continually get on this treadmill hoping that there's something better. I personally have been a victim of this as well. I've been single for four years, and even that's with all my knowledge in the dating field as a [relationship expert](#). I have definitely had my share of going out with somebody and then going home and swiping to see if she is out there. Whatever the version of she or he is,

you know that they might be out there, because every day the inventory is changing. Just like your favorite supermarket. Why buy a mushy avocado when you can go buy a brand new one the very next day?

Dating Advice That Will Help You Figure Out If You Should Drop Potential Partners

So how do you know when to stop the treadmill dating? When you find somebody you actually connect with. Somebody that makes it easy to hang out. Somebody that's authentic and real. Somebody that communicates their needs, wants, and desires and does not play games with you. Somebody that you're really attracted to, and realize that there's no perfect person out there, but yet this person is somebody that you've never met before. There's not much to say about this, except grow up. There's a reason why people are swiping and dating is that they have no idea what they're doing. People are not giving each other chances anymore to really connect on a deeper level. There are major issues that go on with the swiping and dating, and they contribute to major [relationship problems](#) in the future.

Related Link: [Relationship Advice Guys Edition: When's The Right Time To Pop The Question \(Marriage\)?](#)

You can either get off the treadmill and give somebody amazing a chance for at least a month or two, and if it doesn't work out, then go back to the hamster wheel of dating. By all means, run back to the roulette wheel and spin and see if you get lucky again; but know that the only way to get to truly know somebody is to actually give them an opportunity to get to know you. Give them a chance, have a mini-relationship. Plus, sincere relationships are far better than minute

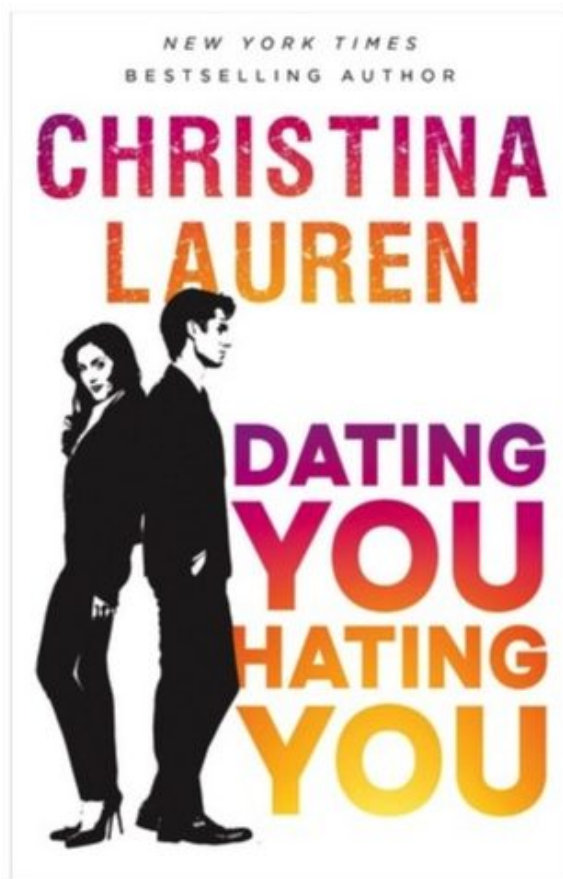
relationships that last three hours on a first date. Even if you only hang with somebody for 30 days or 60 days, you're going to learn something amazing about yourself. So my [dating advice](#), I suggest all you swipers, go out there and give somebody a real opportunity. Give them 60 days. See what happens. See if you can form a relationship. Get to know who they are. And make sure to remember that anybody can put on their best game face for 90 minutes on a first [date night](#); but what you truly need is to get to a level of intimacy that you can trust somebody, feel something for them, and have sex that blows you away. If have any questions on this, let me know.

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

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

Relationship Advice: What To Do If Your Partner's Family Doesn't Like You





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Alexandra Ciuffo

We've all been there: you're dating the man or woman of your dreams and then all of a sudden they suggest meeting their parents. *gasp* This can either go really well or be something of a disaster. When a loved one's parents don't like you dating their son or daughter, well, it can bring a lot of stressful elements into your relationship. Here is some [relationship advice](#) from VIP Matchmakers from Project Soulmate on getting through tough times with your "in-laws" – and how you can come out from it even stronger than before!

Relationship Advice That Will Help You Deal With Difficult Parents

1. Take A Second To Think: Before even talking to your significant other's parents, take a second to decide how you feel. If you've met their parents, chances are things are

pretty serious. However, if you've been having doubts about your relationship, this might be a sign of a deeper problem. If you decide that you are happy with your partner, then keep that in mind for the next few steps. Finding love in NYC can be hard enough, so if you've found it, hold onto it! Your love for them is what will make all the hardships of your relationship, including difficulties with their parents, worthwhile.

2. Talk To Your Partner: Once you've thought about your feelings, bring them up to your partner. Getting this awful feeling off your chest will ease your relationship and will open up true honesty between the both of you. By talking to your partner, it will give both of you the opportunity to express your true feelings and see what the next steps should be. Tell them how you feel and ask them to do the same. Chances are they may have noticed their parents behavior too! They might even have insight to help you improve your relationship with their parents. Keep in mind that they may need some time to think about what's going on, especially if they weren't aware of [relationship problems](#) in the first place.

Related Link: [Relationship Advice: How to Handle Your Significant Other's Family](#)

3. Talk To Their Parents: Once you've talked to your partner, the two of you should take the discussion to their parents. A laid-back and open talk gives you and your significant other and their parents an opportunity to express and understand each other's feelings with compassion. Here's helpful relationship advice that will help you move forward during this talk:

- Start off by telling your S/O's parents what you've noticed tension and how it makes you feel. Focus on yourself. Remember those "I" statements you had to learn in middle school? Bring those back. Tap into your own

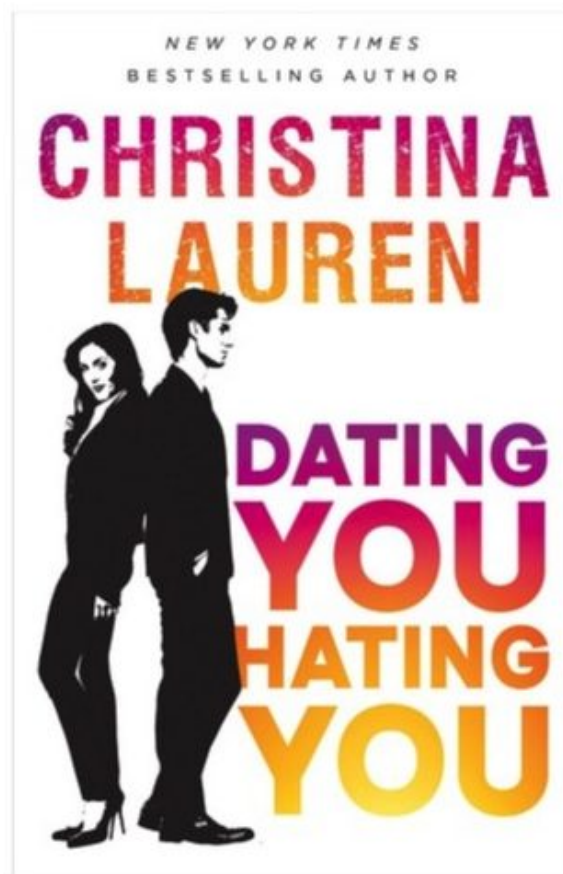
emotions and avoid blaming them.

- Come together as a united front. Make sure the parents know that you and your S/O have talked about this and are on the same page. Have each other's backs, and support each other during the discussion.
- Listen to what their parents have to say. Maybe this whole thing has been a misunderstanding. Or maybe something you said when you first met your S/O's parents left a bad taste in their mouth and they didn't know how to approach you about it. Maybe they genuinely just don't like you. You won't know until you ask and listen to what they have to say.
- [Relationship experts](#) and NYC Matchmakers Jenn and Lori say that the most important step is to express your feelings towards their son or daughter. Tell them that you care about your S/O and want to have a better relationship. Also tell them that their actions will not influence your relationship with your loved one. You should be friendly when you talk with them, but don't let them push you and your S/O around.

4. Move Forward, But Don't Obsess: If the talk goes well, great! If the talk doesn't go well, don't worry! All is not lost! Remember what has grounded you throughout this experience: your love for your significant other. If you don't think that your relationship with your boyfriend's or girlfriend's parents will improve, there's nothing more you can do at this point to help the situation. Ultimately, you and your partner decide what's best for the two of you. Dating in NYC can be tough, but just keep calm and focus on being happy with your cutie!

For more advice on love and relationships from relationship experts, check out our [website](#).

Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't



By [Amy Osmond Cook, Ph.D.](#)

What do actresses Bonnie Hunt, Julie Walters, and recording artists Paul Brandt and Tina Turner have in common? They were all trained as nurses! In honor of the “Year of the Healthy Nurse,” now is a great time to recognize the role nurses play in our lives. The demands placed on nurses every day are huge.

Our nurses are committed to providing the best care possible, and they try their hardest to meet that challenge every day. And sometimes that commitment means being brutally honest about a patient's symptoms or habits. Your friends may not tell you that your moodiness has hung around for weeks, or your jeans are fitting a bit tight – but a nurse will tell you. In the spirit of good health and valuable [relationship advice](#), here are five things your nurse is willing to discuss that your friends aren't.

Relationship Advice That Come Straight From Nurses

1. Weight gain. Despite your friends insisting they can't see a difference in your waistline, your nurse on the other hand will likely confirm your biggest fears – yep, you have gained weight. If you have been diligent about exercise and diet, your nurse will discuss the possible reasons behind the weight gain. Things to consider may be your medications or your thyroid. A nurse may also discuss your sleep patterns or your ability to cope with stress. Putting a stop to unhealthy weight gain in the early stages will make you feel better sooner. Not to mention, your nurse probably has an arsenal of [fitness secrets](#) that can help you get in shape and ready for the dating scene.

2. Skin symptoms. Your friends may discount your less-than-glowing skin, but a nurse will explore the reasons why your skin is less than luxurious. Who couldn't use helpful [beauty tips](#) from someone who actually studied medicine? “A helpful acronym to remember the specific questions to ask patients when taking a skin history is ‘OLD CARTS,’ which gives a systematic approach to questioning in a skin assessment,” health writer [Julie Van Onselen](#) says. This includes onset, location, duration, character, aggravating factors, relieving factors, timing, and severity.

Related Link: [Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life](#)

3. Mood swings. You may not realize it, but a nurse assesses mental status during your physical. “The mental status assessment is an essential part of the examination,” experts at the [Nurses Learning Network](#) say. In general terms, mental status could be described as an individual’s state of awareness and responsiveness to the environment. It also includes the more complex areas of a person’s mental functioning, such as intelligence, orientation, thought process and judgment. Your friends may steer clear of the neighborhood grouchy pants, but a nurse will face your behavior head-on to determine the root of your negative feelings and [relationship problems](#).

4. Lack of exercise and poor diet. We may try to lie about our daily habits, but our vitals will always paint another picture. Unlike a friend who may look the other way, a nurse will know the truth about how many times we hit the treadmill versus how many sets of pants are draped over it at the moment. “It is so important for patients to be truthful about their daily habits. When patients try to hide their smoking or drug and alcohol use, for example, it prevents us from providing the best care to fit their needs,” Julie Aiken, CEO of Ameritech College of Healthcare, said. “Another thing patients don’t think about is the importance of mentioning any dietary supplements or over-the-counter medications that they’re taking along with prescribed medications. Doctors need a comprehensive view of a patient’s health history to design the ideal treatment plan.

Related Link: [Relationship Advice: Our Connection With Sleep](#)

5. Address your stress. Stress kills. And as much as you may try to hide it, the effects of prolonged stress can affect your physical well-being. Nurses know a thing or two about controlling stress; it’s a large part of the job. So when the

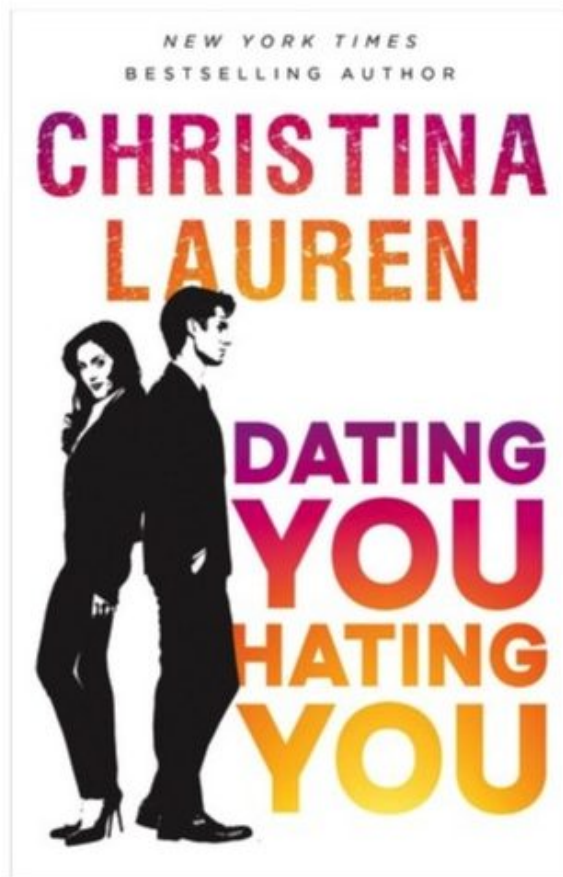
topic of stress comes out in the open, a nurse may prescribe a variety of helpful remedies. Things like taking a walk, reading, soaking in a hot bath, talking with friends, or crocheting, are popular ways for nurses to deal with stress. Many nurses have also found a healthy connection with yoga, meditation, and other relaxation exercises. “We bring in a massage therapist for staff every few weeks where they can receive a 15-minute neck and upper back massage,” said Julie Aiken, CEO of [Ameritech College of Healthcare](#). She added that faculty and staff could participate in weekly yoga sessions, daily group walks, and both students and staff are encouraged to use essential oils to help with stress relief.

We love our trusted friends, and we count on them to support us when we need it most. But when it comes to our health, and sometimes even relationship advice, the dedication of our nurses is something we can truly count on to keep us healthy every day.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Dating Advice: How to Manifest Your Man (A Man's Perspective)





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on how to manifest a man's potential. Learn how you can find yourself with a lifelong partner with the following dating tips!

Dating Advice On Getting The Most Out Of Your Man

1. Identify your best qualities. First and foremost, you need to be confident and comfortable in your own skin before you pursue a relationship. When you're in touch with your best qualities, you put your foot forward with a smile on your face. This way you'll attract the right man and be able to recognize the traits you want them to have in common with you.

Related Link: [Dating Advice: How to Answer 'Why Are You Still Single?'](#)

2. Identify your 'two top threes.' Make a list of your absolute "must have" qualities, and another list of the things you won't ever accept. Each list should be narrowed down to the three most important traits you're looking for in a mate. Try to center your lists around aspects that move you emotionally, rather than the superficial: "I want someone tall, dark and handsome."

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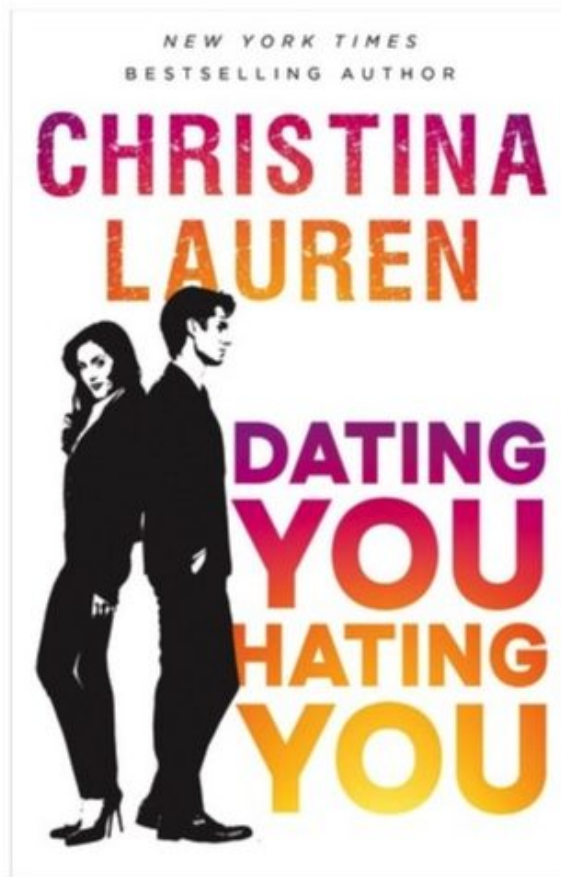
3. Identify your areas of improvement. Take time to critique yourself and find traits that can make you a better match for your partner. It's easy to name all the qualities you want in a man, but it can be difficult to admit you're lacking in an aspect of your relationship. If your man has an interest you're not involved in, make an effort to connect with him. If you have jealousy or trust issues, find ways to healthily cope. Become the ideal woman for your man!

For more relationship advice videos and additional information Single in Stiletto's show, [click here](#).

For more videos from CupidsPulse.com, check out our YouTube channel.

**Relationship Advice: 5
Communication Keys Every
Relationship Needs**





By Dixie Somers

The strongest relationships don't usually just happen. Relationships take building and work, and they may change or evolve over time. Good communication tends to be at the heart of every strong and long-lasting relationship.

When people are able to communicate better, they can enjoy happy times more fully and get through bad times without falling apart. Check out this [relationship advice](#):

Listen and Hear

Humans have a bad habit of wanting to talk and share too much about themselves. This is especially true of extroverts and

people with dominating or energetic personalities. People also tend to feel better when they talk about themselves compared to talking about someone else. It takes thought and practice to force yourself to slow down and avoid talking too much about yourself or dominating every conversation.

Your friend, partner or spouse will be more comfortable and feel closer to you if you stop talking and just listen. This helps the person feel more valued and demonstrates that you care about them.

Importantly, there is a difference between just seeming to listen and really hearing and comprehending what your partner is saying. It can be easy to become a good listening actor: someone who appears to be listening attentively but is really just letting everything go in one ear and out the other. One common therapy trick for listening is to force yourself to repeat or paraphrase what the other person is saying. This can be uncomfortable or sound too much like a therapy session, but it can help to explain to your partner what you are doing and why. It's really all part of communication practice.

Related Link: [Top 7 Best-Dressed Celebrity Couples of 2013](#)

Honesty and Vulnerability

Every relationship demands honesty. This is the cornerstone of trust and healthy communication. When both you and your partner fully believe that each of you is being truthful in everything you say, then barriers comes down and neither person feels like they need to hide something or investigate what their partner is telling them.

Showing a person vulnerability can also improve emotional trust and connection in a relationship. Trying to have all the answers all the time or put forth the idea that you are impervious to harsh words or difficult situations may actually make your partner less communicative or emotionally close. It is natural for a person to have sympathy when they see someone

they care about being vulnerable, not having all the answers or needing help with a difficult situation. This sympathy is often the gateway to deeper and more honest conversations.

Stay on Topic

While casual discussion may be whimsical, arguments or disagreements tend to spiral out of control. In an effort to gain the upper hand in the argument, a person may naturally bring up other problems or issues with their partner. This only makes the situation worse and intensifies the argument. Discussing problems and disagreements is a critical part of any strong relationship, but it's important to stay focused. Pick a problem and work through it until it is solved. Even if your partner is being stubborn or obstinate, don't try to load them with more issues. The goal is never to win an argument with your partner. The goal is to resolve the problem.

Related Link: [Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner](#)

Body Language

Nonverbal communication conveys far more than words during a discussion. Only about 7 percent of an average conversation is conveyed through spoken words. About 38 percent of the meaning is conveyed by tone of voice. The remaining 55 percent is conveyed nonverbally through body language, posture or facial expression. These are all averages, of course, and a person's communication style may alter them. Certain people may be more verbal and keep an even tone that often doesn't convey much. They may also be even more non-verbal, often using hands or gestures to express ideas instead of words.

Regardless of the numbers, nonverbal communication is a critical part of any relationship. It is important you keep track of your partner's body language and also be mindful of what you may be communicating with your own. You may be communicating things you don't intend to.

Share the Small Things

Some people believe that long, meaningful and deep conversations with their partner hold more value than small and everyday conversations and events. Research by one team of psychologists suggests the opposite may actually be true. While occasional deep conversations are certainly important and necessary for a true and lasting relationship, the quality of everyday communication was more impactful.

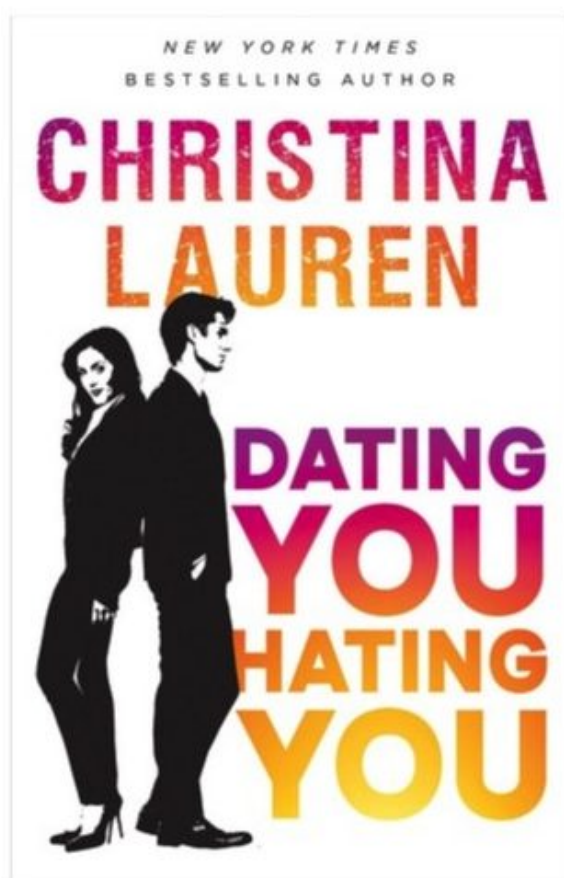
This means sharing the small things that may seem insignificant. There are several reasons behind this phenomenon. First, the small, daily communication keeps a constant but not smothering connection going. Too many deep and heavy conversations may actually be too much for the average person, and they will respond by seeking distance instead of intimacy. Second, the small and everyday details often reveal as much or more about a person than long and deep conversations. An attentive partner will pick up these daily cues and gain better understanding and connection.

Everyone should regard communication as a skill. The good news is that any skill can be learned and even a person who doesn't seem like a very strong communicator now can become better with attention and practice. Be proactive, do some reading or see a counselor for help and strategies to improve and strengthen your relationship. If the relationship doesn't improve or your spouse is simply unwilling to make the attempt, this could be a sign of problems beyond just poor communication. Divorce may be something to consider. It is important for your own health not to remain stuck in a relationship that isn't working or with a person who clearly doesn't show caring or respect for you.

Dixie Somers is a freelance writer and blogger for business, home, and family niches. Dixie lives in Phoenix, Arizona, and is the proud mother of three beautiful girls and wife to a wonderful husband. Dixie recommends visiting [Divorce Matters](#)

if your partner is unwilling to commit to change in an unhappy relationship.

Relationship Advice: How Your Excitement Drives Your Expectations



By Megan Weks

Most recently, we talked about the number one thing you will

need to [keep your man around](#). The [relationship advice](#) centered around the deep inner knowing that you are worthy. Usually, when that is sound, the other behaviors fall into place. However, there are some things that even the most confident women do to sabotage a man's feelings. The second biggest tip I can share for holding onto a man that you desire is to be aware of how your excitement drives your expectations.

It's important to understand how your excitement is interpreted by your man and manage your expectations in a healthy and attractive way.

Here is an example. I see many women getting ahead of themselves in their budding relationships. They have leaped way beyond where the relationship actually is at the moment. They are putting the lamp, the book, and the purse on the table before it even has legs. It's important for the relationship to grow and become stabilized before expectations become too strong and create pressure.

Related Link: [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

Your expectations help you do these things:

1. Lose the mystique and mystery that he loves about you. He really loves not knowing exactly how the relationship will unfold.
2. Decrease the fun for him. Your expectations feel like pressure to him, which simply kills the fun!
3. Make you seem needy. Your expectations can make your energy

feel clingy and constricting, which is like taking a can of man repellent out of your purse and spraying it on him.

4. Take away the work that he needs to do to fall in love with you. Yes, he wants to work for his prize. Ignore this information at your own peril!

Related Link: [Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships](#)

Some tips to help you manage your expectations:

1. Keep your life intact, the way it was before he came along. Don't assume that each weekend will be reserved for the relationship. When you develop ideas about the way things should be, you'll set yourself up for disappointment. Disappointments from expectations can be damaging to early relationships. If he senses that he is unable to please you because of a series of disappointments, it can be the beginning of the end. If he feels like he's unable to please you, he'll eventually stop trying . He'll find someone who gives more importance to what he does well instead of focusing on his shortcomings.

2. Don't jump to conclusions. When we feel disappointed, we can start to think the worst kinds of thoughts. Give him the time and space to surprise you. If you doubt him and make it known that you have doubts, he will be less inspired to please you!

3. Get your needs met by yourself or others so you require less of his attempts. Don't expect him to fulfill them right from the beginning. It feels much more light and airy to him when your needs are met by you, and his affections are just the icing on the cake!

Don't confuse this with not needing him at all or being too independent, which can backfire. What's cake without icing, anyhow?

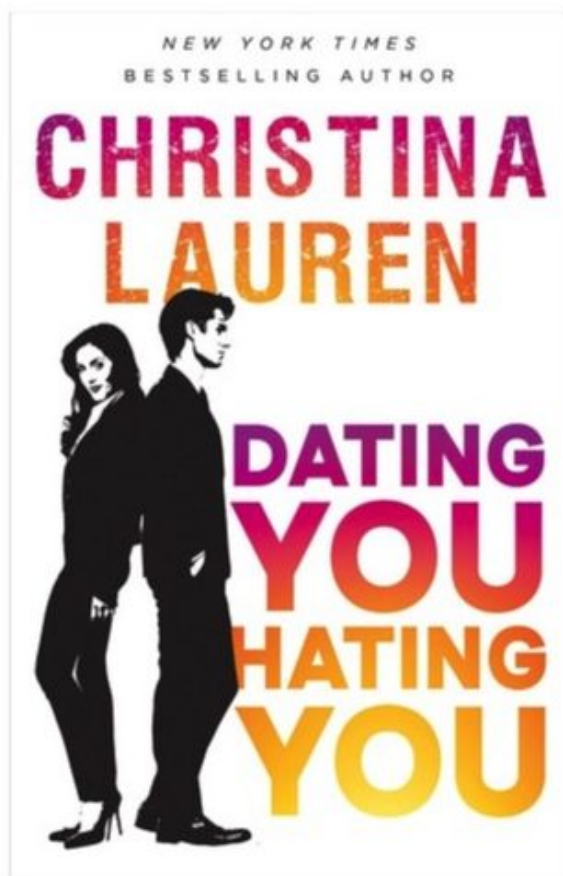
Obviously, excitement is part of the dating and relationship process. Otherwise, what would be the point? The tip is, however, to keep your excitement in check so it doesn't explode into a too-early-expectations time bomb. If you want to keep the man you desire, you'll want to curb your excitement a little until you know for sure it's the real deal.

Slow and steady wins the race of love.

[Megan Weks](#) is an international dating and relationship expert who specializes in helping women get the admiration they deserve from men, and to keep it. She is a certified specialist in her field, but one of her biggest credentials is her personal story. Living in New York City for over a decade, Megan has had the opportunity to meet and date many different men. Through working with a relationship guru, she literally changed from crumb-picking and obsessing over men who didn't deserve her, to being called a "man whisperer" who men (including her now-husband) would never leave. Megan's career is devoted to helping women who struggle with the men in their lives, to turn it all around and keep the men they desire. Aside from her coaching practice of saving hearts, She writes a monthly love column for LVBX Magazine and runs a private online woman's discussion group where women are supported with these principles.

**Relationship Advice: Don't
Let Him Be the One Who Got**

Away



By Megan Weks

You've been navigating the sea of men on the dating apps for months. You've been on at least 10 bad dates, and a few okay ones. You've been ghosted by the ones you actually liked. So now that you've finally met a good guy and it's snowballing into something REAL, you're overflowing with joy, relief, and maybe a little bit of nerves. You don't want him to fade away like others have in the past. So, you worry, "How can I keep him around?"

With these tools in your box, you'll be able to land your man and keep him for life. Here's some [relationship advice](#):

The number one tip to keep in mind is that you must work on your personal sense of worthiness. This might seem obvious, but it's the primary thing women need to work on to maintain successful relationships. All of our behaviors that are perceived as turn-offs to men come down to our internalized level of worthiness.

Related Link: [Five Ways To Get His Undivided Attention](#)

You developed your sense of worthiness when you were a kid. We all naturally input selective information, which can either work for us or against us. It works whichever way we choose (or subconsciously choose), based on a belief from the past. For example, if you had brothers who told you that you were not lovable or unattractive when you were a little girl, you may have continued to believe the lies that you internalized then. Even after you grow into an undeniable foxette, a deep belief may linger that your beauty is only a mirage. No one is exempt from this. Even the gorgeous Jennifer Lopez feels unworthy of true love. According to *E! News*, she said, "It's how you feel as a child, being a middle child and seeming invisible sometimes, and trying to get attention. This is still a work in progress for me."

There are six ways you're showing him you're unworthy. Why not keep him instead?

1. Being over-accommodating to your man. Making the relationship easier or more convenient for him. Going out of your way for him frequently. Being overly complimentary.

2. Feeling guilty, or having a sense of owing him when he does nice things for you. Being unable to receive his offerings without reciprocating.

3. Over-giving and care-taking him. Finding men that need fixing and trying to solve their problems. Becoming his therapist, giving business, career, psychological advice, etc.

4. Being jealous, doubting his feelings or intentions, and seeking constant reassurance. Becoming overly concerned with his previous relationships, even though they're over.

5. Feeling unworthy of his admiration, and wondering why he likes you. Feeling like you're not enough. Comparing yourself to his exes. Making up excuses for why he could not like a person like you.

6. Rushing into a relationship before it's determined to be an ideal fit for your life. Also, staying in the relationship when your needs aren't being met.

If you are signaling these behaviors frequently, he'll catch wind that you're doubting your worthiness inside the relationship. Even if he knows that you're a catch, his mind will have a hard time fighting off the messages you're sending, and he'll eventually conclude that you're not worthy of his love! If you want to keep this great man you've found, you'll need to break through to your deep inner belief system to make sure you truly believe that you're worthy of his love.

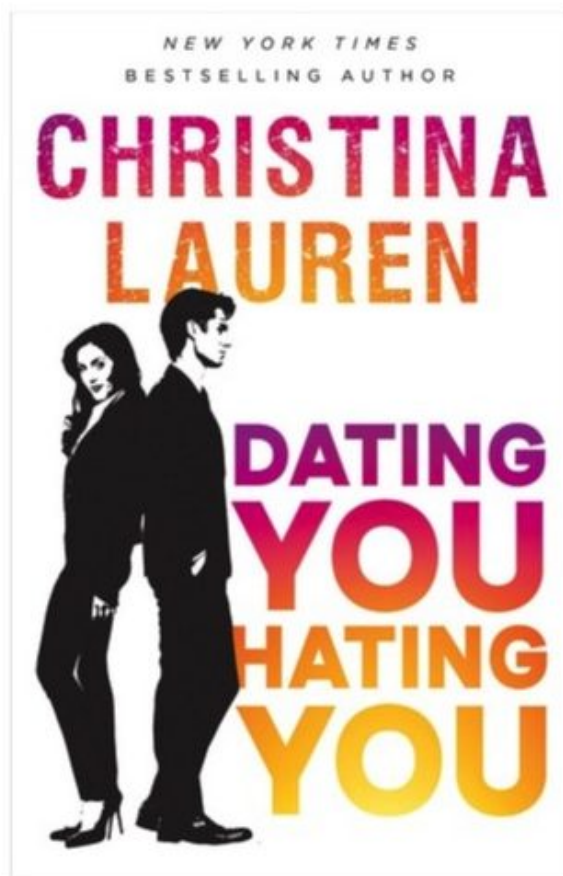
Related Link: [Relationship Advice: 4 Ways to Keep Your Long-Term Relationship Hot this Summer](#)

Listen to the voices inside that tell you hopeful things about yourself. Those are your truths. Ignore the negative things. To make lasting change on your inner beliefs, you need to tell yourself you're worthy, all the time. Make it your new mantra. Eventually, you're going to believe it deep down inside. We are all here to love and be loved. He sees all of those hopeful things that you believe about yourself. Don't lose sight of that important fact.

[Megan Weks](#) is an international dating and relationship expert who specializes in helping women get the admiration they deserve from men, and to keep it. She is a certified specialist in her field, but one of her biggest credentials is her personal story. Living in New York City for over a decade, Megan has had the opportunity to meet and date many different men. Through working with a relationship guru, she literally changed from crumb-picking and obsessing over men who didn't deserve her, to being called a "man whisperer" who men (including her now-husband) would never leave. Megan's career is devoted to helping women who struggle with the men in their lives, to turn it all around and keep the men they desire. Aside from her coaching practice of saving hearts, She writes a monthly love column for LVBX Magazine and runs a private online woman's discussion group where women are supported with these principles.

Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships





By [Joshua Pompey](#)

As someone who lives in New York City, I can say with full enthusiasm that it is one of the greatest cities in the world. The food! The culture! The diversity! And of course, the incredible women are right up there with any other city. Unfortunately, one aspect of city life often lets women down though, and it affects their ability to forge meaningful relationships. And while it's easy to claim that men in the city just don't want to settle down, I've personally found that this is far from the case for most men I've worked with or encountered. Sometimes it's just a matter of avoiding certain mistakes and making the right adjustments to find love. In this article I will be discussing four big reasons many women often struggle to find relationships in big cities, and [dating advice](#) to help you avoid these issues.

Dating advice that will benefit young women living in a city.

1. Not prioritizing: There is always a lot going on in a city. If you don't get your priorities straight about what's truly the most important thing to you, you will never find love. When I was single there were so many times I would attempt to arrange a date with a city girl, only to find out that she wasn't free for another two weeks. Yoga class, the gym, and happy hours with friends took priority over their first [date nights](#) with me. This is a big mistake. There will always be another happy hour. There will always be another yoga class. Friends will always be around. But a great guy with the potential to form a meaningful connection? That doesn't come around every day. Dating needs to be the priority if you are really serious about it.

2. Your career will not be emotionally there for you when you get old: A big part of the city mentality is often, "I'll get into a relationship at age X, get married at age X, then have children at age X. In the meantime, I'll just focus on my career." This fictitious notion that you can time when you find love, get married, and have kids is completely misguided. Not to mention forcing these aspects of life can cause [relationship problems](#). Having drive is a positive thing. But before you sacrifice your entire youth by prioritizing your career over your relationships, ask yourself, will your career be there for you one day as much as a loving partner?

Related Link: [Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game](#)

3. The paradox of choice: The city life creates this illusion that there are millions of potential partners out there for you. Just sit on one city block and you'll probably see hundreds of men walk by in one hour. Sometimes this creates a

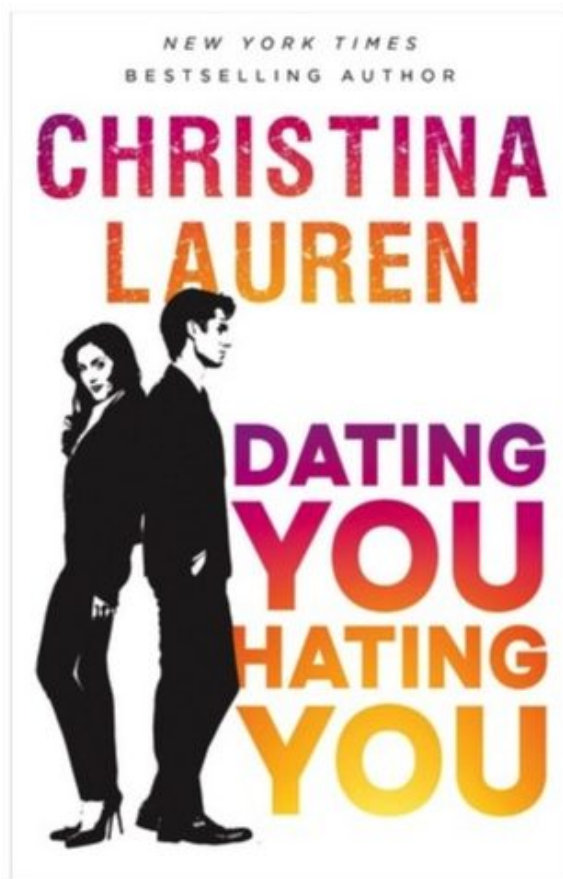
serial dating mentality. With so many men around, good isn't good enough. Why settle for good when you could find perfect? Unfortunately, that perfect guy may have already been on a date with you, but you passed up on him because he didn't blow your mind during the first date. Sometimes it takes time to build chemistry and realize how strong a potential suitor is. So my dating advice as a [relationship expert](#) is to be careful when dismissing men who don't seem to be "perfect" matches just because you believe there might be someone better around the corner.

4. Not breaking out of your social circle: Even though there is always so much going on in big cities, sometimes we tend to fall into repetitive patterns of seeing the same people every day and going to the same places. Take advantage of the diversity and opportunities that cities provide by joining new clubs, going to new social groups, and meeting new people. The more people you meet from different walks of life, the more likely you'll meet someone that you connect with.

For more online dating advice from Joshua Pompey, visit his [website](#), or you can find free advice for women by visiting [this page](#).

Dating Advice: How to Answer 'Why Are You Still Single?'





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on how to handle the difficult question: "Why are you single?" Learn how you can answer this inquiry in a smart way with the following dating tips!

Dating Advice On Handling Questions About Your Single Status

1. Explain your position. If the question offends you, you can tell the asker you don't like being asked this and why. Or another option you can try is being honest about why you're single in a way that's lighthearted. "My man-picker is broken," "I'm in a relationship with chocolate," or "I'm in a relationship with myself" are all nice ways you can answer this question without adding awkward tension.

Related Link: [Dating Advice: 5 Things He Must Have](#)

2. Consider before you speak. Yes, this question is loaded and invasive, but it's also important that you know the asker's intent before answering. Are they being snarky? Or are they showing sincere concern? If they're not asking from a place of love, then you can respond to their inquiry as respectfully as possible and redirect the conversation back on them. No need for drama.

Related Link: [Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?](#)

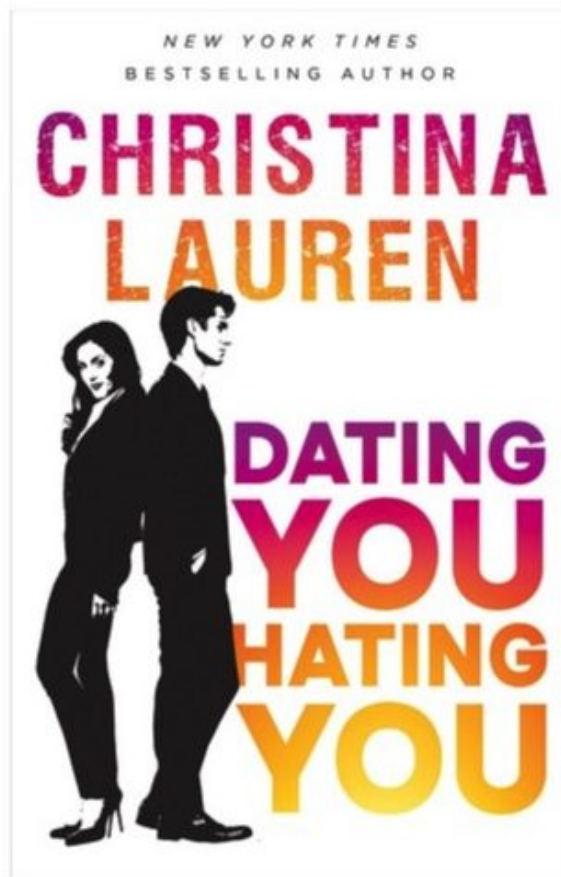
3. Use your own dating service. If the person who asked you this question actually cares about your single status, you can turn this around by using their network. Tell them you're not sure why you're single and ask if they want to help you. This could potentially get you a date with someone special. People love being matchmakers, so enlist their help if you trust them.

For more relationship advice videos and additional information Single in Stiletto's show, click here.

For more videos from CupidsPulse.com, check out our YouTube channel.

Date Idea: Ignite Sparks While Camping





By [Delaney Gilbride](#)

You've undoubtedly heard of camping in the woods with a tent, campfire and roasted hot dogs. It's time to take the weekend off to enjoy a camp called "Love". Feeling like you and your partner never have time away from everyday distractions? Don't stress – Cupid's got you covered.

This weekend, take a load off and get a babysitter for the kids. Cupid has some date ideas to make both staying in and enjoying nature seem like the best ideas you've ever had.

Slumber party! Light some candles, dim the lights, and pop in

your favorite movie from back in the day. Snuggle up on the couch with your beau and piles of blankets. Relive *The Breakfast Club* from start to finish and chuckle at the memories it leaves you with.

Related Link: [Date Idea: Get Close with Nature](#)

If you live in the NYC area, book a campground outside the city for some time away from the over-bearing lights and intrusive car horns. Black Bear Campground is a great option! Take a romantic stroll on a nature trail or lounge in front of the campfire as the warm glow illuminates your faces. Look up at the sky. The stars that you almost forgot existed are finally sparkling above you.

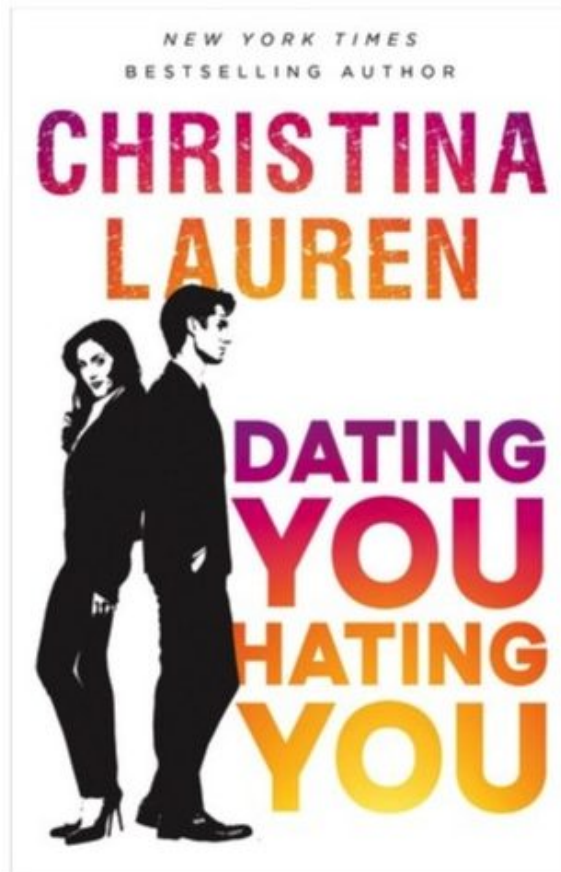
Related Link: [Dating Advice: 5 Things He Must Have](#)

Not a fan of the woods? Book a room in a nice hotel for the weekend. Get a couples' massage and take a steamy dip in the hot tub together! Check out *Time Out New York's* weekend getaway travel suggestions and stay in the Hampton's for a change of pace.

Have some Couples Camp ideas of your own? Comment below and share with other readers.

Celebrity Interview: 'RHOD' Star Stephanie Hollman Talks Fame, Family Life, and Spring

Style



By [Delaney Gilbride](#)

After our recent [celebrity interview](#) with “wonder woman” Stephanie Hollman, we can certainly say this charitable philanthropist does it all. While *The Real Housewives of Dallas* (RHOD) has only recently finished filming its second season, the peacemaker of the show continues to juggle her work, home, and social life flawlessly. It begs the question: How is Hollman able to balance her busy life after her steady rise to fame? Thankfully, the reality TV star gives us all of the answers we crave and more.

Stephanie Hollman Talks *The Real Housewives of Dallas* in Our Exclusive Celebrity Interview

While fame is notorious for going to people's heads, that's nowhere near the case for Hollman. As for how the philanthropist felt after the release of season one of *RHOD*, she says that "you learn who your real friends are" after you've made your claim to fame. "There's something really freeing about not being perfect and having everyone see that," Hollman continues.

Of the drama that arises during the filming of Bravo's hit show, Hollman explains that her mom's words are always in the back of her mind: "If you don't know what to do, do nothing." She urges people to think before they act in both friendships and romantic relationships – and this *especially* goes for women! When you act before you think, you have to deal with the consequences one way or another.

Related Link: [Celebrity Interview: 'RHOD' Star Stephanie Hollman Says Her Life Is All About Her Family](#)

As for upcoming episodes of the show, the reality TV star explains that she's "excited and nervous" for the season to air. "They really dug in deep, and everyone's vulnerable," she shares. Reality TV fanatics can't help but obsess over the bickering and drama that comes along with shows such as *RHOD*, and it seems like this season won't disappoint. Along with your typical petty drama that lives on reality television, Hollman explains that "real life issues" will also be taking place. As for a sneak peak, the star exclaims that the cast trip was "unforgettable." Guess we'll have to wait to see what's in store!

Reality TV Star Gives Family and Relationship Advice

Hollman and her family are known to be the ultimate charitable family in Dallas, and she and her husband take strides every day to shape their two sons into humble and caring young men. While they work tirelessly to make the world a better place for those who need it, they're also teaching their children to "give back in ways that they can understand." For instance, during the winter, they do all that they can to help those who are struggling. Hollman and her children go out and buy children's jackets in every size to donate to kids who don't have a coat. They even give their own shoes to those who can't afford them. She teaches her children to "be kind" to others in the hopes that others will do the same.

Related Link: [Celebrity News: Katherine Heigl Gushes Over Marriage and Kids](#)

As for her celebrity relationship with her husband, Hollman says marriage is definitely hard work! "I work really hard on my marriage," she claims. "We fight, but we talk about it, and we have a very open dialogue." She and her husband go to therapy weekly in order to maintain such a strong relationship, whether they're having a rough time or not. As for her best [relationship advice](#), Hollman encourages you to remember that, "no matter what happens, your spouse will always love you."

Hollman Talks Keys to the Perfect Spring Style

Look no further for spring [beauty tips](#)! This mother of two has got you covered. When it comes to the warmer days ahead, the reality star says her number one tip is that you *have* to be "really cozy in the spring." The weather can range from

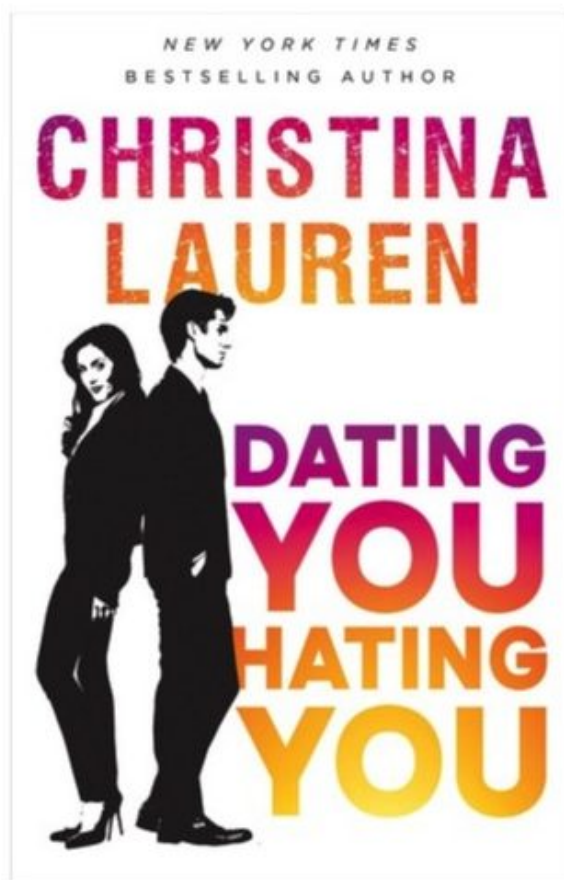
easy breezy to intensely hot in a matter of hours, so to prepare for the changing temperatures, Hollman tells us that flowy clothes are the way to go. Her absolute favorite pieces for the spring time include maxi dresses, a flowy shirt, and a good pair of shorts. The fashionista also urges our readers to play with color and just have fun with their wardrobes.

Related Link: [Vacation Destinations: Spring Travel Tips for Home and Abroad](#)

When it comes to the one beauty product she just can't leave the house without, we were a bit surprised. Hollman reveals that she doesn't wear makeup unless she's going out on a [date night](#) with her husband and instead wears her favorite sunscreen, EltaMD, almost every day. "You will never look into anything else!" Hollman promises in our celebrity interview. "It's almost like foundation. It makes my skin look beautiful and feel amazing." The reasonably-priced sunscreen blocks out harmful UV rays, doesn't clog your pores, and gives your skin a beautiful finish. We know what will be on our shopping list this summer!

Catch Stephanie Hollman on the upcoming season of The Real Housewives of Dallas on Bravo. Check out her regularly updated [blog](#) today!

Date Idea: Fall into Love This Autumn



By [Delaney Gilbride](#)

Fall is creeping upon us! While that means shorter days and lower temperatures, it also means that nature's most vibrant show is about to begin. Fall showcases the change of leaves from rich, summer green to all the reds, yellows, and oranges of autumn.

It's the perfect time to take a walk with that special someone, or even pack up and take a weekend

away with nature. So get out there and enjoy the show with this date idea!

For a simple [date idea](#), pack a picnic lunch and head to an arboretum or your closest national park. Often times these parks have events surrounding the coming of fall. Even without these festivities, parks are a great place to relax with a loved one.

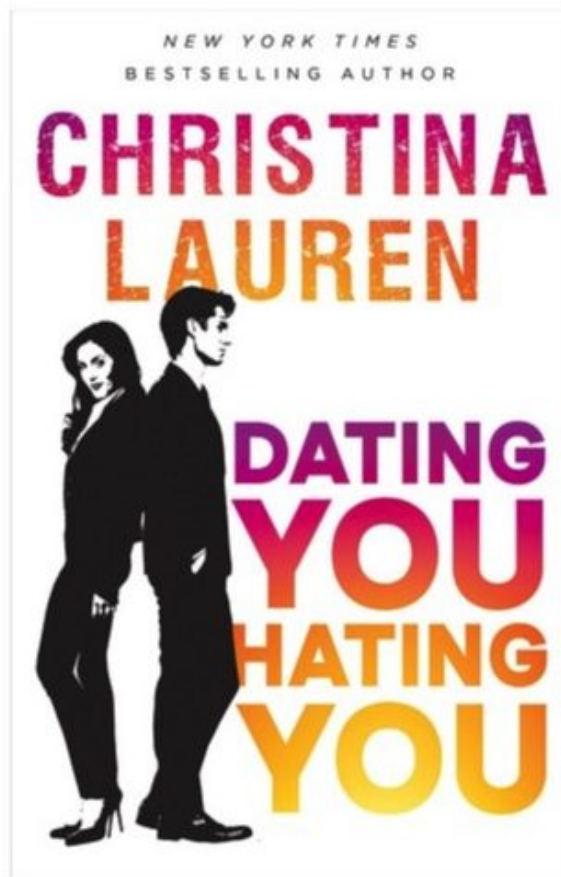
Related Link: [Date Idea: Get Close with Nature](#)

For those more fully invested in the outdoor experience, there are foliage tours all over the country, particularly in New England! If you're looking for a romantic weekend vacation, there's no better place than under the blanket of beautiful fall colors. There are also bird watching tours that you can take in addition to, or alongside, the foliage tours!

If you're a lover of fall and didn't see your favorite fall activity above, comment below and tell our readers about it!

Famous Restaurants: Crazy Milkshakes in NYC





By [Delaney Gilbride](#)

Nothing has been taking the internet by storm quite like New York's latest trend of crazy, over the top milkshakes! It's nearly impossible to scroll through Instagram without laying eyes upon mountainous milkshakes literally *overflowing* with sweets ranging from heaps of savory chocolate cake to decadent donuts. This delicious [food trend](#) in NYC has people flocking to the Big Apple in order to satisfy their sweet tooth cravings.

Looking for some [relationship advice](#) from Cupid? Take a trip to NYC and visit one (or all) of the three most [famous restaurants](#)

-serving up ultimately outrageous milkshakes:

1. [Black Tap](#) (529 Broome St, New York, NY 10013): This restaurant is the cream of the crop when it comes to the perfect milkshake, so end your [date night](#) the right way by stopping at Black Tap on Broome Street! Thankfully, you don't have to worry about cutting your night short in order to indulge in their artfully designed milkshakes. Black Tap is open until 12:00 AM during weekdays and are also open until 1:00 AM Thursday through Saturday. These \$15, foot-tall milkshakes launched this past November and have spread like wildfire over social media. One of their fan favorite milkshakes include the Sweet N' Salty Peanut Butter Shake: chocolate frosted rim with chocolate gems and PB cups topped with a sugar daddy, pretzel rods, chocolate covered pretzel, whipped cream and chocolate drizzle – what else could you ever want in a milkshake? So, if you and your boo are ever in the New York area, make sure to check out this Insta-famous eatery!

Related Link: [Famous Restaurants: Best Diners, Drive-Ins, and Dives in Rhode Island](#)

2. [Sugar Factory](#) (835 Washington St, New York, NY 10014): In case you miss Black Tap's 1:00 AM weekend cut off point, don't fret! The Sugar Factory, located on Washington Street, is open weeknights until 1:00 AM and 2:00 AM on weekends. The Sugar Factory prides themselves on their delicious sweets in and on their shakes. Celebrities such as [Kylie Jenner](#), who appeared at the chains Ocean Drive opening, can't seem to get enough! Although the Sugar Factory has dessert options such as their \$99 King King, which includes 24 scoops of ice cream, and their \$1,000 chocolate fondue served with a bottle of Dom Perignon, you don't have to spend a fortune to get a great shake. Their most popular \$20 shake called the Caramel Sugar

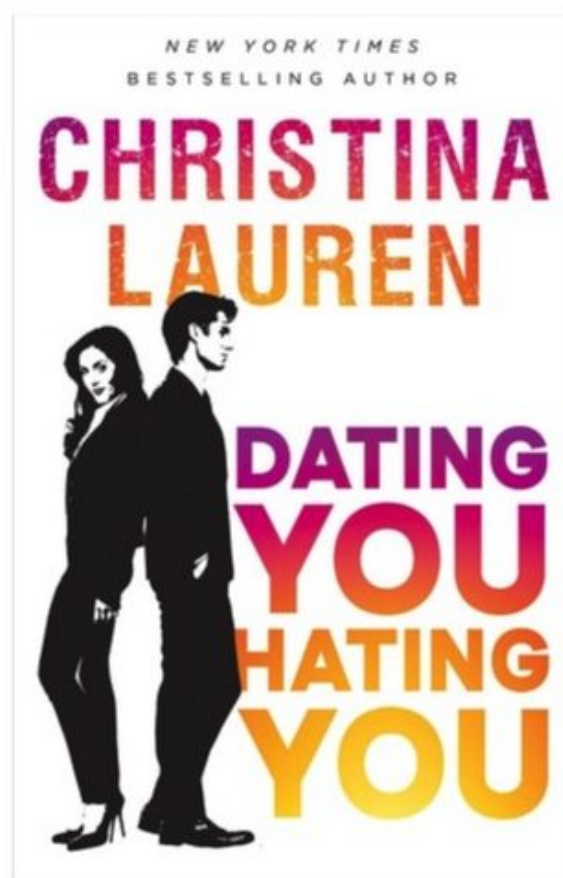
Daddy Cheesecake milkshake serves your typical vanilla milkshake in a mug coated with chocolate icing drizzled with caramel sauce and whipped cream. You thought that was the last of it? The shake also comes with a huge slice of cheesecake paired with their famous rainbow lollipop right on top. Get your fix by visiting the Sugar Factory!

Related Link: [Destination Miami: New Out Of the Box Destinations Reshaping the Culinary and Nightlife Scene](#)

3. [Buns Bar](#) (263 W 19th St, New York, NY 10011): This restaurant known specifically for their decorated milkshakes is the perfect [date idea](#) for you and your love if you're looking to be a bit nostalgic during your date night. Buns Bar located on West 19th Street decorates their milkshakes with everyone's favorite childhood characters such as SpongeBob, the Teenage Mutant Ninja Turtles, and Spiderman. Anything you can think of, they make it! After coating their glasses with thick layers of icing, the artists at Buns Bar carefully place sprinkles, marshmallows, and cereal on the outside of the glass to create your favorite characters. Looking for something a bit more "adult"? No worries – Buns Bar lives up to their name. You can order some of their famous milkshakes with a splash (or more) of your favorite liquor! People are obsessed with their famous Cinnabon Milkshake. Typically priced at \$15 dollars a shake, for an extra \$5 you can add shots of RumChata liqueur to enhance the savory Cinnabon shake. Keep your night going by checking out Buns Bar!

Are you from the New York area and know other places to find over the top milkshakes? Share some of your favorites with us by commenting below!

Dating & Technology Q&A: How Do You Handle Dating Someone With An Internet Persona?



Question from Shan G.: My boyfriend is very popular online. He has a Youtube channel, many subscribers and followers, and a very active social media presence. Our relationship is still new, but I'm not sure how to handle this all. It almost feels like I'm dating a celebrity, and that I'm not on his level. I'm not sure what I should do.

Dating in the era of social media can put a strain on relationships, especially when one party happens to be a popular figure online. But don't let internet fame damage what

you have! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on how to handle a partner's online persona.

Technology Dating Advice That Will Help You Deal With Your Partner's Online Popularity

[Suzanne K. Oshima, Matchmaker](#): What should you do? Absolutely nothing! Don't treat him any differently or put him on a pedestal. He's just your boyfriend, who happens to be an internet celebrity. Trust me, he doesn't want a girlfriend who is also an internet celebrity, he wants you. Have confidence in yourself and just keep being the best version of yourself... the one that attracted him to you in the first place.

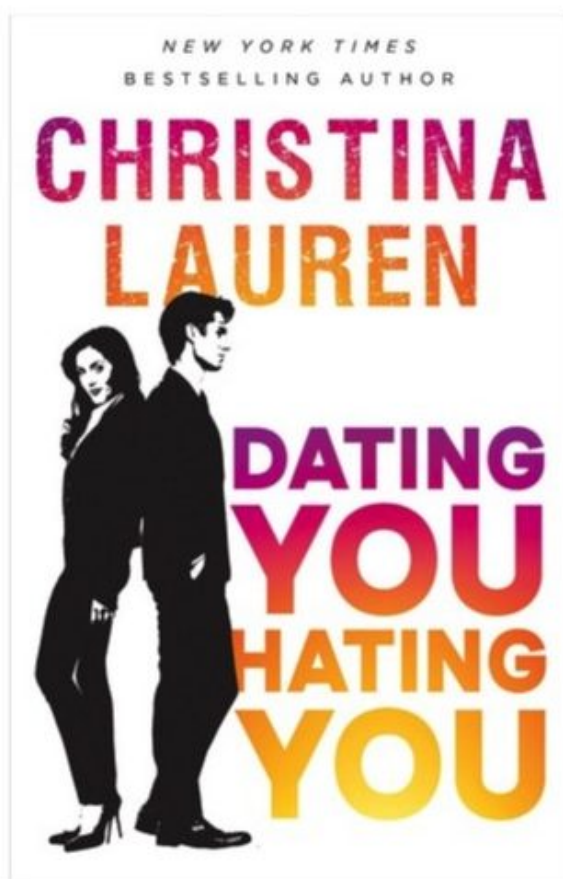
Related Link: [Dating & Relationship Q&A: At My Wits End, He Won't Stop Flirting Online. Should I End It?](#)

[Robert Manni, Guy's Guy](#): As a published author, syndicated blogger, and podcaster with a growing audience on social media, I assure you that developing a social media platform is hard work and initially, not necessarily profitable. Building a personal "brand" requires passion, talent, and lots of time. So unless your guy has an inflated ego I doubt he feels superior. In fact, he may even harbor his own insecurities about his career and bank account relative to your own if you work in a traditional job. If you believe in him, support his dream, enjoy the ride, but never doubt your self worth. I assure you that if he has a good head on his shoulders, he needs you and values your support.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Dating Advice: 5 Things He Must Have



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their [dating advice](#) on what it is that a man needs to have before you attempt a relationship with them. Learn how you can win the right man over and stay happy with the following dating tips!

Dating Advice That Will Help You Find A Quality Man Without Settling

1. Must have vision. A man must be able to see a future with you for the relationship to get serious. Someone who can't imagine themselves with you long-term isn't the right person for you. Commitment is a goal you should both share and work toward. If there's no common vision, then what's the point?

Related Link: [Dating Advice: Who Should Pay For a First Date?](#)

2. Must have a job. Any potential mate should have had a stable job at some point in their life. If you end up with a man who is inconsistently employed, then this can be a telltale sign of what the relationship could be like. You don't want to worry about your partner all the time, so find someone who can take care of their self.

Related Link: [Dating Advice: The Biggest Turn On's for a Man](#)

3. Must have transportation. Depending on whether you live in a place that has reliable public transportation or not, you need to consider how important it is to you that a man have a car. It might be a red flag if he depends on you to take him places and run errands all the time. If a man doesn't have a car or license, it's at least important that he's responsible enough to arrange transportation when needed.

Related Link: [Dating Advice: How to Get Men to Fall into Your Lap](#)

4. Must have positivity. A quality man should have confidence, morals and be respectful towards you. If he has issues with people around him like family or friends, that could be a red flag that there is something wrong with his attitude. Don't settle for someone who exudes negativity or has other bad traits.

Related Link: [Dating Advice: Are You Intimidating Men?](#)

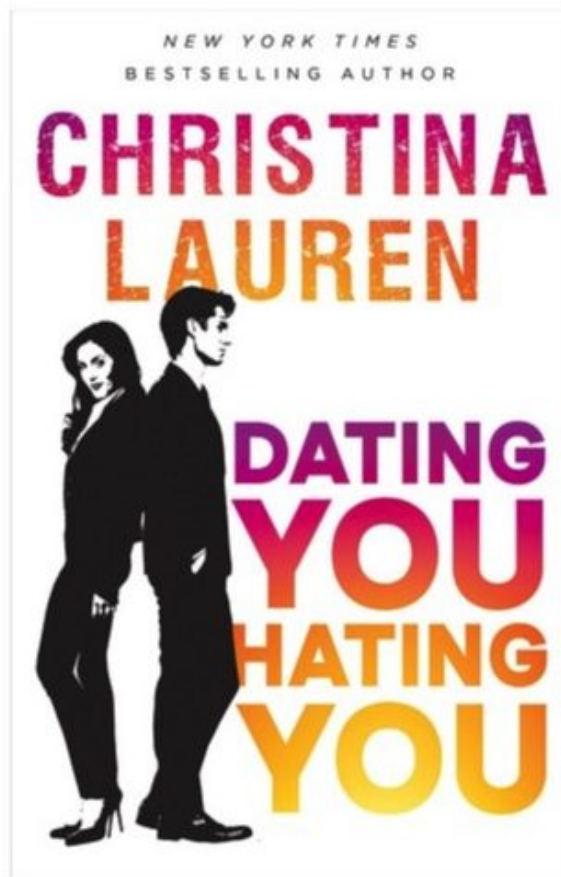
5. Must have something going for him. You should find a man who has a hobby that keeps him busy. Someone that is clingy and has no interests is a person that will get bored and try to bring you down when you're not paying attention to them. Your mate needs to support your passion and vice versa for a successful relationship.

For more relationship advice videos and additional information Single in Stiletto's show, click here.

For more videos from CupidsPulse.com, check out our YouTube channel.

Learn How Celebrity Exes Blac Chyna & Rob Kardashian Are Co-Parenting and Working on Themselves





By [Delaney Gilbride](#)

In [celebrity news](#), Blac Chyna and Rob Kardashian are putting their differences aside and placing their [celebrity baby](#), Dream, above everything. A source close to the [celebrity exes](#) told [EOnline.com](#) exclusively that “they are co-parenting and independently working on themselves but they’re more cordial now than they have been, which is why they [have] hung out recently.” Kardashian continues to visit Dream on a weekly basis two months after the couple split and went their separate ways. The source claims Rob is “always happy to see her.” The Arthur George sock designer claims that he finally understand why his mother, [Kris Jenner](#), had so many kids in a recent Instagram post saying, “Now I understand why my mom had 6 kids!! Babies are the greatest gift of Life!!”

These celebrity exes have

experienced quite a bit of drama. What are some ways to get along with your ex?

Cupid's Advice:

It's never easy to get along with an ex, but sometimes you have to make it work. If the two of you share a child, like Rob and Chyna, it's very important that you sustain a civil relationship with one another. With this in mind, Cupid's going to help make this transition an easier one with some [relationship advice](#):

1. Seek balance: If you and your ex share children together it's important to seek balance in your relationship with one another. Put your negative feelings aside and put your children first. This way, it'll be easier for you and your ex to get along.

Related Link: [Celebrity Baby: Serena Williams Says She Accidentally Revealed Her Pregnancy on Snapchat](#)

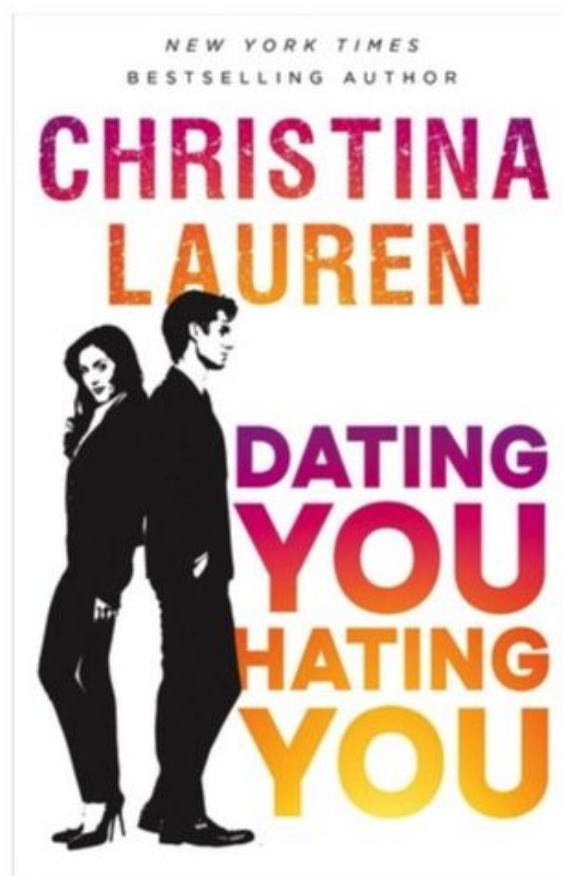
2. Stop bringing up the past: It's only going to make being civil harder! The relationship is over so there's no need to keep bringing up the factors that made it end. If you keep focusing on the negative, you'll never reach the positive aspect of your "new" relationship the two of you are striving for.

Related Link: [Celebrity News: Katherine Heigl Gushes Over Marriage and Kids](#)

3. Forgive: This is *extremely* difficult depending on the severity of your break up. But, in order to be civil with your ex, this has to be done. Once you forgive and forget a huge weight will be lifted off your shoulders. You have no idea how freeing this can be!

Do you get along with your ex? Comment below with some tips on how you do it!

Celebrity News: Scott Disick Reveals He Once Proposed to Kourtney Kardashian



By [Delaney Gilbride](#)

During the latest episode of *Keeping Up With The Kardashians*,

[Scott Disick](#) revealed that he did in fact propose to [Kourtney Kardashian](#) after he bought a ring years ago. According to [UsMagazine.com](#), Disick confessed to the proposal after Kourtney's famous sister [Kim Kardashain](#) asked if her sister ever knew there was a ring. "I don't think we told anybody, actually," revealed the reality star. "It was somewhat cute and then we just got scared about, like, media and this and that and we were like, 'Let's just put the ring aside and we'll talk about it another day.' Never spoke about it again." Disick also proposed to Kardashian during a [celebrity vacation](#) to Costa Rica without the ring and was rejected a second time. The now [celebrity exes](#) split back in 2015 after Disick was spotted getting a bit too comfortable partying in the South of France with with his ex girlfriend.

This [celebrity news](#) has us surprised! What are some factors that might lead you to turn down a marriage proposal?

Cupid's Advice:

Marriage is a wonderful thing, but it's not for everyone. If your significant other proposes to you, don't say yes just because you feel like you *have* to. There are many factors that go into whether you're ready for marriage or not. So, what may lead to a rejection? Cupid's here to help with some [relationship advice](#):

1. You've been questioning the relationship: You have to be fully committed to your relationship if you're even *thinking* about marriage. If you've been back and forth about how you feel about the person you're with, marriage is definitely not in the books for you two.

Related Link: [Celebrity Divorce: 'Grey's Anatomy' Star Jesse Williams & Wife Aryn Drake Lee Are Divorcing After 5 Years of Marriage](#)

2. It's an apology proposal: You've seen movies... boy messes up, girl wants to leave him, boy feels bad and proposes, girl accepts and finally all is good with the world. Do not fall for this! If your significant other is only proposing to you because they messed up it's not a true proposal. It's just an easy fix.

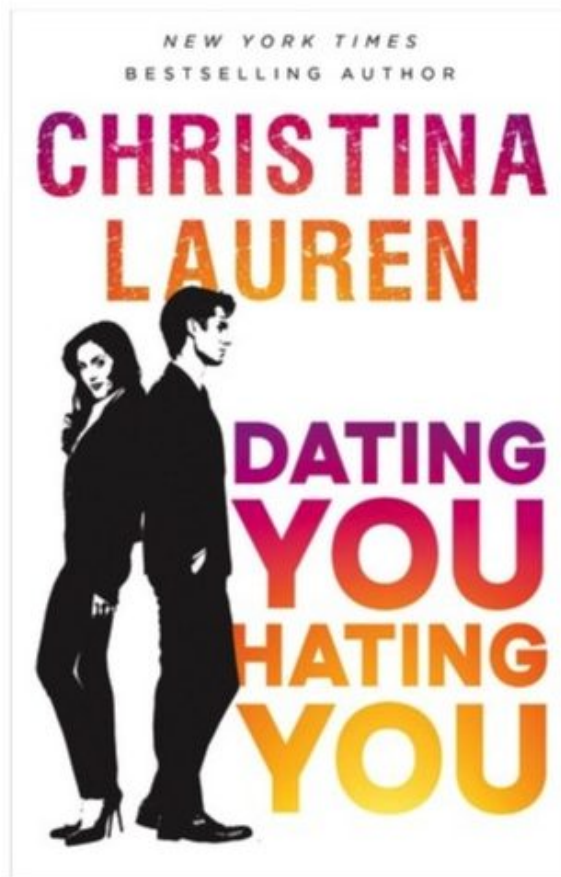
Related Link: [Celebrity Couple News: Jenna Dewan Tatum Explains How She and Channing Began Dating](#)

3. You're not the "marriage" type: And that's fine. Not everyone has to get married to live a happy life! Like Kourtney Kardashian, you may feel perfectly comfortable with just dating. This doesn't mean you don't love your significant other, you're just not about that married life.

Have you ever turned down a marriage proposal? Comment below with what lead you to the decision.

Celebrity News: Former 'Bachelor' Chris Soules Deletes Instagram Amid Felony Allegations





By [Delaney Gilbride](#)

In [celebrity news](#), it looks like [The Bachelor](#) alum [Chris Soules](#) is keeping his life privatized after felony allegations came out against him this past week. [Celebrity gossip](#) erupted after Soules deleted his Instagram nearly 24 hours after being arrested in Iowa after fleeing the scene of a fatal car crash – he had nearly 740,000 followers. The former ‘Bachelor’ appeared in court on Tuesday, April 25 to face his charges after leaving the fatal scene that’s cause is still under investigation. Soules was released after posting a \$10,000 bail. His spokesman released this quote to [EOnline.com](#): “Chris Soules was involved in an accident Monday evening (April 24) in a rural part of Iowa near his home. He was devastated to learn that Kenneth Mosher, the other person in the accident, passed away. His thoughts and prayers and with Mr. Mosher’s family.”

This celebrity news has us pretty incredulous. What are some things to consider when your partner gets into legal trouble?

Cupid's Advice:

You go into a relationship promising to be with the person through thick and thin. But, what happens when your partner get into legal trouble? Cupid's here to help you out with some [relationship advice](#):

1. Look at the situation from all sides: Depending on the extent of your partners legal troubles you're going to have to look at everything from a legal perspective. Is it something small that you'll be able to work through or is it something you won't be able to come back from? Look at the situation like an outsider. Was your significant other in the wrong?

Related Link: [Celebrity Break-Up: Hilary Duff & Michael Koma Split](#)

2. Make a decision: Depending on the situation, you're going to have to make a big decision in your relationship. Will your relationship survive throughout these legal allegations? This is where "through thick and thin" is tested.

Related Link: [Celebrity Exes: Harry Styles Talks Past Romance with Taylor Swift](#)

3. Follow through: Once you make your decision you have to stick with it. If you decide to end the relationship because of the legal trouble your partner is in, you have to continue to remind yourself why you ended it in the first place. If you decide to stay by their side, you have to be a person of your word.

Has your significant other ever been in legal trouble? Comment below and tell us how you dealt with the situation.