

# Celebrity Couple Gwen Stefani & Blake Shelton Expected to Release Duet Together



By Myesha Cobb

[Celebrity couple](#) Gwen Stefani and Black Shelton have some great [celebrity news](#)! The couple are taking their [celebrity relationship](#) to new pitches and are releasing a duet together. The news was confirmed by a source to [UsMagazine.com](#) and the expected duet is likely to come out on Shelton's upcoming 10th studio album this spring. The couple's relationship is supported by their co-star on *The Voice*, Pharrell Williams. Last week on *The Today Show*, Williams said, "It's so beautiful, because being there, I watched both of them go through a lot, you know. You hate to see your friends go

through something so heavy, and it's kind of like a miracle, man – just watching that.”

## **This celebrity couple is indulging in their mutual passion together. What are some ways mutual hobbies can bring you closer together as a couple?**

### **Cupid's Advice:**

Celebrity couples seem to have all the answers for how to keep their interests in sync. But don't fret! Here is some [relationship advice](#) on ways that mutual hobbies can bring you closer together as a couple:

**1. Home improvements:** Do you and your partner like to be handy? Try doing some activities around the house such as painting the master bedroom, gardening, or even remodeling the kitchen. Nothing brings a couple closer together than projects around the house!

**Related Link:** [Celebrity Couple Kim Kardashian & Kanye West Will Renovate Vineyard and Make Their Own Wine](#)

**2. Go to a sporting event together:** This is something that both of you can truly enjoy together. Whether it's NBA *All Star Weekend*, or the MLB pre-season, a sporting event will be fun now and later, as it will create memories to reminisce together.

**Related Link:** [Weekend Date Idea: World Series Weekend](#)

**3. Become avid collectors:** Maybe there is something that you and your partner enjoy collecting. Collect it together! Start a stamp collection, a postcard collection from different

places you've both visited together, or even collect seashells from different beaches you've visited together. It's something that will surely strengthen your relationship.

What are some mutual hobbies that can bring you and your partner closer together? Share your love advice in the comments below!

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## Celebrity Couple News: Chrissy Teigen & John Legend Share Romantic Snuggly Photo



By Myesha Cobb

[Celebrity couple](#) Chrissy Teigen and [John Legend](#) seemed to be really comfy and cozy together as they posted a photograph of the two of them, plus their beloved dog Penny, on their laptops and under a blanket recently. According to [UsMagazine.com](#), the post was on Chrissy's Instagram account, which showed Legend in a robe and his celebrity love Chrissy scantily clothed until a blanket. Of course, it didn't take other Instagram account users long to realize that Chrissy was possibly naked! Some users commented about how she appeared, of course, while others asked complex questions such as, "Who is taking the photo of them?" I guess we will never know, but this [celebrity relationship](#) is clearly still strong!

**This celebrity couple looks sexy doing just about anything! What are some ways to spend quality time together in low-key ways?**

#### **Cupid's Advice:**

This celebrity couple obviously knows how to spend quality time together, and doing so is a must. It's definitely one of the foundations of any relationship. But sometimes, you want to spend that time together without all the "extra" attention. Here is some [relationship advice](#) on how to spend quality time together in "low-key" ways:

**1. Do things that both of you enjoy together:** Re-discover what you both love to do together. That way, you both end up with the bonding experience of a lifetime. It's super fun; plus, you will both end up getting that much needed quality time together in your relationship.

**Related Link:** [Relationship Advice: 8 Creative Ways That Older](#)

## [Couples Can Keep the Romance Alive](#)

**2. Get away from it all:** Going on a nice getaway is a great way to escape that extra attention, and spend some great relationship time with your partner. Don't be afraid to explore a place you've never seen before!

**Related Link: Celebrity Couple:** [Bindi Irwin & BF Chandler Powell Get Away to Hawaii](#)

**3. Stay indoors:** There is so much you and your partner can do indoors together to spend quality time together in a low-key way. Become kids again and color together, maybe paint, or even do a scavenger hunt in the house. This is a great relationship task the both of you will surely love.

**What are some ways to spend low-key quality time together? Share your love advice in the comments below!**

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# Dating Advice: What To Do When Your Relationship Gets Real







By Tracy McMillan

It says something about how intoxicating brand new love can be that while you're in it, you truly don't believe it's ever going to end. The butterflies, the long talks, the gazing into each other's eyes, and even (admit it) the sexting. There's nothing better! But sooner or later it happens – you get into an argument, you stop automatically clicking over when he calls, you choose drinks with your girls over dinner with your man. Your relationship is shifting gears. So what are some dating tips on how to make the transition from *Dangerously In Love* to *Irreplaceable*?

**Check out this relationship expert's best [dating and relationship advice](#) on what to do when your relationship gets “real”:**

**1. Don't Freak Out.** The first thing you need to know is: THIS

IS NORMAL. It's easy to think that the first time you're not dying to jump into bed (or worse, he isn't) that the relationship is over. It's not.

**2. Separation Is Necessary.** Relationships follow a path that is sort of like child development. First, there's infancy, where forming a bond means you're all about 24/7 togetherness. But after infancy comes toddlerhood, where you learn that you and your partner are actually separate people. And learning to be separate is just as important as learning to be together.

**Related Link:** [Why Time Away Is Important in a Relationship](#)

**3. Take Leaving Off The Table.** There comes a point in every relationship where you have to decide if you're in or out. Contrary to romantic comedies, this isn't a magical turning point on a moonlit night. It's a decision you make to commit to a partner (who is totally imperfect, btw) because you've decided that a long-term or lifetime partnership is what you want for your life. Then you carry out that commitment day by day.

**4. Go To Couples' Therapy.** Every relationship has issues – every single one! It's part of the purpose of a relationship to heal old unresolved stuff from childhood. This is why, in my opinion, going to therapy should be like going to the gym. It's something you do once a week not because there's something wrong, but because you want to build on what's right. And that is all about skillfully handling the emotional challenges that are part of being close to another human being.

**Related Link:** [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

**5. Love yourself more.** Your negative qualities are unlikely to show up in the beginning stages of the relationship. But once things cool down, it's like the tide going out – you're suddenly going to see all the less-awesome aspects of the real

you (and the real him, too). Loving yourself is all about being kind, compassionate, and patient – *with you* – even when you blow it at work and nothing fits but your fat jeans. Learning to love you no matter what is the single most important thing you can do for your partner. Because in the end, the only relationship you'll ever have with another person is the one you're already having with yourself.

*Tracy McMillan is an author of the book [Multiple Listings](#), which addresses conflicts in both family and romantic relationships. Connect with Tracy on Twitter at [@TracyMcMillan](#) and on her [website](#).*

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## **Celebrity News: Teresa Giudice Says She Will 'Miss the Passion' When Joe Goes to Prison**







By [Brooke Crawford](#)

In latest [celebrity news](#), *Real Housewives of New Jersey* stars, [celebrity couple](#) Teresa and Joe Giudice were sentenced to jail time for bankruptcy fraud and conspiracy. Teresa was recently released back in December after serving 11 months of a 15 month sentence. The *Real Housewives of New Jersey* reality star opened up about how difficult it will be to live life without her husband of 16 years. In a recent interview with [Entertainment Tonight](#), Teresa Giudice explained that she was going to “miss the passion” and being close with her husband the most.

**This celebrity news proves that this couple doesn't need any push in the right direction. What are some ways to put the passion back**

# in your relationship?

## Cupid's Advice:

Sometimes the passion has a way of seeping out of your relationship and love life. Cupid has some ways to put it back:

**1. Write love letters:** Love letters can be an effective way to share some of the deepest feelings with your partner. It takes time and effort to pour your heart out on a page. A letter is a personal way to show that special person you care. Remind that special person why you fell in love with them. Share your favorite memories and why they mean so much. Sometimes a person needs to be reminded of all the reasons they are loved.

**Related Link:** [Joe and Teresa Giudice Celebrate 15th Wedding Anniversary Pre-Jail](#)

**2. Keep the thrills:** One of the most common mistakes couples make throughout their relationship is allowing themselves to get into a routine rut. A relationship needs some excitement to keep the spark going. Finding activities that get your hearts racing can help to light that fire again. Plan a spur of the moment romantic getaway for two. Not only will this bring excitement, but it will also help to create the space for quality one on one time.

**Related Link:** [Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive](#)

**3. Challenge yourselves:** After a while, you have gotten to know your partner very well and feel as though there is nothing else to know. Trying something challenging can allow partners to incorporate each others skills and abilities to overcome a challenge together. The rush of completing the challenge will leave you feeling closer and more attracted to one another. Working as a team to overcome challenges helps

build communication skills and opens you up to new sides of one another.

What are some other ways to put the passion back in your relationship? Share your thoughts below.

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



[By Mary DeMaio](#)

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

## **Author Opens Up on Best Relationship Advice to Incorporate People Skills**

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

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

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

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

## **romantic life?**

There are countless ways to apply the 11 people skills and 53 strategies I wrote about to your romantic life. It's about sincerely listening and seeking to understand, mirroring and validating your partner, following the conflict resolution process I discuss when things go wrong, and remaining authentic and grateful.

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

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

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

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

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

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

The best way to answer this question is to look at a

relationship as an extended series of small day-to-day interactions. If you don't make a conscious effort to improve your people skills today, you likely won't notice any immediate difference. However, making numerous small improvements now will have a big impact on your relationship down the road. And when it doubt, remember the basics: listening, understanding, and gratitude. One more, that my wife has taught me well: It's better to be happy than right.

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

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

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

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## **Dating Advice: Get Inspired by Childhood Fun**







By [Brooke Crawford](#)

It's easy to get bogged down with your school work or job and other adult responsibilities, but sometimes, you need to embrace your inner kid and let loose. Luckily, Cupid is here to help with these fun date ideas! Whether you are a busy college student, a mom of two, or an account executive, follow our [dating advice](#) and get inspired by childhood fun.

## **Follow This Dating Advice and Visit Historical Coney Island**

Located in the borough of Brooklyn, Coney Island is host to two amusement parks, Luna Park and Deno's Wonder Wheel Amusement Park, as well as rides not associated with the parks. The Wonder Wheel was built in 1918, has stationary and rocking cars, and is illuminated at night by neon tubes. Built in 1927 with an 85-foot drop, the Cyclone is one of the oldest wooden roller coasters in the United States. To top it off, the Thunderbolt was recently built and includes a 90-degree vertical drop followed by a 100-foot loop. If you're looking

for more relaxed activities on this weekend date idea, there are multiple tossing and shooting games as well as a carousel and circus sideshows. This historical location is the perfect place to put this dating advice into action!

**Related Link:** [Weekend Date Idea: A Day at Sea](#)

Another way to enjoy this date idea filled with childhood fun is to go on a scavenger hunt. There are endless organizations and groups that organize monthly get-togethers. The popular website Meet Up maintains a vibrant New York group that hosts an underground scavenger hunt throughout the subway system. Teams meet at a particular subway stop and begin the hunt for various subway items along the system. Additionally, Stray Boots organizes pre-arranged private, corporate, individual and group quests in over 40 different cities. You even have the option to organize a scavenger hunt with other couples. A scavenger hunt can get the adrenaline pumping and help you grow closer while working to win.

## Take This Date Idea to the Happiest Place on Earth

Orlando, Florida is host to one of the happiest places on Earth: Disney World. Home to four theme parks, two water parks, 24 themed hotels, many golf courses, and downtown Disney, it hosts millions of people a year. Themed ride, cultured foods, and exotic animals make for an extra special date idea. If you truly want to embrace your inner kid, it's the place to go. Who knows – you may even see a celebrity wedding during your visit!

**Related Link:** [Date Idea: Road Trip Your Way to Romance](#)

Every couple can benefit from some child's play. From the Big Apple to the Sunshine State, there are plenty of activities that spark your favorite childhood memories. Remember that

dating is always a fun-filled adventure with the right person!

How do you embrace your inner kid on date night? Share with us in the comments below!

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## Relationship Advice: Is Long Distance Worth It?



By [David Wygant](#)

A long distance relationship is probably the biggest challenge that you could ever try to face. I travel a lot. I've been all around the world. I've met some amazing, beautiful women, and

I really wish that I had been able to connect with them and see them on a regular basis. I tried long distance and even though I'm a relationship expert, it has never really worked for me. It's not that it's impossible, it's just not very realistic. And I'm going to explain why with some [relationship advice](#).

## Relationship Expert Gives Relationship Advice On Long Distance

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

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

For instance, how does this person act when they're with their kids? Or *your* kids? What are they like after a stressful day of work? How are they when they're super busy? Do they have

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

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

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

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

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

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

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

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## Dating Tips: Spring Cleaning Your Online Dating Profile







By Justin Lavelle

Online dating is all the rage, right? I mean, all of your friends say so. But after your last date with Logan, who turned out to be less hard-working intellectual and more mid-30-year-old living with Mom, and the one before, Scott, the self-proclaimed genius surfer from Arkansas, you're feeling a bit wary. Maybe the problem, aside from your questionable taste, is closer to home than you anticipated—maybe the problem is your profile. Your profile deigns who decides to swipe right on you, and you have a lot of power here. Follow our tips to spring-clean your profile, and wash away the negative energy and scarring first dates. Start fresh.

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

typos and uneducated phrases, and start anew.

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

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

**Don't Focus on Flaws:** No one wants to read a bunch of negatives like, "I'm fat, but working on a fitness program," or, "I'm short and don't like my knees." While you might view this as a problem, there's no need to flaunt your insecurities. You're basically throwing yourself under the bus and giving them reasons not to like you. And if you write about your flaws, you will come across needy and self-conscious. Let's be honest, bad knees are hardly a deal breaker—but lack of confidence can be.

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

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

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

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

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

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

numbers, email addresses and property records.

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# Celebrity News: 'The Bachelor' Star Jade Roper Reveals Teenage Rape After Lady Gaga Oscars Performance



By Myesha Cobb

*The Bachelor* star Jade Roper recently shared some tragic [celebrity news](#) after Lady Gaga's powerful performance at the

88th annual Academy Awards ceremony. The reality TV star revealed that she was raped as a teenager, and she revealed how much damage she suffered from the heartbreaking tragedy. She discussed the personal story on her blog this past Monday and included an uplifting message at the end telling other females that they are not alone. She said, "The Lady Gaga performance gave me the courage to speak about my story, a story that's been trapped inside me for over 12 years. I hope that sharing my experience will help girls and women know that they are not alone. And that you have to voice things in order for things to change. And always always always: You matter."

**This celebrity news is eye opening for many reasons. What are some ways to help your partner heal from a tragedy in their past?**

#### **Cupid's Advice:**

This celebrity news is truly tragic yet presents room for some [relationship advice](#) and some love advice. When you are in a relationship, your partner could have gone through something tragic in the past that still might bother them present day. Here is some relationship advice and some love advice that will help your partner heal from a tragedy in their past:

**1. Ask them to talk about it:** Let your partner know that you are always willing to listen to their past, including their tragedies. Talking about it with them will allow them to not only vent, but it's a healing process. Sometimes when we go through certain issues, we just want someone to talk it out with. Listening is key!

**Related Link:** [Relationship Advice: 5 Ways to Unpack](#)

## [Relationship Baggage](#)

**2. Seek counseling:** Do not be afraid of going to counseling with your partner. Going to counseling together does not mean that your relationship is terrible. The therapy can be specifically for your partner, but that doesn't mean you shouldn't go with your partner for emotional support. The counselor may offer some love and relationship advice on how to further help your partner on healing from past tragedies.

**Related Link:** [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

**3. Do something that might be therapeutic for your partner:** What is something that's calming and serene that your partner likes to do? Do it together! Your partner may not necessarily want to always talk about their past tragedies, but that doesn't mean that the healing process can't be let out through other things. Maybe going bike riding, getting a couples' massage or even meditating together are great ways to help your partner heal.

**What are some ways that you have helped your partner heal from a tragedy in their past? Share your relationship and love advice below!**

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**Celebrity News: A Tale of Two I Love You(s) on 'The Bachelor'**





By Emily Hoff

In [celebrity news](#), it was a tale of two “I love you(s)” as Bachelor Ben told two ladies that he loved them last night. Which, giving my own personal relationship advice, is a horrible thing to do. Ben Higgins and the final three ladies Caila, Lauren B. and JoJo all headed to beautiful Jamaica. The ladies had a chance to have an overnight date, but of course this left two ladies hopeful and one lady heartbroken. With only a couple of episodes left on the reality TV show, Ben has to make up his mind about who he wants to be his wife, and this episode really showed viewers who he could really pick.

## **Celebrity News: Ben Higgins Chooses the Final Two On ‘The Bachelor’**

According to celebrity news, Ben had three overnight dates

with the final three ladies in Jamaica. Caila, Lauren B. and JoJo all told Ben that they love him, however he only returned the sentiment with Lauren B. and JoJo. Even though he doesn't tell Caila he loves her, she says she just knows that he does. Ben starts to think about how to tell Caila that he doesn't love her. Then out of nowhere she surprises him and asks him to hang out. Ben is so shocked to see Caila there, but he realizes he has to tell her that he doesn't love her, so that is exactly what he does. Caila is shocked and while she is in the car about to go back to the hotel, she jumps out of the car to ask Ben some questions. She gets her answers, which is basically that Ben doesn't love her, but really cares about her. She jumps back in the car and cries her way home. At the rose ceremony Lauren B. and JoJo are the only two left. They wonder where Caila is, however when Ben comes to the rose ceremony he explains to the ladies that he let Caila go, and they are the last two ladies left, meaning that Ben will propose to Lauren B., JoJo, or be a single man once again. Next week the women tell all before *The Bachelor* and we can't wait to see what that episode has to bring.

**Related Link:** [Celebrity News: Meet the Families on 'The Bachelor'](#)

Now for *Stay or Go*:

Lauren B.: I've been saying since the beginning that I think Ben has had the most chemistry with her and it really showed in last night's episode.

*Stay or Go*: Stay, which means the final rose for Lauren B.!

**Related Link:** [Celebrity News: 'Bachelorette' Emily Maynard Opens Up About How She Finally Found Love](#)

JoJo: I think Ben and JoJo have great chemistry, but her family caused too many problems for the hometown date.

*Stay or Go*: Unfortunately for JoJo, I think it's a go.

The Bachelor *airs on ABC on Mondays at 8/7c. Check back next week for our recap!*

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# Dating Advice: Love the Way You Search For Love With Online Dating



By [Michelle Foti](#)

Imagine standing in a crowded bar with the music blasting, the lights down low, someone's drink spilled on you, and a bar fight breaking out five feet away. Definitely not the way to

meet the man of your dreams, is it? Your quest to find your knight in shining armor is not looking too good, so why not just stay home curled up on the couch with your computer on your lap and search for a guy online?

If your fear of being catfished (remember [Manti Te'o?](#)) is stopping you, just wait until it's last call and the lights come on. Did he really have a biker ponytail and face tattoo the whole time? Online dating can save you so much time and money while you search around for someone you really like. In addition, you will be able to research potential matches, have time to plan your responses, and use actual science to help you find matches.

A great way to start online dating is by trying out a few sites and seeing which you like best. Luckily, reputable sites like these that also offer free trials can be easily found [at DatingAdvice.com](#). By signing up for these free trials, you can usually peruse others images, profile text, and sometimes even contact them. Either way, you will be able to choose a site that you are most comfortable with and that matches your dating goals.

## Dating Advice: 5 Advantages to Online Dating Over the Bar Scene

**1. Cool, confident, collected:** If your face turns red, you look down when you talk, or you get sweaty palms when you're nervous, it sounds like you may not make the best first impression on the guy at the end of the bar. One of the many perks of online dating is that it takes that pressure off. After you've messaged someone on a site, you can start texting and even talking on the phone. It's a process of communication and can take as long or as short as you both want before meeting in person. When you're ready to talk to him, you can be cool, confident, and collected. You can even have stock conversation ready to go next to your long list of cute and

witty comments. Moreover, you can even take your time to plan your wardrobe, whether you want to be sweet and sexy like [Jessica Alba](#) or New York City Chic like [Kelly Ripa](#).

**2. Take a second and think about it:** Think about whether or not you can see yourself with this person. Is this the man you imagine in first date selfies, engagement photos, and standing at the altar? Online dating allows you to take your time to decide on these important factors. There's no last call on a dating site.

**3. Check him out without him knowing:** If he catches you checking him out in person, he may take this as an invitation to approach you. But when you search for love online, you can decide first whether or not he's your type for reasons that stem beyond his perfect hair and rock-solid chest.

**4. Investigate thoroughly:** When you meet someone at a bar, you won't know until you get home (unless you take your smartphone to the bathroom), who that person really is that you are spending your time talking to. When you date online, you have more time to take his name and plug it into Instagram, Facebook, or even Google away. You can find out more than his relationship status including any criminal history, if he has a job, if he has kids: all things that are important to know!

**5. Matchmaking science, not vodka:** This time it's not your drunken best friend pushing you into the arms of disaster, but a matchmaker and science pushing you into the arms of love. It's not about who is checking you out, who bought you a drink, or who the last man standing in the bar is, it's about compatibility. There are even studies that show that online daters find someone within 6 months of going online, so any cost you do decide to spend is actually reasonable.

**What benefits of online dating have you experienced? Share in the comments below!**



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# Relationship Advice: Author Kira Asatryan Talks Loneliness and Relationship Problems



Interview by [Emma Malefakis](#). Written by [Mary DeMaio](#)

Everyone experiences loneliness at some point in their life. Loneliness isn't just something that happens when we are physically separated, but can also arise in the presence of others when we fail to build strong connections. The new self-help book by certified relationship coach Kira Asatryan, gives



readers [relationship advice](#) on how to create closeness to fulfill human interaction. Her book, *Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships* suggests many helpful approaches for satisfying long-term relationships, as well as casual companionship's through knowing and caring for others. In this exclusive author interview, Asatryan talks about how closeness is established on a deeper level to understand people from their own perspective.

## **Author Opens Up On Best Relationship Advice When Feeling Lonely**

**To start, we love the premise of *Stop Being Lonely*. Can you give us some background on what inspired you to write this book?**

I have been interested in the topic of loneliness for years because I have experienced a lot of it myself over the course of my life. I found it really frustrating and confusing mainly because I have always had relationships with people and always had people in my life, so I didn't quite understand why that wasn't enough to make me not feel lonely all the time. That is why I wanted to explore the distinction between having people in your life and having a certain quality in one's relationship.

**Related Link:** [Kate Gosselin Reveals She's Lonely on Dr. Drew](#)

**What do you feel the primary cause of loneliness is in our culture?**

There are a number of things that have made it so that people are becoming lonelier. The trends say that the amount of people feeling lonely is increasing. It is up 30 percent over

the last couple of years. One thing that is sort of crazy to me is that we have more and more access to each other than we ever had before through technology specifically. It is an interesting counter-intuitive thing that we have more access to people and yet loneliness is increasing.

**How would you say online dating impacts loneliness in a relationship? Can you explain if it sets a precedent for communicating only via email/text?**

Online dating is starting to be studied in depth both how people use it and how it is affecting people. At this point, the results are that online dating is just really complicated. Both men and women are struggling with how to interact with each other over these mediums. I think you are right, it does set a precedent of leading these relationships through text, email and messaging. One thing we do know is that you cannot get very close to somebody unless you interact with them in person.

**Related Link:** [Relationship Author Daisy Buchanan Shares Her Dating Advice For 'Meeting Your Match' Online](#)

**You mention that the cure to loneliness is closeness. Can you explain how closeness would cure loneliness in a romantic relationship?**

In the social science world, people tend to typically say intimacy when they are talking about romantic relationships. To me, intimacy encompasses what I define as closeness and also the sexual component. I talk mostly about the closeness component because it applies to more relationships than just your sexual relationship. Closeness, as I define it, is direct access to another person's inner world. I say that it is the antidote to loneliness because the kind of loneliness that we are experiencing these days is not really a lack of people, it is a lack of feeling like we can really understand each other and that we are really valued by the people in our lives. So

closeness kind of minimizes that internal distance that we are feeling, which creates the feeling of loneliness.

**What advice would you give to a couple who has relationship problems and is struggling with loneliness?**

Loneliness in romantic couples is challenging because if you are already in a committed relationship, say a marriage, you have to start at a different place than you would if this was a new person that you just met. In general, I say people should create closeness by knowing and caring. Knowing means getting to know the person on a deeper level and understanding them from their own perspective. Caring means showing them that you are interested and that you matter to them. For couples who are already married or in a committed relationship, I would start with the caring part because the couple that has been married for 10 years would typically say we know everything about each other. Whether or not that is actually true, that is what they believe. Caring and showing the other person that you appreciate them or support them can really diminish quickly in a marriage, so bolstering that side of it up can make a huge difference.

**What dating advice would you give to someone who is holding out and not dating because they haven't met anyone who has all the criteria on their checklist?**

I would say that there is value to taking that step to meet someone in person if you are at all interested in them. Don't go into a date prepared that the other person might be totally terrible and you might regret doing it. My relationship advice is to view it as an opportunity to get to know the person, especially if this is an online situation. It is basically impossible to know if someone is a good fit for you on deeper level through the online stuff. So as painful as it can be, if you can get yourself out there to meet them, I think that is the right thing to do.

Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships is available now on [Amazon](#). For more on Kira Asatryan visit the [Stop Being Lonely website](#) and check out Kira's twitter at <https://twitter.com/kiraasatryan>.

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## Dating Advice Q&A: Is It Ever Okay To Go Through Your Partner's Phone?



Question from Carrie F.: My boyfriend and I have been dating for over a year, and lately, I've been worried that he's

*talking to an ex behind my back. Is it okay if I look for proof on his phone before I confront him? I don't want to say anything to him unless I'm 100 percent sure.*

If you're looking for [dating advice](#) about whether or not it's ever okay to go through your partner's phone, keep reading to find out what our relationship experts advise!

## Dating Advice About Going Through His Phone

[Suzanne K. Oshima, Matchmaker](#): While no one wants to find out that their boyfriend is still talking to his ex, a sure-fire way to kill your relationship is with your insecurity. If you think he's still talking to his ex, ask him in a curious and non-confrontational way. Then, watch his reaction. If he doesn't have anything to hide, he may mention that he keeps in touch with her in a non-romantic way. If there *is* something going on, he'll probably get defensive and try to cover things up. Either way, if you want the relationship to last, it's important to be able to trust each other and have open communication.

**Related Link:** [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

[Paige Wyatt, Reality TV Star](#): After a year of dating, you and your partner should be able to communicate truthfully and openly, so if you're feeling uncomfortable about him keeping in touch with his ex, talk to him. Snooping in his phone might make it worse, as he may get defensive and angry, which will put you both in a bad spot. If you don't feel comfortable speaking with him, it's time to reevaluate the relationship and see if it's worth the confrontation.

**Related Link:** [Relationship Advice: 5 Ways to Know Your Partner is Lying to You](#)

[Robert Manni, Guy's Guy](#): The answer is no. Successful relationships are built on trust, honesty, and clear communication. Snooping in a partner's phone is a breach of trust on your part. I doubt you would approve of his perusing your personal correspondence behind your back! If for some reason you're concerned that your guy is still in touch with his ex, just ask him. You will get a response. Then, you can decide if what he says is acceptable or if a deeper conversation about your relationship and expectations from one another is necessary. Above all, approach the process from a position of respect for your partner, your relationship, and, most importantly, yourself.

*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](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to going through your partner's phone? Share in the comments below!**

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## **Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive**





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

Despite what the tabloids may say, not all celebrity relationships go down in flames. Joanne Woodward and Paul Newman were happily married for 50 years; Michael J. Fox and Tracy Pollan found lasting love; and Tom Hanks and Rita Wilson are still going strong. It may take a little extra effort to keep the love alive through the years, especially if you and your significant other have forgotten how to connect or are stuck in the same routine. But with some [relationship advice](#), the passion is sure to ignite again!

**Consider the relationship advice below to add a little spice to your**

# Love Life:

**1. Get back to the basics:** As an experienced couple, you know what makes your love tick. It could be surprise kisses, breakfast in bed, watching the sunset together, or enjoying old movies. The relationship advice that I encourage you to consider is to think back to the little things that made your partnership exciting over the years. Even holding hands or taking the time to express specific things you love about one another can make a big difference.

Leslie Stubenvoll, director of social services at [Palm Terrace Healthcare and Rehab](#) in Laguna Woods, CA, said, “The couples that shine the brightest are the ones that make the effort to hold hands, be extra nurturing, and pay attention to the other’s needs.” Sometimes, the most romantic thing you can do is give simple reminders and signals that they’re on your mind.

**2. Go on a walk together:** Quality time is a must when it comes to romance. Walking is the perfect way to spend quality time, share meaningful conversation, and even do some of that hand-holding! You’ll have the opportunity to reconnect, get some exercise and fresh air, and take a break from your usual routine.

**Related Link:** [Enjoy a Secret Sunset on Your Next Date Night](#)

**3. Plan a photoshoot:** Over the years, you’ve probably taken many family photos with kids, grandkids, and a wide range of color-coordinated outfits. Try doing a photo shoot of just the two of you. Dress up in your favorite clothes, drive to your favorite spot around town or in nature, and have your photos professionally taken. Not only will this be a fun way to spend time together, but it’ll also give you romantic photographs to hang up around your home. Not to mention, during the photo shoot, you’ll be reminded of how her eyes sparkle or how his smile makes your heart skip a beat!

**4. Take a road trip:** Your favorite tunes, good food, new sights, and the endless road add up to one great date idea. A road trip could be just the trick you need to rekindle your romance. Try adding a little excitement by making the destination unknown or researching a bed and breakfast where you two can spend the night.

**5. Go on a scavenger hunt:** This romantic idea is a fun twist on a road trip. Map out all the places that are significant to your relationship, including favorite restaurants, places you love to walk, or locations of good memories. You can design it as a scavenger hunt with the final location being somewhere new to both of you. By the end of the day, you'll both be reminded of the history that's made your relationship strong.

**6. Focus on intimacy:** Some couples struggle with intimacy as they grow older. A [healthier](#) sex life between you and your partner could be the key to your romance struggles. If your relationship is lacking in this department, trade in a date night for a weekend getaway. For an even simpler idea, light some candles to set the mood. Intimacy is essential to connecting as a couple and can often be a romantic experience for both parties.

**Related Link:** [Date Idea: Enroll in a New Class](#)

**7. Explore new hobbies:** Learning something new is a great way to bond and make exciting memories with your loved one. Take up golfing or attend an art class. The two of you will have something new to share while spending meaningful time with each other. This kind of experience can help shake up the routine and reignite the romance.

**8. Learn about your love language:** Sometimes, the best way to increase romance is to learn how you and your partner want to be loved. One of my favorite books is [The 5 Love Languages](#). The book outlines the five possible ways most people want to receive and give love. Understanding how your partner wants to

be loved, whether it's through acts of service or words of affirmation, will help you connect and feel the love on a deeper level.

It's never too late to turn up the heat in your love life. Try out some of these tips, and the flame of your romance will be reignited!

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

**How do you and your sweetheart keep the romance alive? Comment below!**

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## **Celebrity News: Lea Michele Splits from Matthew Paetz After 2 Years of Dating**





By Myesha Cobb

Unfortunately, after two years of dating, [celebrity couple Lea Michele](#) and Matthew Paetz have ended their [celebrity relationship](#). The latest [celebrity news](#) was confirmed by [UsMagazine.com](#) and apparently came as a surprise to the 29-year-old actress. “He had enough,” a source said. “She was completely crushed.” But will they ever get back together? The odds aren’t looking good. “He won’t take her back,” the same source mentioned.

**This celebrity news is definitely unfortunate. What are some things you can do to reclaim your independence post-split?**

**Cupid’s Advice:**

It breaks your heart when you are completely blindsided by a break-up! You feel like you are at a loss for words and don’t

know how you are ever going to recover from it. But don't worry! Here are some suggestions for how to reclaim your independence during those "after break up blues":

**1. Take some time for yourself:** Sometimes not being in a relationship is a good thing! Don't always think not being in a relationship anymore is the end of the road. There is nothing wrong with taking time out for yourself and not looking for a relationship for a while.

**Related Link:** [Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now](#)

**2. Do something to make you feel like "you" again:** Reclaiming your independence can make you feel like a brand new person. Do things that you know that only YOU like and that maybe your past partner wasn't a fan of. You'll be feeling "brand new" and independent in no time!

**Related Link:** [Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke](#)

**3. Date yourself:** Yes, you read correctly! Date yourself. Nothing says I'm reclaiming my independence like taking yourself out on dates. Go see a movie or treat yourself to some dinner!

**What are some ways that you have reclaimed your independence after a break-up? Share your love advice below!**

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## **Dating Advice: 4 Signs He's**



# About to Say 'I Love You'



[By Katie Gray](#)

Love is such a beautiful thing. When you're in a new relationship, there's no doubt that it's an exciting time, as we get to truly know the other person we have developed feelings for. That being said, there are also tons of thoughts swirling around your head. A big one is, "When is he/she going to say 'I love you'?" Cupid has some [dating advice](#) on how to look for signs that he's about to utter the L word.

**This [relationship advice](#) is sure to help you as you navigate your way**

# through the journey of love!

Whether you feel like your partner is about to say they love you or if you just think they might, there are signs to tell if they really love you and are going to stand the test of time. Cupid has some dating advice on the four signs to look for:

**1. He's spending tons of time with you:** A sure sign that he's going to confess his love for you is if he's spending a ton of time with you. Guys don't eagerly spend time with people who they don't have strong feelings for. It's for sure a sign if he's busy, but still makes time for you. If he's the one initiating the get together, you know he cares and is on his way to saying those three words that mean the world!

**Related Link:** [Relationship Advice: 10 Actresses To Look To For Guidance](#)

**2. He displays sweet gestures:** When your partner is making a lot of effort and is giving you random acts of kindness, you know that they care and are a keeper. When they cherish you, they make sure to display sweet gestures for you. It's a definite sign that he likes you and is going to say "I love you" soon. Why would they put in effort if they didn't care? When they go out of their way to do something, it's because they genuinely care.

**3. He can't keep his hands to himself:** Take a cue from Selena Gomez's hit song. When your partner wants to always show affection, hold your hand, run their fingers through your hair, kiss you and hug you, it's a sign that they're most definitely falling for you.

**Related Link:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**4. He remembers everything:** When people remember things you

have said or done in the past, it's because you know they truly care. People don't remember things that don't matter to them. If your partner remembers dates, like the firsts of the relationship, it's because they do care deeply for you.

**What are some signs you knew your partner was about to say 'I love you?' Share your stories below!**

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## **Expert Dating Advice: Mastering the Nonverbal Cues of Flirting**



By Jared Sais

I have written a lot of articles over the years offering [dating advice](#), but perhaps none as special as this. This is what my new book (still in the works) is all about. I won't give away all the secrets I have, you'll have to read the book to get them yourself, but I will give you a few nonverbal cues to be on the look-out for and tips on how you can master them yourself. The truth is, if you were to perfect these flirting cues, you just might have lines of people waiting to get to know you. Some of these cues may seem overly simplistic, you may even say "oh come on, give me something I don't know." Yes, you may know how to smile, but for how long? Do you show teeth or not? Is your head tilted to the side or down? What are you doing with your hands as you smile? Are you looking at the person you're smiling at? Did you just smile for too long? Does that make it creepy now? This, I must teach you.

## **Expert Dating Advice: Nonverbal Cues of Flirting**

If I asked what the first way people greet one other is, you may say with a wave, a smile or a handshake. Would you be surprised to learn that all of these are wrong? Maybe you'll be the first few to know that it is via eye contact. You may know that eye contact is important, but how long do you look for? Are you looking into the eyes, lips and or body? Not so easy, is it? Yet, it is so important. Eye contact is the first thing I observe that will tell me if two people will be a strong match. People will gaze into each other's eyes and not even consciously know. I know the exact amount of time that looking into someone's eyes means uninterested or extreme attraction. What would you do with this gift? I have helped a countless number of clients find true love, I have used it to find true love myself, and now I am using this gift of dating advice to write a book to help the masses. You can read my

other posts about relationship and dating advice on CupidsPulse that tell you how to smile, how to spot a real versus fake smile, or how to give good eye contact, so I'll skip these things.

**Related Link:** [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

**1. Lick lips/attention to your mouth.** You have to understand that there are nonverbal cues that will trigger reactions from us. We stand no chance to this trigger. Putting attention to your mouth, such as a lick, a bite or nipping at a straw will trigger a response from the person you are targeting. Think of it like this, if I were to ask you "how are you" you would probably say "good, and you?" Now, you may not be good but that's what you say in response to that question; it's an automatic response. So by drawing attention to your mouth, you are creating an automatic response, triggering your target to approach you and start a conversation. If you want attention from that special someone, make your lips the focal point.

**Related Link:** [Expert Dating Advice on How to Flirt with Men](#)

**2. The trifecta.** Slightly tilt your head down (chin closer to your chest), look up at your target and perform a slight smile. The smile should be closed mouth when the head is down, but when you pick your head up you can open your mouth to show teeth. If you are a woman, you can pull your hair back or tuck it behind your ear. This is a three step nonverbal cue that will bedazzle your person of interest. It sends a strong message that you're interested and are willing to have a conversation. It should not look creepy or forced, so before you go out, try it out. I tell my clients to practice this nonverbal trifecta in the mirror and to break up the trifecta into steps, then mash it all together. This can be quick, lasting a few seconds in time.

**Related Link:** [Body Language to Create Instant Attraction](#)

**3. Separate from group.** Almost no man will approach a big group of women and rarely in America does the woman approach the man. As the woman you need to separate from the pack and make yourself approachable. Also, you may want to leave behind your wing-woman/wing-man if that person is the “mother hen.” The mother hen tends to be a bit over-protective; men don’t need a background check when first approaching you, don’t let “mother hen” send him away from you. Instead, go alone to the bar and get a drink or take a friend who is fun and can create conversation to help the flow of your first meeting.

If you can perfect these dating tips from a dating expert, you will see just how quickly people will approach you. Have fun.

*[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.*

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## **Celebrity Couple News: Taylor Swift Takes Calvin Harris to Grammys Afterparty**







By Myesha Cobb

Looks like things are getting good with [celebrity couple Taylor Swift](#) and Calvin Harris. The two were seen together at a Grammy's afterparty after Swift won three awards at the star studded event on February 15th. The couple have been in a [celebrity relationship](#) now for 10 months and were seen chatting with other party goers and enjoying the events of the evening's after party.

**It seems this celebrity couple is still going strong! What are some ways to show off your new relationship to family and friends?**

**Cupid's Advice:**

When you have a new beau, you want to show them off to everyone that you love in life! But, you want to make sure you introduce them in the best way possible. Here are some

suggestions to show off your new love interest:

**1. Have your partner introduce themselves:** Call it “old fashioned,” but friends and family will appreciate the effort! Plus, your partner will look good introducing themselves and socializing with those who are important in your life.

**Related Link:** [Expert Dating Advice: How To Impress Her Dad](#)

**2. Plan a mini vacay:** Nothing says “Come and meet my new beau,” like taking a trip with your friends, family and new partner on a little trip. Even if it’s just to the beach, it gives great opportunity for you to show off your new relationship.

**Related Link:** [Celebrity Couple Taylor Swift and Calvin Harris](#)

**3. Host a dinner party:** Having a quiet, intimate gathering at your house or a favorite restaurant with your friends and family is a great way to show off your new relationship. Who wouldn’t want to socialize over bread and butter?

**What are some ways that you’ve showed off your new relationship to friends and family? Share your love advice in the comments below!**

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**Relationship Advice: 10  
Actresses To Look To For  
Guidance**



[By Katie Gray](#)

Lights. Camera. Action. There are so many talented actresses in Hollywood who represent strong, beautiful, classy, hard-working, empowering females. They not only play strong female leads on screen, but they are strong females who lead in the real world by their actions. These women are great role models whom we can seek [relationship advice](#) from in our love lives, as well as in our careers.

**Need relationship advice? Cupid has compiled the 10 actresses to seek guidance from:**

1. [Jennifer Lawrence](#): This leading lady in Hollywood has accomplished so much. The Oscar winner is all about empowering

women and creating wage equality between genders. She even wrote a wage inequality essay that all women can relate to! The *JOY* star has also maintained the right amount of publicity when it comes to her intimate [celebrity relationships](#). She doesn't hide anything, but doesn't publicize everything either. There was also a revealing leaked photo incident, which she handled like the class act that she is!

2. [Kate Hudson](#): This beauty has made films we all love, and so has her mother, Goldie Hawn. The release of her new book *Pretty Happy: Healthy Ways To Love Your Body* also encourages women to embrace themselves. She's a great mentor for health and fitness, and she even has a line of athletic gear called Fabletics.

**Related Link:** [Kate Hudson Would Marry Fiance Matt Bellamy 'For the Kids'](#)

3. [Mila Kunis](#): *That 70's Show* never gets old! This actress is happily married to fellow actor, Ashton Kutcher. The married pair has a beautiful daughter together who they dote on. We can learn a lot about their [celebrity relationship](#) by watching their dedication to parenting!

4. [Jennifer Garner](#): This television and film star has had many hits. Do *Alias* and *13 Going On 30* bring back any memories? Although she's going through a divorce from Ben Affleck, she shows us how to maintain maturity even after you're separated and not a famous couple anymore. Jennifer really just lives for her children, and it's something we can all strive for!

**Related Link:** [Lessons From Jennifer Garner and Ben Affleck](#)

5. [Reese Witherspoon](#): As America's Sweetheart, Reese Witherspoon can play literally any role. Whether she's singing as June Carter in *Walk The Line*, being a lawyer on *Legally Blonde* or an innocent Catholic student in *Cruel Intentions*, she brings her heart and soul to her work and the role she is playing. She has two children with her ex-husband

Ryan Phillippe, and remarried in 2011 to Jim Toth (talent agent and co-head of motion picture talent at Creative Artists Agency where Witherspoon is a client.) The pair have a son together, Tennessee James, who was born in 2012. She's the perfect example of having a career and making love the second time around work.

6. **Jennifer Aniston**: Jennifer Aniston will forever have a place in Hollywood. She won the world's hearts for her portrayal of Rachel Green on the hit series *Friends*. She is also one of the highest paid actresses in the industry, and in 2012, she received a star on the Hollywood Walk of Fame. Her marriage and subsequent **celebrity divorce** from Brad Pitt, had everyone talking for years. Now, she is happily married to Justin Theroux as of 2015. She's a great example of having a career first and then finding love when you're mature and ready. It's never too late and honestly, she is still young!

7. **Julia Roberts**: Julia Roberts will go down in Hollywood history as one of the best actresses of all time. The Academy Award and Golden Globe winner, broke out with the romantic comedy *Pretty Woman*. She also played another iconic female lead, Erin Brockovich. She was married for a couple years to Lyle Lovett in the 90's, but she has been happily married to Daniel Moder since 2002. They have three children together. Roberts is also the aunt to actress, Emma Roberts, who is inspiring to young girls. It runs in the family!

8. **Angelina Jolie**: The proud mother of six and wife to Brad Pitt, Angelina Jolie proves that having a good heart will always prevail. She has adopted multiple children and has had biological children as well with husband Brad Pitt. She is also known for her humanitarian work, women's rights efforts and spreading positive messages about inner beauty.

9. **Gwyneth Paltrow**: Actress Gwyneth Paltrow is the proud mom of two children and is very into healthy eating. She's divorced from Chris Martin, the front man of the hit

band, Coldplay. The pair are a great example on how to stay cordial and friendly with one another after separating, for the sake of their children. They still have a good friendship.

**10. Tori Spelling:** Donna Martin graduates! The daughter of legendary television icon, Aaron Spelling, is Tori Spelling who has inherited her father's work ethic. Outside of her career as an actress and author, she shows us that family is the most important thing. She has four children with her husband Dean McDermott. She puts her efforts into parenting and her marriage, this is her first priority!

**Who are your favorite actresses to look to for guidance? Share with us below!**

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## **Expert Dating Advice On How To Flirt With Men**







In this week's episode of [Single in Stiletto's](#), founder of the [dating advice](#) site and matchmaker Suzanne Oshima sat down with dating and flirting expert, Tracey Steinberg to share tips on how to flirt with men.

## Dating Advice On Flirting With Men

Civil litigation attorney turned dating expert, Steinberg knows a thing or two about men, love and how to get him to fall in love by the power of flirting. "Flirting is one of life's greatest pleasures and if you're missing out on it that's a shame," Steinberg says. "As women it's our right to flirt, let's not give that up." Below are a few of her tips on how to flirt with men!

**1. Eye contact.** Flirting is about nonverbal language and your inner voice shines through your eyes. Show him you're interested in him by making strong eye contact, while keeping the spoken conversation light and fun.

**Related Link:** [Dating Expert Gives Five Body Language Cues to Look for on a First Date](#)

**2. Complement freely.** Confident men love to be around women who make them feel confident and who support what makes them so confident. A great piece of dating advice: men love being complimented just as much as women. Steinberg said men swoon over compliments about features like their biceps, because they work out routinely waiting for a cute girl to notice.

**Related Link:** [Expert Dating Advice About Dating Traps to Avoid](#)

**3. Align yourself with his passions.** If you're talking about what he loves, he's going to love talking to you. Maybe the conversation will continue to a second date at a fancy restaurant (we like the way Steinberg thinks!). If you find yourself wanting to have this conversation, but getting lost in it, be honest and have him teach you a thing or two. He'll love it.

**4. Let him feel confident that you're interested.** The relationship expert said even the most confident men fear rejection. If you really want that date with him, make it clear to him that you would go on a date with him. Men need to be built up just like women do.

**Related Link:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**5. Light conversation.** This is not your therapist you're talking to, in fact he's hardly more than a stranger: do not spill your problems out on the table. Keep the conversation light and silly; keep up the enthusiasm and talk about things that make you feel confident. And never forget to be the authentic woman you are!

These dating tips should help you land your first date with your new, big-biceped guy and once you do put Steinberg's best piece of dating and relationship advice to work: "Treat him like royalty."

*For more relationship advice videos and additional information*

Single in Stilettos show, click [here](#).

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

What's your best piece of advice for how to flirt with men? Share with us in the comments below!

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## Dating Advice: Authors of 'The Marriage Test' Reveal How To Confirm Compatibility Before Vows





[By Mary DeMaio](#)

Perhaps one of the most important decisions you can make is deciding who that special someone should be waiting at the end of the aisle. In the new self-help book by Jill Andres and Brook Silva-Braga, the couple shares their best [dating advice](#) on the issues that can strengthen or terminate a relationship and love prior to their union. Their book, *The Marriage Test: Our 40 Dates Before 'I Do,'* is designed to test the depth and durability of the relationship to see if their love can survive real life scenarios through 40 simulating challenges. This book is sure to give you a few interesting date ideas! In this exclusive author interview, the duo talks about their dating advice to confirm compatibility before proclaiming any vows.

## **Relationship Authors Open Up On Best Dating Advice Before Saying 'I**

# Do'

**To start, we are so excited for your new book! Can you give us some background on what made you decide to open up about your dating experiences?**

**Jill:** After dating for several years, we reached a point that a lot of couples face: You really love each other, but it's hard to know if you should get married when the things that cause problems – sharing finances, raising a family – you don't typically face when you're dating. So we came up with activities to test ourselves and our relationship before making that big decision. We learned so much going through this test that we thought other couples could benefit from hearing our story!

**Related Link:** [Relationship Advice: Authors of 'The Marriage Boot Camp' Reveal How to Build A Rock Solid Relationship and Love](#)

**What made you choose forty dating challenges, not more or less? And how did you decide what obstacles you should do together?**

**Brook:** It could have been more or less but 40 gave us a chance to try lots of different things in a lot of different categories. We started by thinking of ways to simulate some of the problems married people face—*Oh we could swap credit cards*—and then when we started telling people about the idea they all had their own suggestions for dates to try.

**In what ways do these dating challenges prove that you are compatible with someone? Can you explain which one is the most beneficial in strengthening a relationship?**

**Jill:** More than anything, they show your willingness to work through hard things because the activities are designed to cause tension. We cut our budget in half for a month and it

really stressed our relationship more than we thought it would. But it also helped prove that we could get past that tension and still want to be together.

**Related Link:** [Four Dates and a Wedding](#)

**I'm sure you have some interesting stories from trying out all of these dates! Can you each describe a funny or unusual situation that you found yourself in on these dates?**

**Brook:** We did a date where we went out with each other's exes and both those afternoons were memorable. First, we went out with Jill's ex-boyfriend and he spent the whole lunch talking about how he'd never met anyone as good as Jill—I was afraid he might try to take her back. Then, we went out with my ex-girlfriend and she spent an hour and a half explaining why her husband is better than me. I was glad when that date was over.

**Jill:** We spent a week trying to simulate having a newborn and not letting ourselves sleep for more than three hours at a time. Then we'd have to finish a chore like doing laundry or cleaning our bathroom. By the end of the week I was a walking zombie, barely able to get through the day. It wasn't so funny at the time but it's funny to think back on.

**After going on these 40 dates, we have to ask...How do you both feel these marriage tests prepared you for your own marriage?**

**Brook:** I really think they prepared us well. They forced us to discuss some awkward stuff that otherwise we would have avoided as long as we could. Instead, by the time we got married, we had worked through lots of hard stuff—like what religion we'd raise our kids and how we would change our last names—it made our first year of marriage pretty worry-free.

**Our visitors are always looking for advice on how to make the most of their personal lives. So what advice would you give to couples who are struggling to keep the spark alive in their**



**relationship?**

**Jill:** In a word: communication—do more of it. As for the sexual spark, we did a couple fun activities people can try. For a week we dared ourselves to have a different kind of sex every day—it was a good way to get out of old bedroom habits. We also did a date called “Sex Seen,” where we agreed to re-create every love scene we saw in TV and the movies.

**On the other hand, what message do you have for readers who are struggling to break up with their partner, even though they know it’s the right thing to do?**

**Jill:** Be brave. Ending up with someone who isn’t the right fit isn’t good for either partner. It’s better for both of you to break up sooner rather than later and start moving on. Plus, imagine how painful it would feel to your partner if they found out you’d been considering breaking up with them for a while.

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

**Brook:** It’s hard to be honest with yourself and your partner about the shortcomings in a relationship. Especially for a couple who are serious enough to be considering marriage. Your lives are so intertwined that the possibility of breaking up is really scary. But our love advice is that we think it’s much better to honestly confront those things now than pushing them off or wishing them away.

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

**Jill:** We’re inviting other couples to try some of the dates and tell us how it goes—their stories are being published on our blog. You can go to [themarriagetestbook.com/quiz](http://themarriagetestbook.com/quiz) to get some date suggestions.

The Marriage Test: Our 40 Dates Before 'I Do' is available now on [Amazon](#). For more on Jill Andres and Brook Silva-Braga visit The Marriage Test [website](#) and check out Jill's Twitter at <https://twitter.com/jillyjill7>.

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## Kris Jenner Gives Her Best Dating Advice



By [Jessica DeRubbo](#)

[Kris Jenner](#) was all about giving some important [dating advice](#) on *Elle.com* recently, according to [UsMagazine.com](#). Among other things, she discussed how the best way to live within

singledom is to be yourself. She said, “Don’t try too hard. Because if you’re not your true self and putting on a lot of airs, then I think what’s going to happen is when you finally come up for air, it’s going to be really uncomfortable trying to keep up with that.” For the past two years, the reality TV star has been in a relationship with Corey Gamble, [Justin Bieber](#)’s former tour manager. She’s been through heartbreak with Bruce Jenner, and she’s certainly qualified to give important [relationship advice](#) to the masses.

**This celebrity news shows those who have been through a lot are often times the best at giving dating advice. How do you know if a source is reliable for relationship advice?**

### **Cupid’s Advice:**

Sometimes you’re floundering in your relationship and you need reliable advice. The fact of the matter is, not all dating advice is created equal. Cupid has some tips that the advice you’re getting is legit:

**1. It’s substantiated:** Whether it’s through academic research or tons of experience, the advice someone is giving you needs to be substantiated in some way. Don’t just take someone’s word for it. Always ask, “Why?”

**Related Link:** [Dating Advice: How To Get Noticed on Dating Sites](#)

**2. The book is published through a big name publisher:** If you’re getting your advice by reading a book, it’s often a

good sign if the book was published by one of the well-known publishers. Often times independent publishers release 100 copies of a book, and those aren't the ones you want to take as a say all end all.

**Related Link:** [Dating Experts Share Best Online Dating Advice](#)

**3. You're close to the person giving the advice:** Obviously family and friends only want you to be happy, so they aren't going to purposely steer you in the wrong direction. What they say probably holds more truth than someone who's a stranger and is spouting off ideas.

**What are some other ways to know the advice you're getting is reliable? Share your thoughts below.**

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## **Celebrity Interview: 'Ex Isle' Executive Producer SallyAnn Salsano Talks Reality TV**





By Katie Gray

Queen of reality TV and seasoned executive producer, SallyAnn Salsano, is known for producing hit reality TV shows like *Jersey Shore* and *Party Down South*. She is also the founder and president of 495 Productions. In our [celebrity interview](#), Salsano talks about her new series that premiered on Jan. 8, *Ex Isle*, which is a groundbreaking series where five on-again, off-again couples endure extensive therapy in order to break free from those toxic relationships and love. The show is centered around the expert relationship advice from therapist, Dr. Ish Major, who counsels the couples through their time on the island.

## Reality TV Producer Talks Relationships and Love

While *Ex Isle* revolves around exes and toxic relationships, the executive producer is actually happily married. In our celebrity interview, Salsano says that she believes that “balance is key.” When you’re a busy EP on a few successful

shows, your schedule can get pretty tight. Salsano has to travel a lot for work, but she thinks that it is actually beneficial. "Some space is healthy and can strengthen many relationships," she says. "I think the key to a good relationship is to be honest about who you are and upfront about your lifestyle." Her dating advice is to "enjoy the time you spend together and be present."

## **Celebrity Interview: Executive Producer Talks Reality TV**

Getting over an ex is not easy, which is where the idea of *Ex Isle* came about. "I think we have all been there or lived it," Salsano says. "It's one of the most relatable shows I have been a part of." Salsano wishes that watching the show will help people realize that they are not alone. "We've all stayed in relationships too long for one reason or another. If you are not in one, it's likely one of your friends are," the executive producer shares. Viewers who fall into this common category get perspective while watching the show and their relationships can grow from it.

The reality TV guru says, "Imagine trying to get over someone by getting under someone else. Now add in that person you're trying to get over right there watching it all unfold, AWKWARD." That is essentially what *Ex Isle* is all about. The show deals with both sides; people diving into their temptations of old comfortable relationships and the flip side of being curious about new relationships and being pulled in that direction. The show proves to be especially beneficial to couples who are constantly on-again and off-again. "You aren't in a relationship, but you're so emotionally closed off that you can't meet anyone new," Salsano says. "The sad part is most people don't realize it and they waste a ton of time." *Ex Isle* is sure to open up new doors for people so that they can grow.



**Related Link:** ['The Ex and The Why' Producer SallyAnn Salsano Says Everyone Has Been in "Some Kind of Screwed Up Relationship"](#)

As an executive producer for reality TV, Salsano knows that people are curious how real the show is and wonder, "What if nothing happens?" However, the people on the show are what ultimately determine the success of the series. If the audience likes watching them then it will be a success. "Casting is key and an interesting process that we never rush or take lightly," Salsano reveals. The reality shows Salsano has worked on often involve many emotions and relationship dynamics. "Just like life, it always manages to get done," the producer says. "I am filming what they are actually doing and feeling, as it's happening." While working in close boundaries, cast and crew members often get emotionally attached as they get to know one another – it is inevitable. As Salsano says, "It's hard not to develop relationships with people." This is especially true in the workplace, because you become sort of like family. "I've been so lucky to work with so many amazing people and networks I love," she says.

**Related Link:** [Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss Show, "Love Handles"](#)

Salsano's famous show *Party Down South* is coming to an end soon. She explains, "If it were up to us I would have kept the party going forever. We are grateful to have had the opportunity to create this show and introduce the world to both casts." She noted, "It was life changing for us all (but the party will always be going on with this group)." Her exciting future projects include: another season of *Blue Collar Millionaires* that is coming up on CNBC, producing several *True Life* episodes on MTV and a new show on Lifetime called *The Mother/Daughter Experiment: Celebrity Edition* which will premiere March 10.

Be sure to tune in to Ex Isle on We TV on Friday's at 11/10c. You can keep up with Salsano's many projects on Twitter [@sallyannsalsano](https://twitter.com/sallyannsalsano)!

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## Celebrity News: Hometown Throw Down on 'The Bachelor'



By Emily Hoff

We are down to the final six on week seven of the reality TV show *The Bachelor*. Last night's episode definitely made [Ben Higgins](#) think about who he could see himself marrying, as he took the girls to his hometown, Warsaw, Indiana. In [celebrity](#)

[news](#), two girls were sent home this week and Ben also got some [relationship advice](#) from his parents this week, which made Ben think some things over.

## Celebrity News: 'The Bachelor' Ben Higgins Takes Girls To Hometown

In the beginning of the episode Ben takes Lauren B. on a one-on-one date. Showing Lauren B. all of his favorite spots in town, and a Youth Center where Ben worked before making big celebrity news week to week and becoming *The Bachelor*. The people of Ben's town really like Lauren B. and the little kids at the Youth Center said Ben should marry her. Lauren is nervous of how Ben sees her because of last week's Bahama Drama, however Ben eases those fears as these two have an amazing date, and he says he's not questioning her anymore. Lauren says she is not in love with 'Bachelor' Ben, but 'Warsaw, Indiana' Ben.

**Related Link:** [Celebrity News: Bahama Drama on 'The Bachelor'](#)

The next lovely lady Ben takes on the one-on-one date is JoJo. Ben takes JoJo to a Cub's game and she enjoys it, but says she's nervous around Ben because she really likes him. Ben's response to her nerves is that she needs to be more confident in love. By the end of this date, JoJo says she is team Ben. After this one-on-one, Ben takes Becca, Amanda, and Caila on a group date. By the end of the group date he ends up giving the rose to Amanda. Ben and Amanda then proceed to go on a one-on-one. On this date with Amanda, Ben takes her to McDonalds and a carnival. Amanda says she is close to falling in love with Ben. For Emily's one-on-one, Ben brings her home to his parents. Ben's mom said she talked a lot about herself, which makes sense because Emily is a nervous talker and doesn't seem serious when talking to Ben's parents. Emily is sent home from this one-on-one, and Ben also sends Becca home. So, who should

stay or go next week?

**Related Link:** [Celebrity News: 'The Bachelor' Travels To Mexico](#)

**Lauren B:** I think she is the front runner of this competition to see the least. Their date went so well and Ben and her have such good chemistry.

*Stay or Go:* I could see this girl staying in Ben's life forever, so a definite stay.

**JoJo:** I think another big contender for the final rose. Their date went well and I feel like she feels more relaxed and will open up more after her date with Ben

*Stay or Go:* Another definite stay!

**Amanda:** Amanda has great chemistry with Ben and he seems really into her. However, we will have to see how Ben reacts to meeting her kids next week to see if she is a contender for the rose.

*Stay or Go:* Could go either way.

**Caila:** Caila really didn't have a connection with Ben this week and was kind of ditched by him on the group date.

*Stay or Go:* I would say if she doesn't step up her game, she is a go.

Next week on *The Bachelor*, Ben will meet the families!

*The Bachelor* airs on ABC on Mondays at 8/7c. Check back next week for our recap!