

Will I Ever Find Love? Dating Advice for Women Over 40



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

1. Do something different: Look at what you've been doing in your search for love and try something new. "If you're not meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

Related Link: [Expert Dating Advice on Why You Shouldn't Give Up on Finding the Right Man](#)

2. Handle your anxiety: There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

Related Link: [Dating Experts Reveal How to Meet the Right Man](#)

3. Learn to acknowledge men: "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

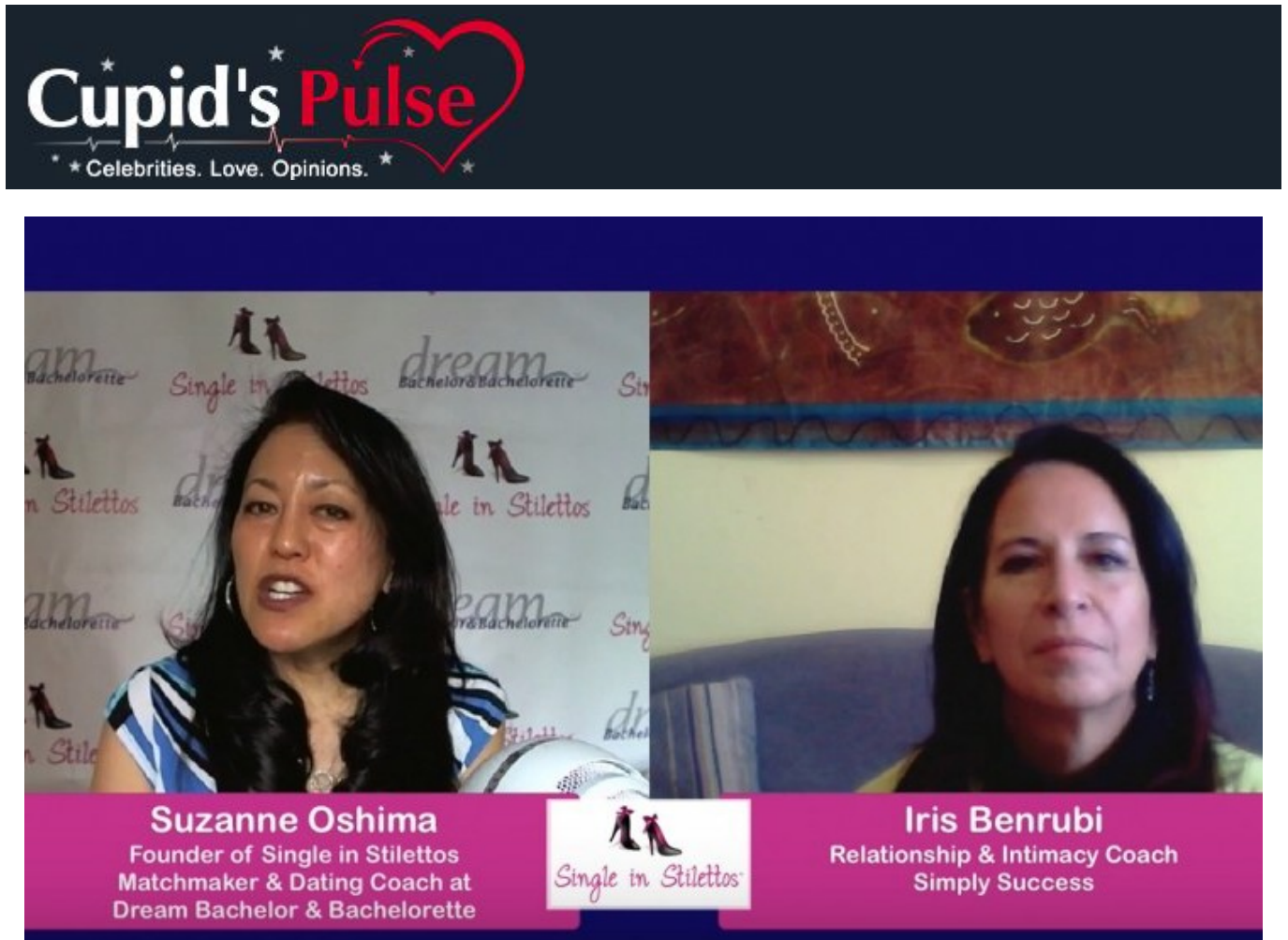
For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).

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

What is your best dating advice to meet the right man? Tell us in the comments below!

Dating Advice On How to Date

an Introvert



By [Jared Sais](#)

As a relationship expert, I understand that dating an introvert is a different experience than dating an extrovert. If you need a quick how-to, then follow my [dating advice](#) and these three main rules when dating an introvert.

Dating Advice: Dating An Introvert

Rule #1 – Keep it simple. The date should focus on getting to know each other. But simple does not mean boring; in fact introverts have the right idea. They would rather the fun come from the person than the venue. The idea is sound. Introverts want the person to bring at least 80% of the entertainment, the rest should be venue related (at least at first). The idea

is this: If you can hit it off at a quiet bar with almost no music or dancing, and you can laugh together, talk non-stop for two hours and make a seemingly boring venue seem like the most fun place in the world then you're worth their time, commitment and devoted trust. Introverts are not boring, so though they focus on the individual more than the venue it's your responsibility to spice things up. Come up with a few date ideas like creating games and asking questions. It's okay to push them a bit out of their comfort zone but ease into that. The goal is to be intimate, fun and to get to know each other.

Related Link: [Expert Dating Advice: How Do I Know If a Guy is Into Me?](#)

Rule #2- Tell the truth and be yourself. Introverts are less forgiving than extroverts when it comes to lying and pretending to like or dislike something. Introverts want to get to know the real you. If you're an extrovert who likes dancing that's fine, but don't lie about it. Introverts hold dear to being yourself and honesty. Again, they want to know the real you. If you fake who you are or lie then chances are you won't be held in the best light. Be yourself and tell the truth and they will love you. Just because they're introverts doesn't mean they want to date an introvert. So if you're like me and a big extrovert, its okay. They will love you if you're kind, honest, and trustworthy.

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

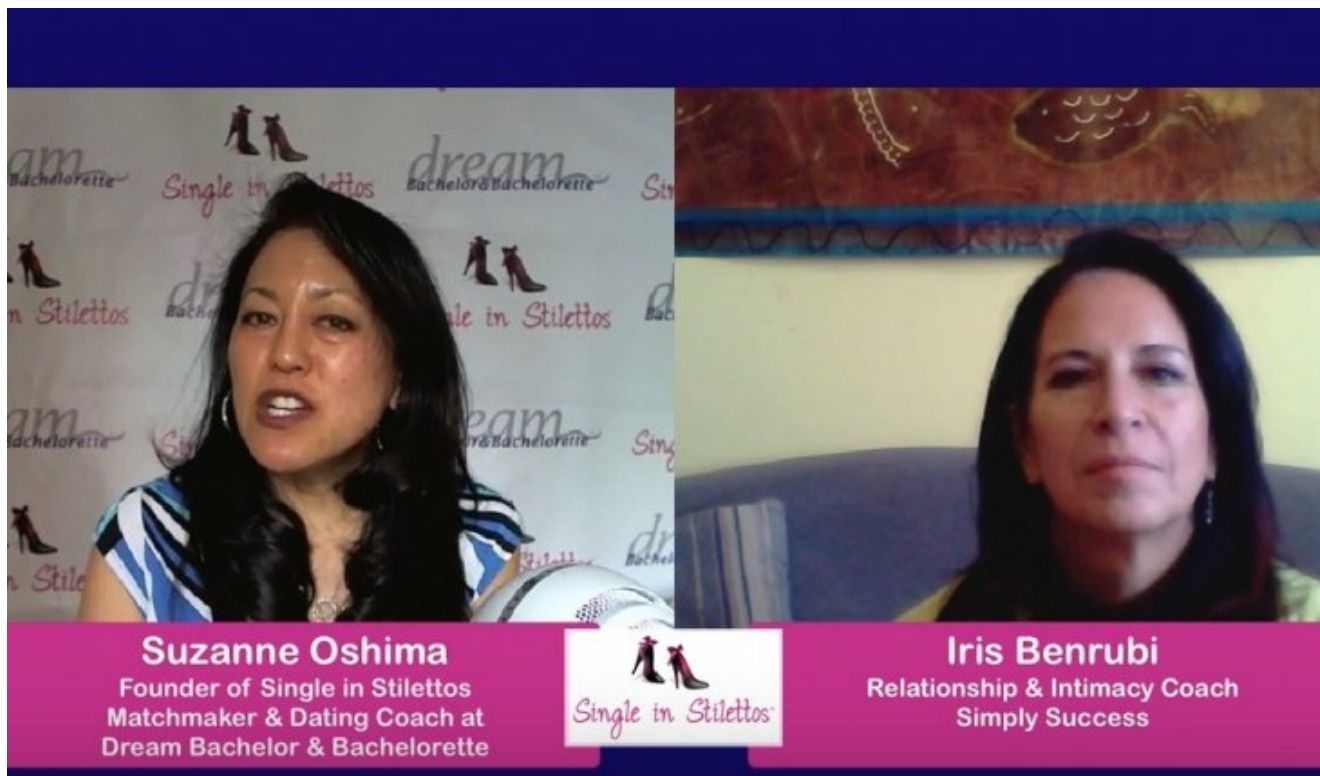
Rule #3 – Take your time. You don't need to rush when dating an introvert. Getting to know each other is the best part so no need to rush the relationship and love. Introverts may take longer to warm up to you, but that's okay. Once again they have it right. Relationships need time to develop and mature, so the more time you invest the better and stronger your relationship will be. Though it takes longer, introverts are

as loyal, trusting, and caring as they get. My dating advice is that if you open up to them and take your time in getting to know them they will be by your side forever.

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

Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love





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

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

Dating Advice On Rekindling The Lovin' Feeling In Your Marriage

1. Respect: Aretha Franklin knew it was worth spelling out. You know respect when you feel it. It's an inner sense we all

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

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

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

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

try a new activity, such as visiting a museum or a unique restaurant.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

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

5. Forgiveness: You were the one who was harmed and feels bad—why should you forgive? Forgiveness doesn’t mean you excuse the hurtful behavior, but it does mean you can let go and move forward. Here’s the benefit: After you forgive, you’ll feel better. Your ability to forgive gives you a feeling of empowerment and the power to take charge of your happiness. Holding onto old disappointments, arguments, and hurt is a waste of your time and energy. Forgiveness will keep you healthy both physically and emotionally.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying “I Do”](#)

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

and improved relationship just in time for the New Year.

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

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

Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121(!) First Dates





Interview by [Rebecca White](#). Written by Myesha Cobb.

You feel discouraged and are tired of looking for Mr. Right. Still, you keep saying yes to guy after guy, hoping that he might be The One. You're not alone – we've been there too! But have you ever been on 121 first dates? Author and relationship expert Wendy Newman has, and she divulges the many lessons learned in her new book *121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!)*. Not only does she share years of research and intimate details about her many first dates, but she makes us laugh in the process. In our exclusive interview, the author talks about the inspiration for her tell-all, her best and worst first date, and her most valuable piece of [relationship advice](#).

Wendy Newman Opens Up About '121 First Dates'

To start, we love the premise of *121 First Dates*. What inspired you to write an autobiography/guidebook that focused specifically on first dates?

I never meant to go on 121 first dates, and I certainly never meant to write a book about it! It all started with first date 54. It was so horrendous and so miserable; it was so much worse than anything that I had ever read about in terms of a “bad” date that I had to write about it. At the time, my married girlfriends were complaining about how boring their lives were and how unromantic their husbands were. Since I didn’t have a blog, I actually started writing for them, just to keep them happy and to tell them that the grass isn’t always greener on the other side. So I wrote about that particular date, and it was a hit. I continued to write about my dates, just to share where they went wrong or where I went wrong, where it felt right or where we had a moment of victory and shared something really great.

Related Link: [Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks](#)

What’s the best first date you’ve ever been on?

Well, I would have to say first date 101 is the best; he’s actually still a good friend of mine. I’ve had lots of great first dates. I’ve met a lot of amazing men who, while they weren’t *my* man, were great.

And the worst first date?

Like I said above, date number 54 was the worst date. See, I like older men, so I usually go for guys who are five to ten years older than me – that’s my preferred age range. According to his online dating profile, this guy was about 10 years older than me, but when I got there, he was more like 35 years older than me and had a cane. He was hobbling across the street, and he was wearing this kind of beige leisure jacket with wine stains and grease and a wide 70’s lapel.

I was so caught off guard, but I didn’t want to be rude. So we sat down, and he grabbed the menu and encouraged me to order some food. I only planned to have drinks, but at his

insistence, I ordered the house salad. He didn't talk very much, which usually only happens when a man doesn't like you; he makes you do all the entertaining and heavy lifting in the conversation. The thing was, he *did* like me, which made it even worse. I was ready for it to be over, and of course, he sticks me with the bill. I ordered a 6 dollar house salad and ended up paying the 35 dollar tab.

Then, as we were walking out, he asks, "Do you want to know what happened, why I'm using a cane?" Mistakenly, I said, "Sure." He replies, "I was in a motorcycle accident on Friday, and well, it pinched my groin area, and my Johnson has filled with blood, so it's erect. They want to do surgery, but it could do permanent damage and might mess with my erections, so we're just going to wait to see if it'll go down. I'm telling you all of this because I'm erect right now. It will be like I'm on Viagra, so you should come home with me."

That was first date 54. I've had way better, but I haven't had any worse.

Related Link: [Dating: First Impressions – Part I](#)

Author Shares Best Relationship Advice

Now, we'd love to ask you for some dating tips! What relationship advice do you have for women who want to give up on their search for love?

Don't wait until you're ready. You want to wait until the new year, until that work project is over, or until you're done with school. You want to wait until the timing is right, or even worse, until you lose the weight. Don't wait! If I would've waited until I lost the weight, I would still be single. You're never going to feel like you're ready for this new, fun adventure. Just go for it!

Along those lines, was there any tip that really helped you stick with it when you were feeling down about finding a relationship and love?

I had a dating buddy, which I highly recommend. I actually had three of them, two girls and one guy. They were all single, and they all wanted to be in a relationship – two important qualities in a dating buddy. A terrible dating buddy is someone who is married or attached because they don't remember what it was like to date and don't have enough sympathy. Another terrible dating buddy is someone who loves being single. Find someone who's in a similar place in their own life and then promise each other that you'll have each other's back, that you'll be there to listen to all the horrific details of every date, and that you'll be straight with each other.

What's the best love advice that you've ever received?

The best relationship advice that I've ever received is to relate to your partner like they mean well and like they care about you. In the three years that Dave and I have been together, we've always treated each other like no one's misbehaving, and by doing that, we've never been in trouble with each other.

Related Link: [Dating Experts Reveal How to Attract the Right Man](#)

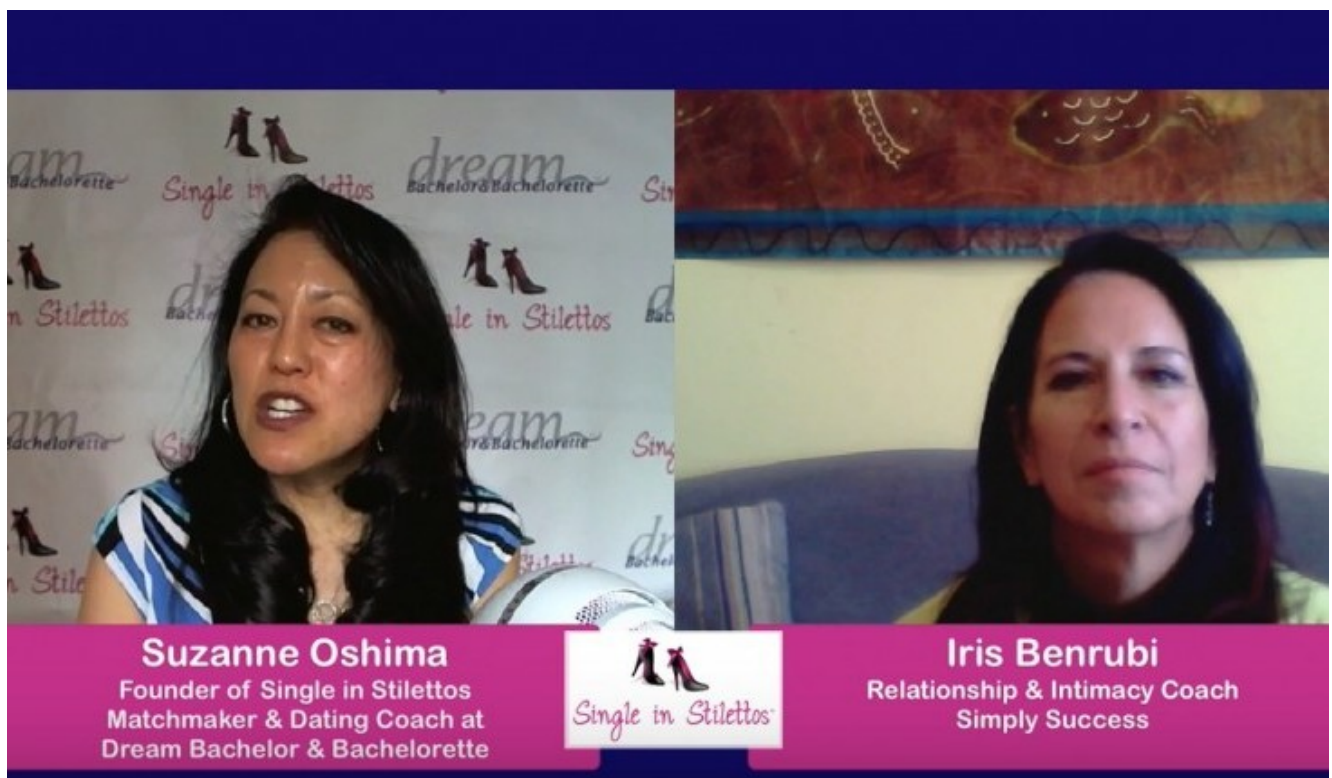
Lastly, do you have anything else you'd like to share with our readers?

Well, I have a 20-city book tour happening. I'm really excited about that. I'm leaving for San Diego, and I'll be on the road until May. That's my life for the next six months!

You can learn more by purchasing 121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!) from [Amazon](#) and also visiting the

author's website, [Wendy Speaks](#).

Celebrity Interview: 'Mob Wives' Reality TV Star Renee Graziano Says She's "Dating and Enjoying Being Spoiled Like a Princess"



Interview by [Lori Bizzoco](#). Written by Emily Hoff.

After five mob-tastic seasons, the VH1 reality TV show *Mob*

Wives will be coming to an end. The series sixth and final season premiered last week on Wednesday, January 13th. In our exclusive [celebrity interview](#), we got the latest scoop on the drama from Renee Graziano, one of the original cast members. She reveals why she didn't want to film the show and opens up about her friendship with Natalie Guercio and her relationship and love life!

Reality TV Star Renee Graziano Talks Final Season of *Mob Wives* in Celebrity Interview

We can't believe it's already the last season of the show! What do you hope to leave viewers with during the final season?

I would like to leave viewers with the knowledge that they can also work through adversity and overcome obstacles. Never give up.

What will you miss most about the show?

The paycheck!

We saw Natalie Guercio tweeted at you with her best wishes after you were reportedly hospitalized over the summer, despite altercations you two have had in the past. What is your relationship with Natalie now?

I acknowledged that she did that, but we're not friends and never will be. That ship has sailed.

Related Link: [Celebrity News: 'Mob Wives' Star Big Ang Hosts Viewing Party](#)

There was some speculations that you would be leaving the show due to health concerns. Were you really debating about filming

this season?

I had let the bullshit get the best of me for a minute, which caused me to want to leave. However, I am back in the saddle and happily riding off into the sunset.

Is it true you stopped filming mid-show because of drama with Drita?

Absolutely not. I have nothing to do with the Drita drama for once.

What made you decide to stay on the show?

I started with my sister and will finish with my sister because that's what family does.

Related Link: ['Mob Wives' Star Renee Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!](#)

Can we be expecting to see you on the small screen again? Any spin-offs in the making?

You'll definitely be seeing me in a few other productions. So stay tuned – I'll be letting fans know shortly.

Is there currently someone special in your life? If so, can we expect to see them on the show?

I still haven't found Mr. Right. However, I am dating and enjoying being spoiled like a princess...but not a mob princess this time around!

What relationship advice would you give other single mothers on the dating scene?

Don't bring strangers around your kids until you're 100 percent sure it'll work.

Related Link: ['Mob Wives' Executive Producer Jenn Graziano Says, "I'm Not Anti-Marriage; I'm Anti-Ball and Chain!"](#)

What would be your perfect date night?

My perfect date night is ordering takeout and watching a great movie, all spooned up on the couch together.

Any spoilers you can leave us with for this upcoming season?

I don't give up secrets!

The last time we met, you had just launched your book *Playing with Fire*. How did the book do? Any plans to write another?

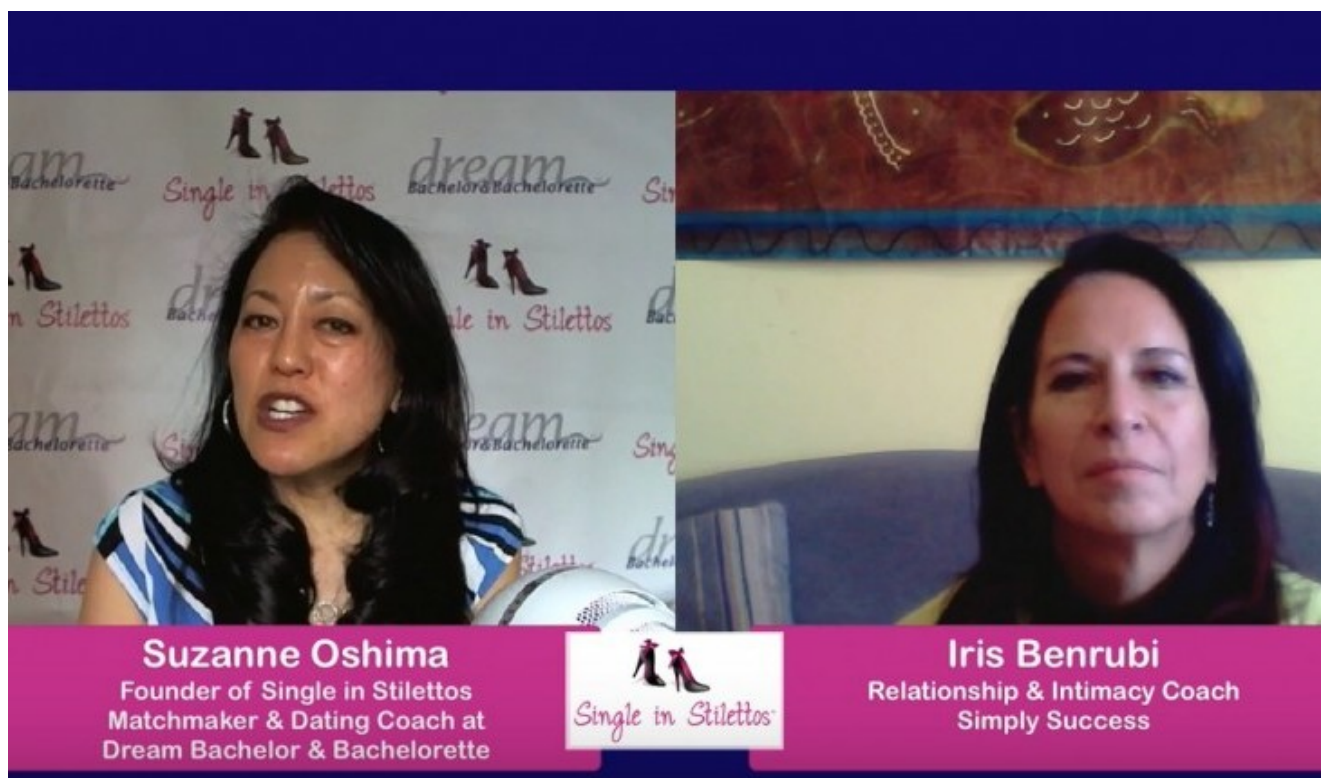
My book did well. I'm actually meeting with networks to turn it into a series...fingers crossed!

I loved my past celebrity interview with Jenn. How is she doing? She's such a superstar with all that she's done and created.

My sister is my inspiration. She's amazing and has several projects that'll make you wanna watch more TV, so look out for them! She makes me proud.

Be sure to watch Mob Wives on Wednesday's at 8 p.m. on VH1! Stay tuned for our upcoming interviews with Mob Wives stars Brittany Fogarty and Drita D'Avanzo!

**Expert Dating Advice About
Why You Shouldn't Give Up on
Finding the Right Man**



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

Dating Experts Encourage You to Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

1. Believe in yourself: "Believe that you are wonderful, that you deserve to love and be loved, and that there's the perfect person out there for you," he explains. "You have to believe that." Remember that, while you're looking for your soul mate, they're also looking for you.

Related Link: [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

2. Practice conscious dating: That means being aware of who you are and what you want and then using dating strategies to get your ideal relationship and love. “It can feel like finding a needle in a haystack, but it doesn’t have to,” says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn’t the right fit for you.

Related Link: [Relationship Advice: How to Get Engaged in a Year](#)

3. Be the chooser: Make the choice that is right for you. If you don’t see a future with someone, don’t say yes to that second date!

Watch the video above for more great expert dating advice!

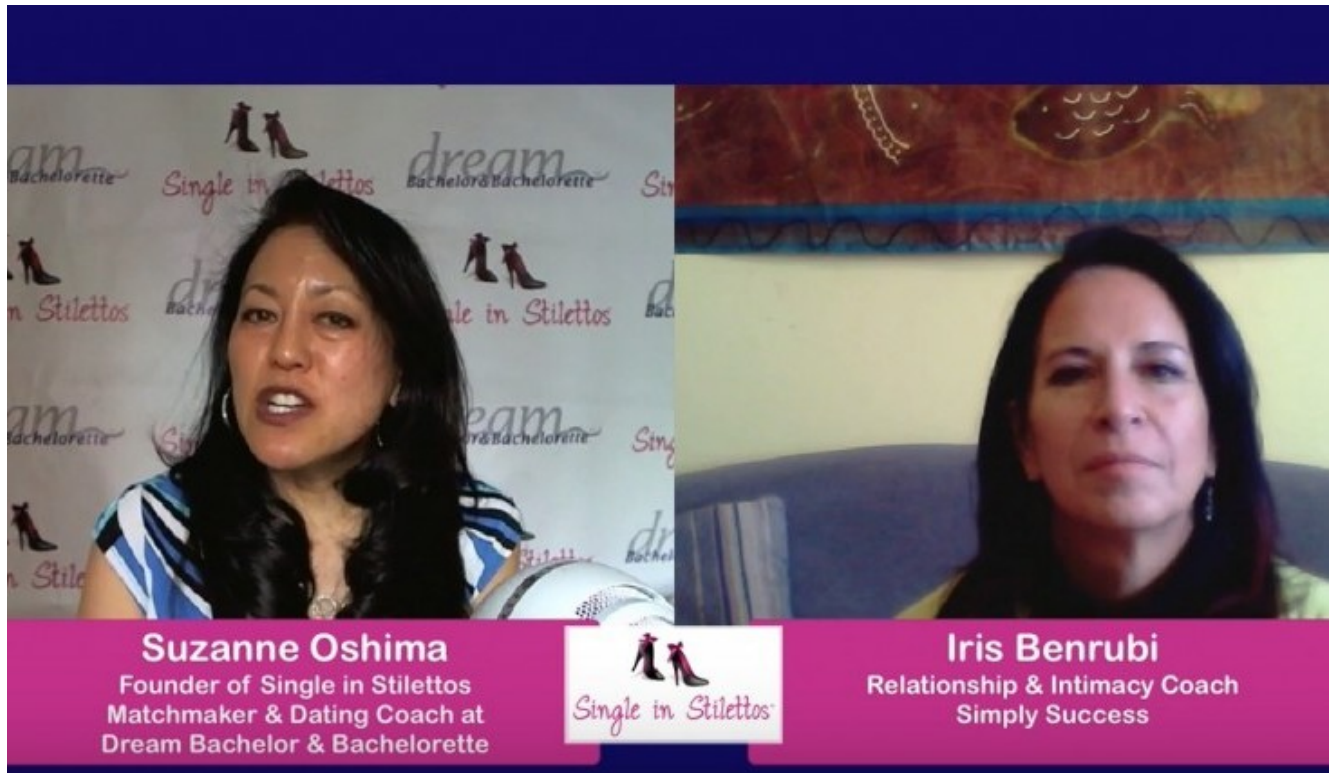
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Got any tips for someone ready to give up on their search for The One? Tell us in the comments below!

Celebrity News: ‘The Bachelor’ Season 20 Premieres

with Ben Higgins Fending Off a Drunk Contestant



By Myesha Cobb

[The Bachelor season 20](#) kicked off earlier this week with all of the drama that fans have grown to love on the realityTV show. The premiere episode included leading man Ben Higgins handing out the First Impression Rose, engaging in drunk exchanges, and, of course, breaking some hearts during eliminations. According to the latest celebrity news in [UsMagazine.com](#), one of the contestants, Lace Morris, was so drunk that she went in for a second kiss. Not only was she rejected, but she was also interrupted by another contestant, Mandi Kremer, who she threatened to punch. There's no doubt that there will be more fights and jealousy as Higgins looks for a relationship and love on *The Bachelor*

season 20!

This celebrity news is not lacking in the drama department. What are some ways to keep drama out of your relationship and love?

Cupid's Advice:

Drama inevitably works its way into most relationships. As we read in this celebrity news story about *The Bachelor* season 20, Higgins is already dealing with his fair share, thanks to Morris and her fight with Kremer. Fortunately, drama *can* be avoided. Below, Cupid shares some love advice:

1. Remember that you love each other: Sometimes, your relationship gets so heated and cluttered with drama that you forget that you love each other. You let the things you dislike overpower your love, and everything goes south. Perhaps revisiting the restaurant where you had your first date or cooking a special meal together will remind you why you fell in love with each other in the first place.

Related Link: [Love Conquers Anger for Barry Williams & Elizabeth Kennedy](#)

2. Try counseling: If you don't feel like you can deal with the drama on your own, seek outside help. It's okay to call for reinforcements! Seeing a therapist shows that you both care about your relationship and love and want to save it by any means necessary.


Related Link: [Kourtney Kardashian & Beau Get Therapy](#)


3. Focus on communicating: Drama is often caused by miscommunication...or maybe no communication at all. Sit down

and talk through your issues. Don't yell at or argue with each other. Be sure to listen to your partner too – their perspective is equally important to your own!


How do you handle drama in your relationship and love? Share your best dating advice in the comments below!

Celebrity Couple Predictions: Katie Holmes, Gigi Hadid and Miranda Lambert





Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette


Single in Stilettos

Iris Benrubi
Relationship & Intimacy Coach
Simply Success

By [Shoshi](#)

If you're looking for the latest celebrity news on Hollywood romances, you've come to the right place! Below, I consider the future of three new [celebrity couples](#).

Shoshi's Predictions For These Celebrity Couples

Katie Holmes and Jamie Foxx: If you believe the media, Foxx and Holmes are secretly in love with each other. The thought of that makes me giggle. I always think that Tom Cruise has sent Foxx in to be his spy to find out what Suri is up to. While they would be a weird couple, it could also work. Foxx has always been tight lipped about who he's dating and Holmes never reveals if she's dating anyone. Both of them seem to spend more time with their children than anyone else. Could they be the perfect pair? I don't see Holmes and Foxx in a steady relationship. However, I do see friends with benefits. They're both sexy and single. Why not participate in some extracurricular activities from time to time? Don't believe the media hype, but just know that we'll be the last to know if they are officially a couple. Neither of them are going to talk.

Related Link: [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

Gigi Hadid and Zayn Malik: All media eyes are on model and personality Gigi Hadid and former One Direction singer, Zayn Malik. It even looks like they spent New Year's Eve together. At least, that's what their photos would lead us to believe. Isn't that what "couples" do? With all of the time they've been spending together, we should file them in the couple category. At least for now. Hadid has the attention span of a gnat when it comes to her relationships and love. She is fickle, but she's perfectly entitled to be that way. She's young, hot, and figuring it all out. If I were her, I would do

the same thing. This relationship will run its course soon enough. Hadid doesn't have time for a serious relationship since she tends to be busy modeling and hanging with the Jenner's. Right now she's having fun causing a stir on Instagram with Malik. Guess they don't have anything else better to do.

Related Link: [New Celebrity Couple Alert! Gigi Hadid & Zayn Malik Are Dating](#)

Miranda Lambert and Anderson East: We all know that Blake Shelton is currently dating Gwen Stefani. But it looks like his ex, Miranda Lambert, is now seeing Anderson East. A photo on Instagram captured the two of them cuddling with the caption, "The snuggle is real." As if we needed the clarification. Just who is this Anderson East? A rhythm and blues singer from Alabama. I had never heard of him until Lambert's selfie. By the looks of it, this new relationship is the most interesting thing about him. When I look at this new celebrity couple, I don't see much to the fling. I predict the main reason that she's seeing him is to keep up with Blake and Gwen. The celebrity exes are playing a game of who can move on quicker. The media is falling in love with *The Voice* co-stars as they go on adventures around the globe. The last thing Lambert wants is to look pitiful and brokenhearted. Blake is all over the place having fun, it's time for her to start posting her own "moving on" pictures. That's not to say that she isn't generally into East, I'm just not fooled by her calculated move. Lambert will move on when she finds someone better. If the rumors about her are true, East shouldn't get too attached to her. As soon as someone better comes along Lambert will move on.

For more information on Shoshi, click [here](#).

What celebrity couples do you want to see predictions for next? Tell us in the comments below!

Dating Advice: How To Approach A Man Without Seeming Desperate



On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about how to approach a man without seeming desperate.

Dating Advice On Making The First

Move

If you're single and looking for your next relationship and love, then you know how hard it can be to approach a man without appearing desperate. Desperation is about neediness and we all know that isn't attractive. Check out the expert dating advice tips below on how to approach a man.

1. Give value. Dating experts reveal that you need to have the mindset that you need to give the guy something. The first step to approaching a man is to bring something to the table, like being funny or having something interesting to say.

Related Link: [Dating Experts Reveal How to Attract the Right Man](#)

2. Compliments. Give out sincere compliments, because men love them and it feeds their ego. Again, you want to give the man good feelings.

Related Link: [Relationship Advice: How To Get Engaged In A Year!](#)

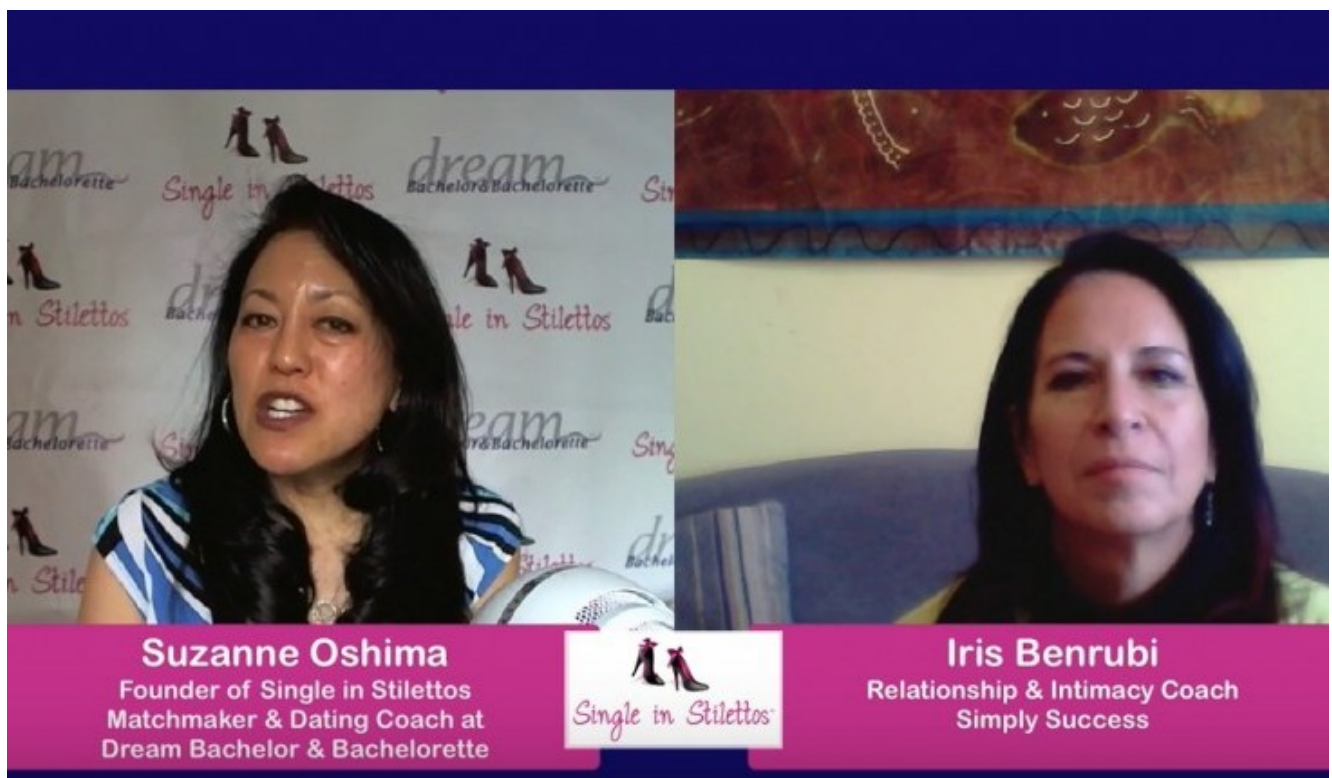
3. Social touching. Don't be afraid to touch him. Touching is the next phase of acceptance, so if you touch his forearm, it lets a guy know that you're accepting him into your space. Maybe even touch his triceps and compliment his strength.

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What's your advice on approaching a man without seeming desperate? Tell us in the comments below!

3 Ways to Live Happily Ever After in the Face of a Love Triangle



By Abbi Comphe

He likes you, he likes her and you both like him. So, what is there to do in a situation like this? Love triangles are always a mess and [dating advice](#) can be difficult to follow.

Cupid has some [relationship advice](#) to help you in the face of a love triangle:

1. You come first: Your happiness is what matters most. Don't let your life and heart rely on someone who doesn't want to make you happy. If he can't realize how special you are, then it is time to walk away.

Related Link: [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

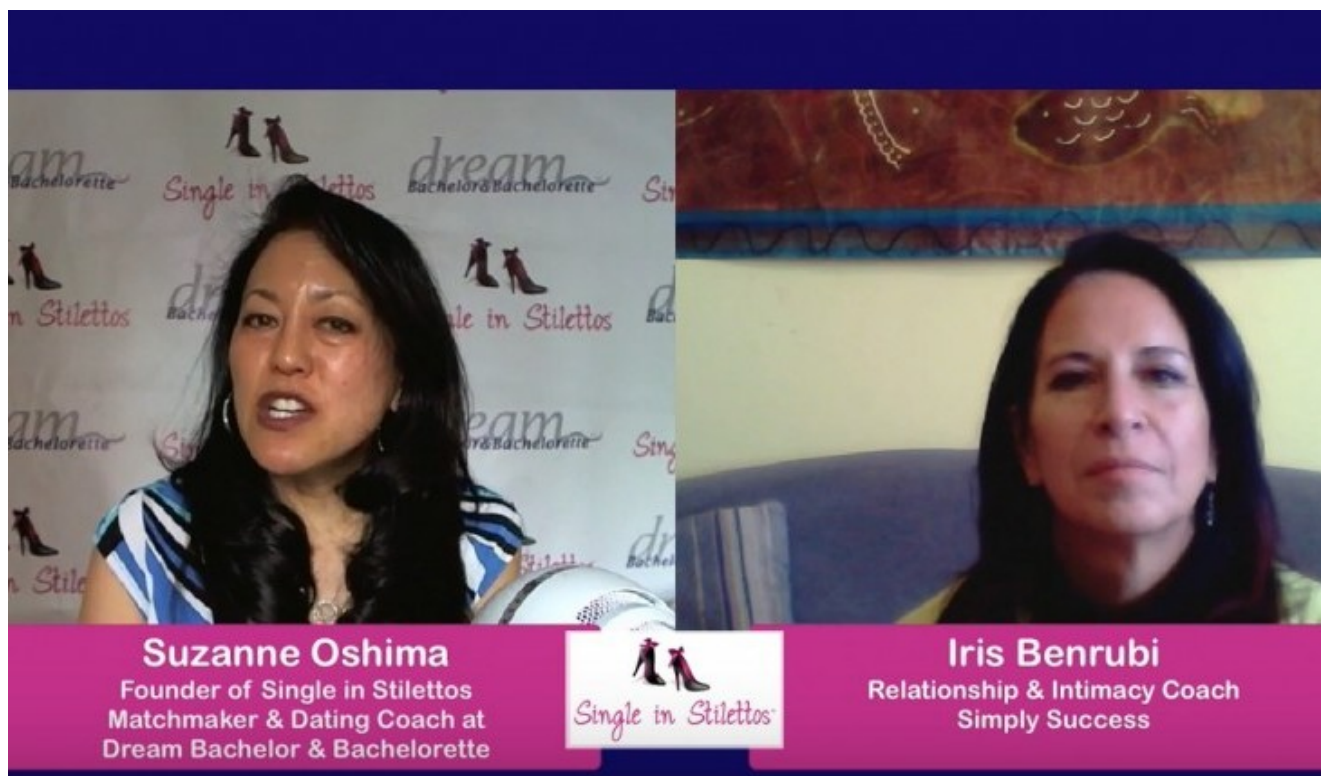
2. Make him choose: Don't put up with this triangle. Make him choose who he wants to be with, because you don't have time to be battling it out with another girl. You are special, and there are plenty of fish in the sea who would love to be with you. So, stand up and give him no way out besides making a choice. Hopefully his heart is in your hands.

Related Link: [Rachel Bilson and Scott Porter Dish on Love Triangle on 'Heart of Dixie'](#)

3. Don't be bitter: If it ends up that he doesn't want to be with you, don't be bitter toward the other girl. She was in the same boat as you. Just be grateful that you got out of there. Who knows what could have happened next!

What are some good ways to get out of or fix a love triangle? Comment below.

Dating Advice: 7 Guys You're Probably Not Going to Marry



By Dejha Carlisle

You've dreamt about finding the *perfect* man for so long! You finally meet him, but what if he's not what you expected? Cupid has some pieces of [dating advice](#) so you can save yourself some headaches.

Cupid has relationship advice to help you see what types of guys you need to steer clear from!

1. The guy who forgets your birthday: This guy doesn't

remember your age, is empty-handed on your anniversaries, and can't recall if you were born in June or July. A simple thing such as a birthday can make a huge impact on whether or not to date Mr. Forgetful. If he can't remember the day you were born, do you think he'll remember your wedding date?

Related Link: [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

2. The self-righteous guy: This man is walking "perfection". He doesn't drink, smoke, curse, or anything else that may seem vulgar to him. You'll know you're dating him if he criticizes anything you do, even something as small as ordering dessert. He may as well be your father!

3. The jerk: He's rude, offensive, and probably dishonest to those around you, but not necessarily to you. Want to know how to point this guy out? Pay attention to what he says when your group of friends or loved ones are around.

Related Link: [Dating Advice for Women: Getting Out of Your Dating Rut & Find the Right Man](#)

4. Mr. Cheapskate: This guy is probably the worst of them all! You know you are dating a cheap guy when he accepts your offer to pay...on the first date. He'll never fail to suggest that it's better to get the cheap wine, and he whines daily about the tight budget he is on. Of course, he doesn't have to spend a fortune on you, but do you always have to be worrying about his financial shyness?

5. The guy who enjoys arguing too much: You should spend time enjoying your date, not defending yourself every few minutes. This guy, the "Arguer", stops at nothing to pick a fight with you. He doesn't value any of your opinions, and will give you a stressful experience with him.

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

6. The needy guy who clings to you: This guy never keeps his feelings in check, especially the first time you meet him. He is not the suitable strong person to lean on; he'd rather lean on you all of the time. This guy will burden you with his insecurities, instead of being the firm man you need. When you're looking for a potential man, you should be seeking one who has confidence in himself.

7. He's jealous ... even of your girlfriends: This guy wants you to himself...and to himself only! He doesn't like the idea of you going out with the girls, and can often seem controlling at times. You'll never really have your own space with this guy, because he believes he's the only friend you need.

What other type of guys-to-avoid have you came across? Comment below.

What Can We Learn From Celebrity Divorces?





By [Project Soulmate](#)'s Business Director Samantha Cohen. Contributors: *Project Soulmate Matchmakers* and *BRAVO TV's Love Brokers* Lori Zaslow and Jennifer Zucher

From [Jennifer Aniston](#) and Brad Pitt to Jennifer Garner and [Ben Affleck](#), we have seen many of our favorite Hollywood couples unexpectedly split. The reason for their [celebrity divorces](#) may vary, but many of the underlying issues are the same. While celebrities may seem to have a perfect relationship and love to an outsider, they all deal with real-life marital issues and temptations like everyone else. The main difference is that they're constantly being dissected by the media and have pressure to maintain a certain image. Keep reading for our relationship advice on what these celebrity divorces can teach you.

Relationship Advice: What Celebrity Divorces Can Teach You

It's no secret that marriage is work. As we go through life's obstacles our relationships often turn into an emotional

roller coaster, full of highs and lows. As a result, we like to turn to celebrity couples to give us hope for a perfect, flawless relationship. But the truth of the matter is that we're being deceived by the media portraying a perfect couple and celebrities are really just like us. Over the years, we have seen our favorite Hollywood couples crumble as they're forced to deal with real life marital issues such as infidelity, deceit, neglect and hardships. The main difference between celebrities and the average person is that they're forced to deal with their divorces in a very public manner where all of the details of their divorce become public knowledge. This can be detrimental for their kids, family, friends and of course, their image.

Related Link: [Dating Advice: First Date Fashion Do's And Don'ts](#)

So the question remains: What can we learn from celebrity divorces? The answer is simple. We can learn that celebrities are just like us and that there's no such thing as a perfect marriage. Instead of looking at celebrity couples as a goal for your marriage, you should focus on improving the issues in your own love life. Because the truth is that there's no perfect relationship and every partnership has its own unique struggles. While you may admire or even envy your favorite celebrity couple like Kim and Kanye, you need to realize that a relationship isn't always as perfect as it may seem from the outside. You don't want to set unrealistic expectations of a perfect marriage based on a façade.

Just like your favorite celebrities are altered to look skinny and flawless, their lives and relationships are often attuned in the public eye to look perfect. But the truth is there's no such thing as perfection, and every person and relationship has its flaws. And while life's bumpy ride may bring couples closer together, sometimes there's no other route but divorce and moving on. It can be hard to watch your favorite Hollywood couples fall apart, but one of the benefits of celebrity

divorce is that the stigma that was once attached to ending your marriage has nearly disappeared. And celebrity couples that have made the move to publicly get divorced could be the influencing factor that gives someone the strength to move on from their unhealthy marriage and get a divorce.

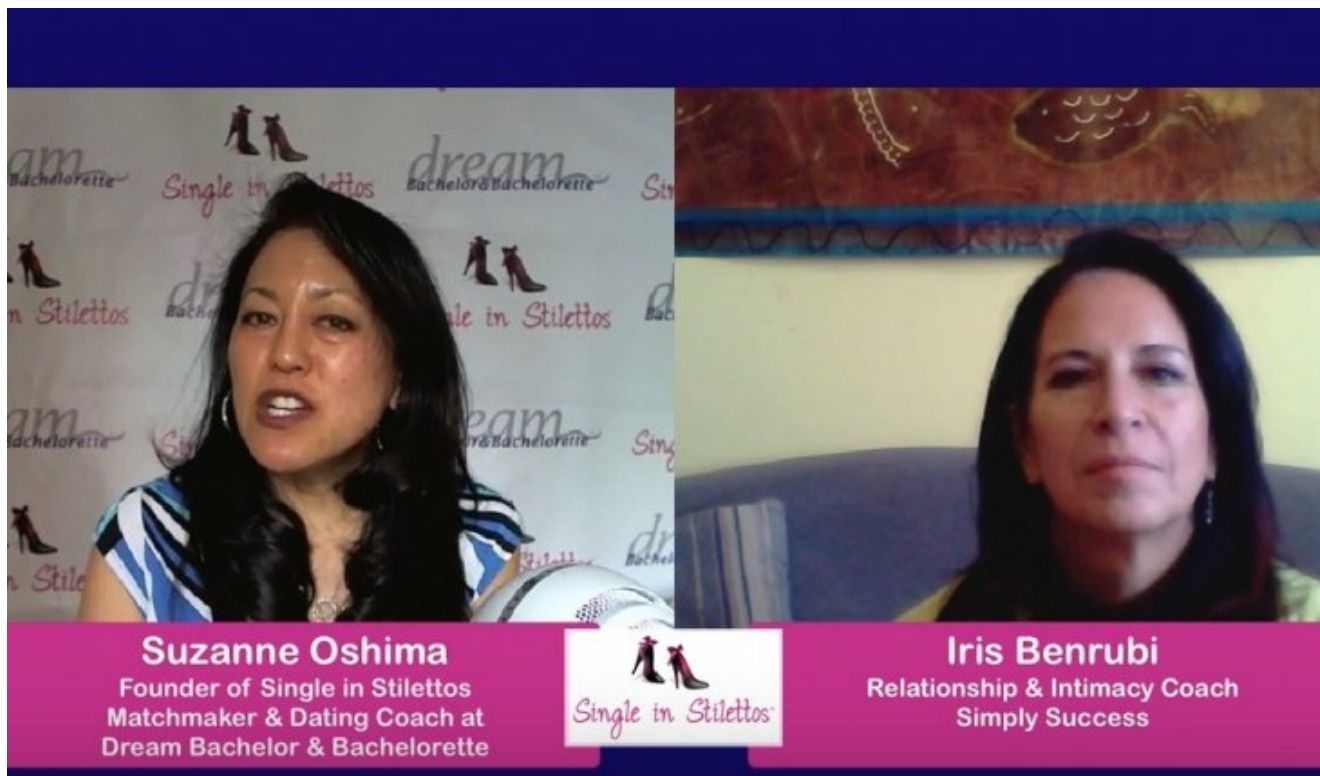
Related Link: [Expert Dating Advice: How to Get Over “The Little Things”](#)

Celebrities, just like you and me, aren't exempt from the struggles in life and maintaining relationships. And when they're able to move on from marital issues, despite the fact that they might be judged or criticized by the media, they become good role models. Maybe then we'll be able to find the strength to do what will make us happiest in the long run.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Relationship Advice: Authors of ‘Marriage Boot Camp’ Reveal How To Build A Rock Solid Relationship and Love





By [Rebecca White](#)

Relationships and love are not easy to maintain, especially if you've been married for years. In the new self-help book by reality TV stars Jim and Elizabeth Carroll, the couple shares their best [relationship advice](#) on defeating the top 10 marriage killers and building a rock solid relationship. Their book, *Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship*, will help you reignite the flames in your love life. In this exclusive author interview, the duo talks about their love advice to save your marriage.

Relationship Authors Open Up On Best Relationship Advice For Married Couples

To start, we are so excited for the *Marriage Boot Camp* book to come out! How will the book be like your program and reality TV show? And how will it be different?

Jim: It's like the reality TV show in that it takes the reader through many of the exercises and the purposes behind them. People learn when they do things. This book makes the reader apply the tools. It's different in that this book is written so couples avoid conflict, while the TV show enhances the conflict because we have a controlled environment.

Elizabeth: The *Marriage Boot Camp* book takes the top 10 sources of conflict in marriage and gives you a step-by-step action plan for couples to work together. It starts with a case study of one of our couples who struggled with this particular topic. We then give you all of the background information and research needed on the topic so that you can be completely informed. Finally, we end each chapter with a do-it-yourself exercise that you can complete with or without your mate. The book is similar to the TV show in that the readers, like the celebrities, participate actively in the work. It is different from the TV show in that all of the behind-the-scenes teaching and applications are available to the reader.

Related Link: [Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'](#)

Can you tell us about the top three marriage killers? What's your best tip for helping couples overcome them?

Jim and Elizabeth: Communication – Learn to “mirror.” This is an active listening technique that requires the listener to close his mouth and open his ears. You use the phrase, “What I heard you say is...” and you mirror back what the speaker just said. The hard part is that you have to put your own thoughts, opinions, and feelings on hold temporarily and be open minded to your mates point of view. **Sex** – Understand the very real differences between male and female sexuality. Have a very frank conversation with your mate about what you want from your sex life and what you're willing to do to make that happen. It's also important to discuss your earliest sexual

experience and understand how this makes an imprint that affects you even today. **Money** – Know that money is often just the tip of the iceberg with the “real” issue lurking below. Spouses need to spend some time digging into their own psyche and understand their own financial personalities. Money can mean love, power, control, status, or freedom. Each of us leans more toward spending or saving. And you also have a unique family culture. Each of us needs to know what money means to us and then communicate this to our partners. Then get started on a budget!

During the writing process, did you have any profound moments or epiphanies about your own marriage?

Jim: We created a new drill, called “cycles,” that we used in our own marriage.

Elizabeth: Jim’s and my marriage is the lab for many of our Marriage Boot Camp drills. In chapter 9: Wrestling With Past, both of us had many “ah ha” moments where we came to a deeper understanding of the impact the past has on our present. We are currently working on a drill called “cycles” or “circular conflict” because we have seen a pattern when we get gridlocked and it took quite some time to untangle. We definitely want others to learn from our mistakes.

Related Link: [Find Your ‘Clutch’: Relationship Advice from Author Lisa Becker](#)

In your program, you have a lot of drills and exercises for the couples to do. Which one do you believe is the most beneficial and why?

Jim: The forgiveness drill is always the most powerful. It releases people to grow and move forward.

Elizabeth: Every exercise in our program is important but if you could only pick two areas to focus on we would suggest chapter 1 (Communication) and chapter 10 (Forgiveness). With

good communication you can solve virtually any problem, but with poor communication it's almost impossible to solve even the smallest. Chapter 1 covers a concept that we call the Marriage Boot Camp ABC's and Jim and I use this almost every day. A is for Action, B is for Belief, what you believe about the action and C is for the Consequence of your beliefs. We often say, "I think we have different B's" when we're each reacting differently to a situation, which could potentially cause conflict. Chapter 10 covers the need to forgive. As hard as we try, none of us can avoid hurting the other when you live so closely together. The only solution is to make amends and forgive anytime we fall short, but this is much deeper than you would imagine.

To shift gears, I'd love to ask you for some relationship advice! What message do you have for readers who are struggling to keep the spark alive in their marriage?

Jim: My relationship advice is to go to a marriage retreat. It is so much better than sitting around getting counseling and then fighting after every appointment.

Elizabeth: Nothing kills the spark like a root of bitterness. In over 20 years of Marriage Boot Camp I have never seen a spouse who said they were no longer in love with their mate who didn't carry some deep, unresolved resentment. Once you dig that out, we take couples back to the moment when they fell in love and rekindle the flame that started their journey. It works every time. It is relatively easy for people to fall in love again, but it takes discipline to constantly scrub the little viruses out.

Related Link: [Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book](#)

What are the top dating New Year's resolutions for 2016?

Jim: Everyone always says they're going to work on their relationships and love in the next year but...why waste time

making resolutions just to fail again? Better to get off your butt and get online and do something for real.

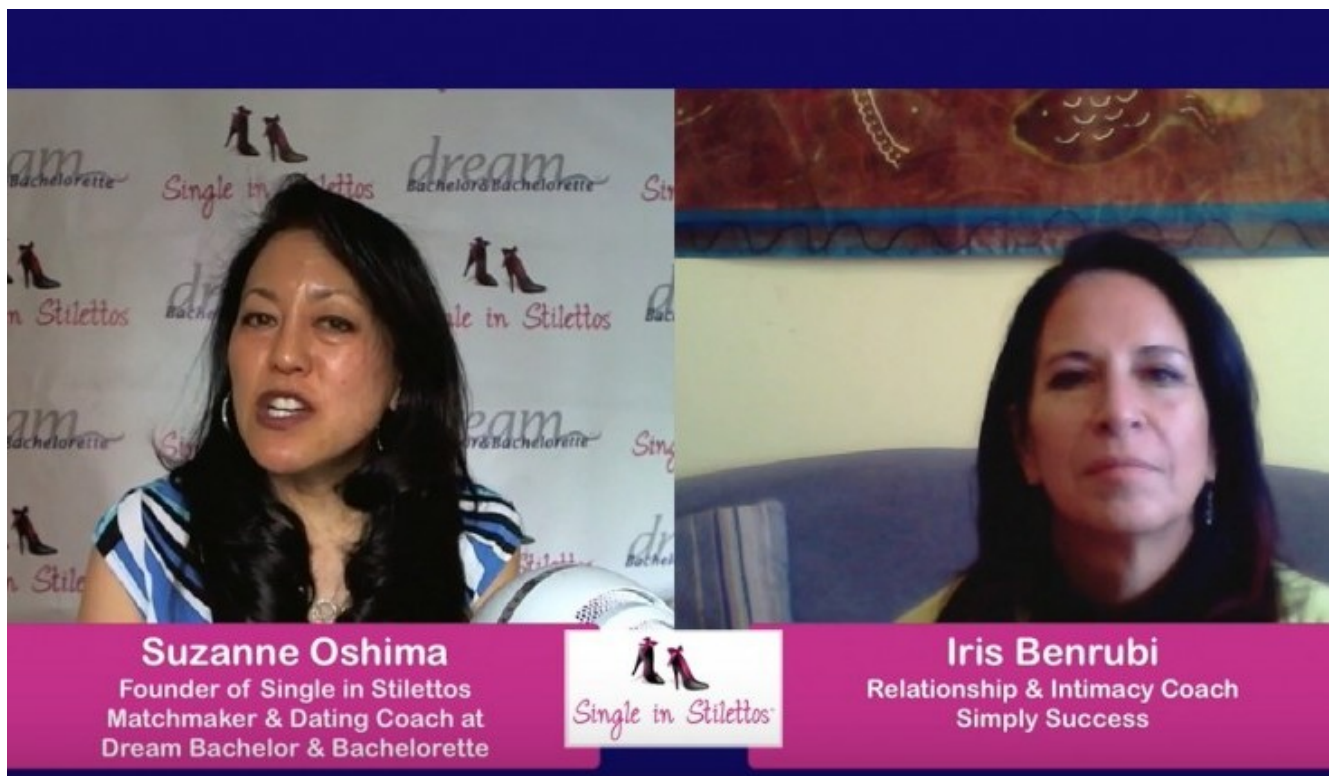
Elizabeth: Instead of trying to find Mr./Ms. Right, *become* Mr./Ms. Right. Chapter 5: Personality Differences is a great place to start. Find out who you are first, then you'll know the type of mate that would be a good match for you. Get involved in community. Find people with like interests and values. Get involved with a volunteer organization. This is a great way to meet people and more importantly it will make you a more interesting person. Take online dating seriously. This is a great way to be exposed to a sizable number of people. Be open, be kind and wonderful things can happen! That's how Jim and I met!

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

Elizabeth: We have several more seasons of *Marriage Boot Camp* ready to be filmed and the concepts and casts are unbelievably exciting! The Marriage Boot Camp seminars continue for anyone who wants to have an exciting interactive experience of growth and healing. Co-director Ilsa Norman and I are also blogging on celebrity relationships. Finally, Ilsa Norman recently launched the Marriage Boot Camp Retreat for couples who want to keep making memories and continue to grow, while bringing fresh life into their marriages.

Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship *is available now on Amazon. For more from Jim and Elizabeth Carroll, visit the Marriage Boot Camp website, www.marriagebootcamp.com/ and read Elizabeth's blog at <http://www.mbcmotherdaughterduo.com/>.*

Celebrity News: Ben Higgins Hopes to Propose at End of 'The Bachelor'



By [Jessica DeRubbo](#)

In [latest celebrity news](#), *The Bachelor* prepares to premiere on January 4th. In the meantime, we're soaking up every last piece of information about the season as we can. What are *Bachelor* Ben Higgins' hopes for the end of the season? "Ideally, I would love to walk away from this with a fiancée," he said. "I'm excited about that next step of seeing her walk down the aisle towards me." With that kind of attitude, this season is sure not to disappoint longtime fans! Maybe we'll have a new married [celebrity couple](#) on our hands.

In latest celebrity news, we're so excited about the new season of *The Bachelor*! How do you know when you've found the love of your life?

Cupid's Advice:

It can be tough to know when you've found the person you want to spend the rest of your life with. How do you know there's not someone better out there for you? Cupid has some [relationship advice](#):

1. You can't live without them: If you can't imagine your life with your partner, that's a good sign that he or she is "the one." Think about never seeing them again. Does this cause you some major depression? If so, save yourself the depression and commit.

Related Link: [Celebrity News: Ben Higgins Is Announced As the Next 'Bachelor'](#)

2. You fully trust each other: If there's any doubt in your mind that your partner is trustworthy, he or she may not be your life partner. On the flip side, if you trust your partner with your life and know he or she would never deliberately hurt you, then that's a very positive sign.

Related Link: [Celebrity News: 'Bachelor' Ben Higgins Opens Up About Insecurities & Kaitlyn Bristowe](#)

3. Your happiness means his happiness: If you're unhappy about something, he's no doubt unhappy, too. If you're in a happy and celebratory mood, he matches it! You're connected not only from a physical attraction standpoint, but also in a significant emotional way.

What are some other ways to know you've found your life partner? Share your thoughts below.

Relationship Advice: 5 Ways to Unpack Relationship Baggage



By Donna Arp Weitzman

It's virtually impossible to enter any new relationship without hauling in some personal baggage. We all have our histories—children from a former marriage, ex-spouses, ex-

partners, or ex-in-laws. Your new special someone comes with emotional luggage. We all do. Even [celebrity couples](#) like Jada Pinkett-Smith and Will Smith have been there. So have Kate Capshaw, Steven Spielberg, Demi Moore, Bruce Willis, Catherine Zeta-Jones ... the list goes on. Each of them ventured into the world of new coupledness with a hearty amount of histories on their shoulders.

Here are 5 pieces of [relationship advice](#) to help you change your outlook, and unpack relationship baggage:

1. First of all: Do you want to carry his bags?: If you peer into the future and see nothing but problematic suitcases standing between you and your partner, it's time to figure out what you're going to do about it. If he's not worth the luggage, move on. But if you think he's got what it takes, get ready.

Related Link: [Will Smith and Jada Pinkett Smith Discuss How They Make Their Relationship Work](#)

2. Don't view the past as a burden: If you truly care about your partner and want to make things work long-term, don't run from the past. Welcome it. You can't shift into the future if you're stuck in the past.

3. Remember: You have baggage, too: Even if you don't have an ex-spouse or children from a former relationship, you aren't perfect. In an ideal world, we would meet our soul mates, fall in love, and live happily ever after. Life unscathed. But that's not how it works. There's nothing wrong with looking at someone else's luggage—just be sure to check yours, too.

Related Link: [Will Smith Says Family Is All About Love and](#)

Communication

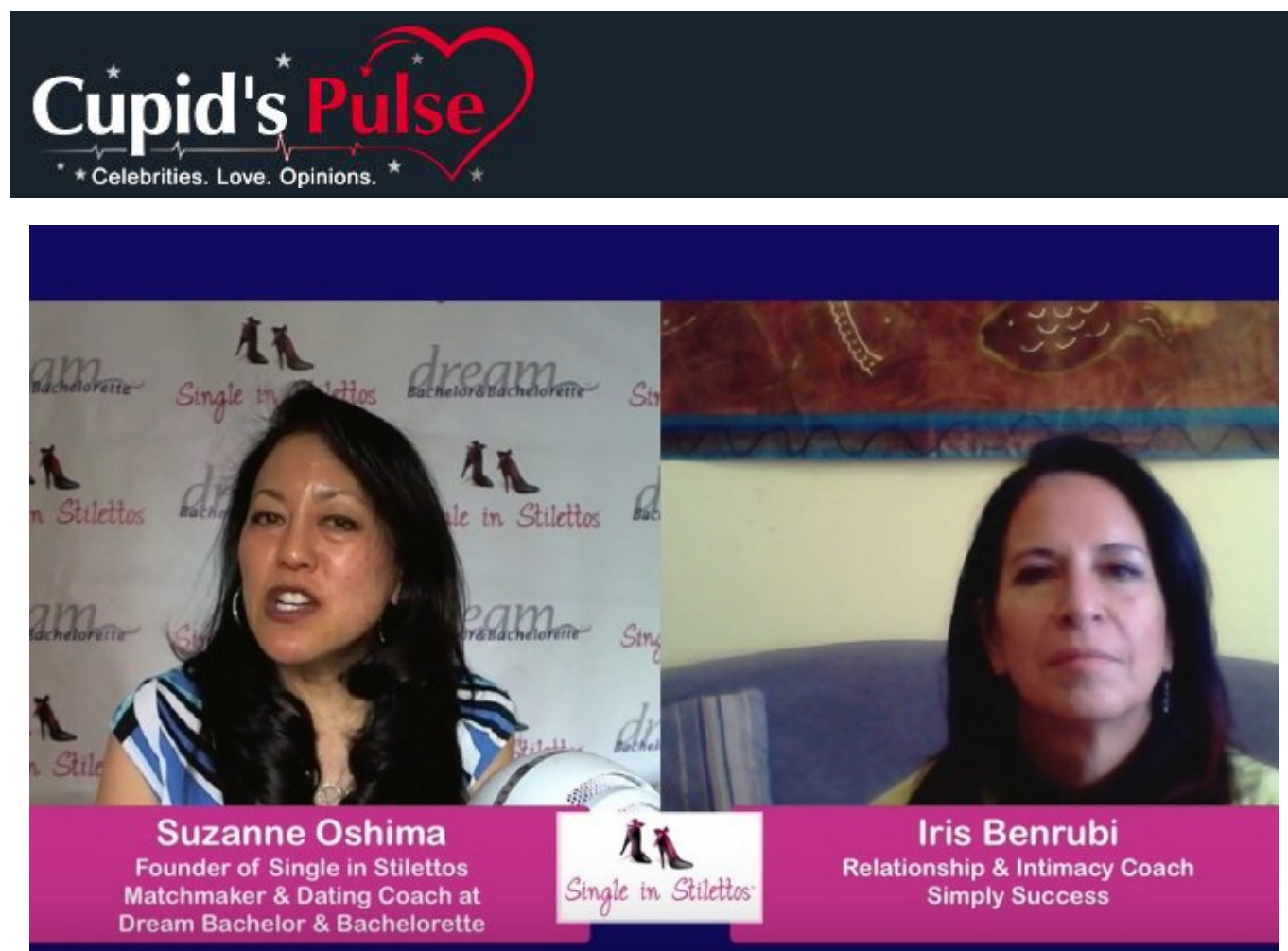
4. “Divorced” doesn’t mean “damaged”: Unless you’re in your 20’s, you can hardly throw an engagement ring without hitting a divorced guy. But just because he’s divorced doesn’t mean he’s damaged. Think about it. He’s been divorced, which means he’s been married, which means he understands what it means to commit, and what it takes to make a marriage work. (I know what you’re thinking: If he knows how to make a marriage work, how come he isn’t married anymore? But keep this in mind—one way to find out what works is to know what doesn’t.)

5. Don’t be afraid of kids: They aren’t that scary, I promise. Yes, I know that kids come with that aforementioned ex-spouse, which means they come with a mother, which means you have to be compete. But here’s the catch: You don’t have to compete. They already have a mom. If your partner is worthy of serious commitment, you can’t view his kids as “add-ons.” They’re essentials. One great thing about dating a dad is they understand and appreciate what it means to put others before yourself. If your catch is also a great father, that tells you volumes about his character.

Donna Arp Weitzman is a wife, mother, and businesswoman who enjoys writing and a good pair of Manolo Blahniks. Donna earned her BSE and MSE in Counseling from Midwestern State University and completed the Harvard Business School OPM Management Program. Weitzman has served as a mayor and leader in local city government and continues to serve the greater Dallas community in a variety of civic and cultural roles. However, it’s the lessons she has learned in the school of life that she most wants to share with others. Cinderella Has Cellulite is Weitzman’s first book and has been adapted into a screenplay, which is currently being optioned for a major cable TV series. Her writing has previously been published as a columnist for The News and Times, Tri-Cities, and she’s recently been interviewed on Good Morning Texas and KDFW. As a frequent public speaker, she enjoys making others laugh and

opening their eyes to a new perspective on some of life's most challenging experiences.

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



By Toni Coleman, LCSW

Once again it's time for that honored tradition of setting and then breaking our New Year's resolutions. Year after year we tell ourselves that this time it will be different; then armed

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

Relationship Advice On Your New Year's Dating Resolutions

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

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

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

want to address. By correctly identifying this and tackling it first, you will find that most other issues you think require a separate resolution are connected to the core need, and will be impacted by addressing it.

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

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

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

5. Celebrate every small win—this keeps momentum going. It's hard to sustain ourselves through long, dry spells when we

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

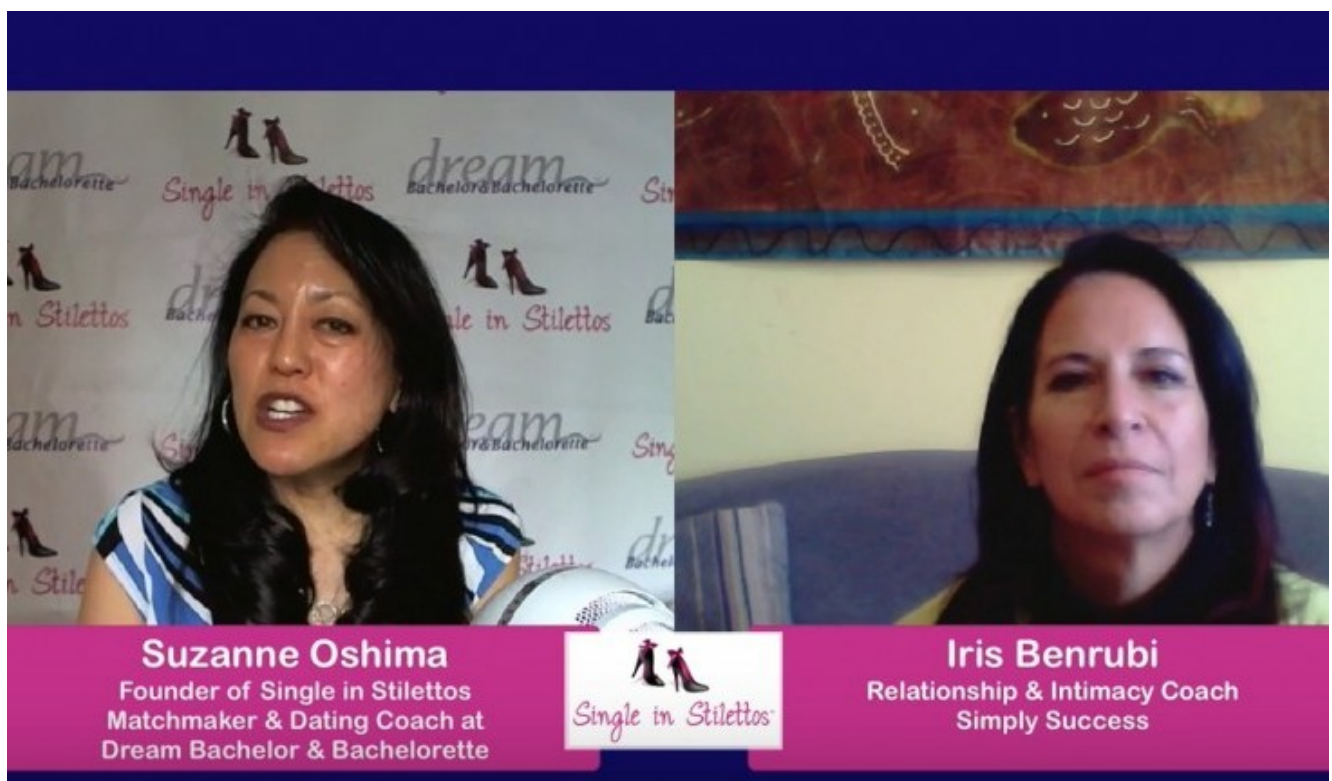
Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do"](#)

The people who are successful at realizing their New Year's resolutions do not have more self-control or discipline than you. They don't succeed because they are lucky, and many or most aren't blessed with more resources or a special talent that gives them an edge. What they do have is a clear and strong desire for change, a written and well thought out plan, and a willingness to be flexible with their process and open to making adjustments along the way. My relationship advice is to do the same thing.

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

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

Celebrity Baby: Zhang Ziyi Welcomes First Child



By [Jessica DeRubbo](#)

Best known for her role in *Crouching Tiger, Hidden Dragon*, Zhang Ziyi welcomed her first [celebrity baby](#) with rocker husband Wang Feng, according to [UsMagazine.com](#). The [celebrity couple](#) posted a photo to her Weibo, a Chinese social media site, that depicts her hand and her husband hand holding their daughter's tiny fingers. Though this is Ziyi's first child, it is the third child for Feng, who shares two daughters with his ex-wives.

News of the birth of celebrity babies is always welcome! What are some ways to balance your love life with your family life?

Cupid's Advice:

It's easy to get wrapped up in your baby's life so much that you forget about your relationship. Cupid has some tips:

1. Schedule a date night: If you're so busy that it's not realistic to naturally come up with some quality time with your partner, then schedule it ... at least for now. That way you'll have time for just the two of you to reconnect and keep the spark alive.

Related Link: [Celebrity Baby News: Keira Knightley Welcomes First Child with Husband James Righton](#)

2. Plan family cuddle sessions: It may sound cheesy, but getting close with your new baby with your partner is a good time to bond as a family. It can be easy to take turns with the baby, and sometimes that makes the most sense, but you're building your relationship as a family, not just as father/child and mother/child.

Related Link: [New Celebrity Baby: Kim Kardashian and Kanye West Welcome a Son](#)

3. Enlist the help of family and friends: The fact is, your family and friends are probably itching to help you with your cute little son or daughter anyway. Take them up on their offers to babysit, and get some time for yourselves. Even if we're just talking about 1-2 hours here and there, any time is valuable.

What are some other ways to balance family and your love life?
Share your thoughts below.

Relationship Advice: 10 Holiday Date Ideas For Long Time Couples



By [David Wygant](#)

Ho ho ho, merry Christmas...politically incorrect as that might be. To tell you the truth, I miss the days when Rudolph and Santa reigned and everybody wasn't as PC by saying "happy

holidays,” but it’s the perfect season to put the focus back on your relationship and love. Even though the magic might be fading in your LTR, I have some great date ideas and [relationship advice](#) that will wake up the romance and bring the naughty and nice back into your sleepy, long term relationship.

Relationship Advice For The Holiday Season

1. Nothing’s sexier than dressing as his sexy little elf. A little bit of lingerie and Santa’s cap will go a long way. As a relationship expert, I strongly suggest surprising him with very naughty red lingerie and a red Santa’s cap, letting him play Santa to your naughty little elf.

Related Link: [This Holiday Season, Stop Dating Your iPhone!](#)

2. Go for a walk together and take in the holiday spirit. Considering that most of the country is bathed in balmy spring weather right now, it’s nice to go out at night and just walk around and see the Christmas lights. They will bring back romance from yesteryear and today. It’s almost like visiting the ghost of Christmas past and seeing the ghost of Christmas future. Hold hands, reminisce, get new ideas...then go home and have some fun!

3. Hot chocolate. Nothing is more fun than sitting by a fireplace with your honey and drinking some hot cocoa. Find a little cafe where you can sit, watch the fire, sip on hot cocoa, and people watch. You will quickly realize how grateful you are to still be a team. It’s wonderful when you can reminisce and remember how great things are and can be.

4. Bedtime stories. Read him a Christmas bedtime story and it’ll remind you just how magical the night can be. Couples need to reconnect, and when you reconnect to your youth, you

reconnect to easy feelings of when things were fun and open.

Related Link: [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

5. Take a sleigh ride. Even in Southern California, there are places that you can go sleigh riding. Once again, doing something that children love to do will awaken that spirit in you. These are the most exciting things to do when it comes to dating during the holidays. So take a sleigh ride together.

6. Go caroling. It might sound cheesy, but my relationship advice is to go caroling because of the closeness you'll feel with your partner. Singing songs in a group of people enables the inner child to come out and play. When a relationship gets stale, it's like old bread, or even old cookies, that even Santa's reindeer would reject. It's wonderful to just go and sing and be a kid all over again.

7. Watch *A Christmas Story* together. One of the best holiday movies out there. It's a movie that will remind you of when things were fun and easy. It's also a little spooky and life affirming. Great for cuddling.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

8. Watch some holiday movies. What would Christmas be without *A Wonderful Life*? So get some good holiday movies, watch *Harry Met Sally* and *Sleepless In Seattle*. Movies that will remind you of Christmas, maybe *Home Alone*. Have a marathon and make some popcorn.

9. Get a Charlie Brown Christmas tree and bring it over to her house. Or if you're living together, bring it home one day and decorate it with Christmas songs playing in the background. Wrap a little blanket around the tree and put up those ornaments.

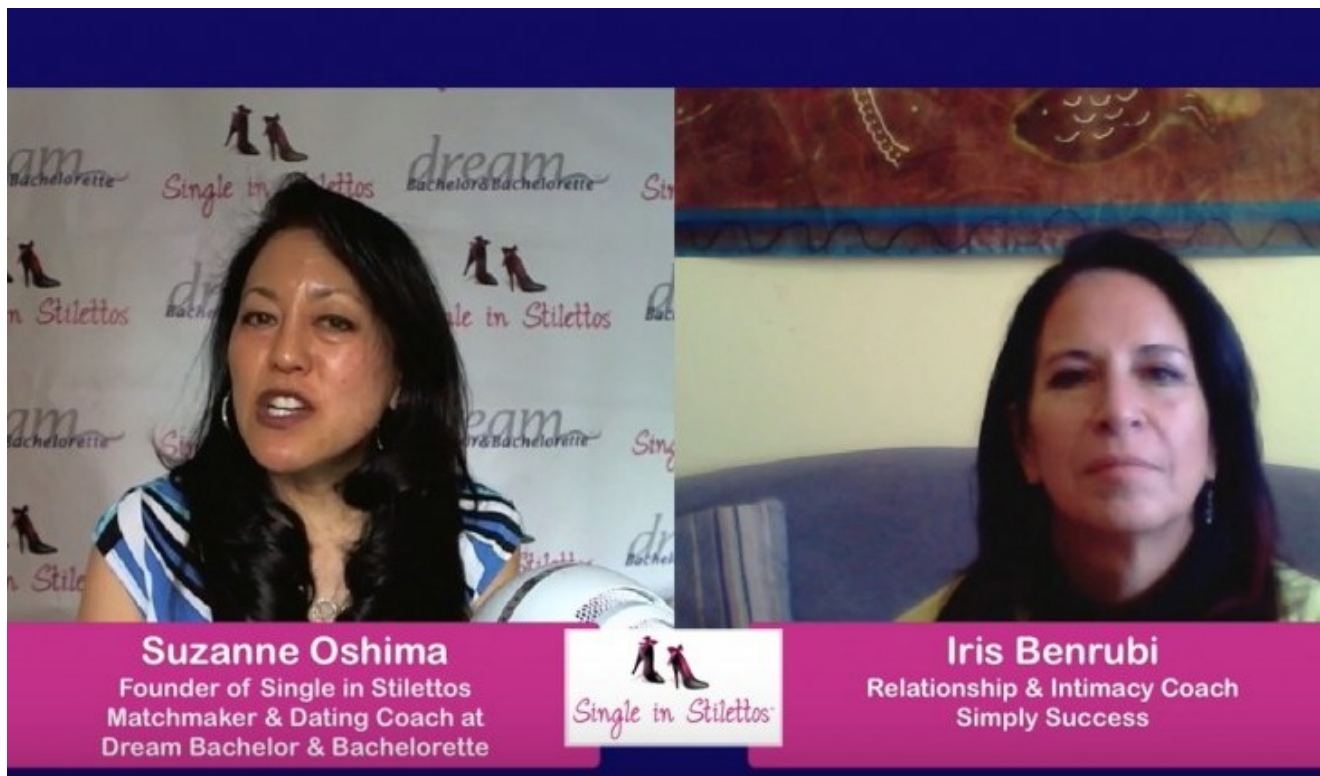
10. A gift a day, goes a long way. There are 12 days of Christmas. Everyday give each other a little gift. A gift that reminds you of how much you love one another. Make it something simple and fun, even if it's just a card or a candy cane.

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 dating advice from David, click [here](#).

Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'





Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

One thing that can be even harder than finding “The One,” is staying with them. In her new self-help relationship book, New York Times best selling author Arielle Ford shares 16 simple yet exciting steps to reignite the flames in your relationship and love. In her new book *Turn Your Mate Into Your Soulmate*, Ford says that you can reinvigorate your love life no matter how extinct you may think it is. In this exclusive author interview Ford opens up about her own marriage, talks about her favorite celebrity relationships, and gives her best date ideas and [relationship advice](#).

Arielle Ford Shares Best Relationship Advice and Dating Tips

How would you say you became a better partner in your own relationship?

The first thing I really had to do was learn how to communicate. I grew up in a home where everyone yelled at each

other, which I didn't realize is actually a really ineffective way to get your needs met. There was so much I didn't know. I thought love was just a feeling, but love is also a behavior, decision, choice, and commitment. There will be days you are with your beloved and you don't like them very much, but that doesn't mean you don't love them. When you're not feeling the love the assumption is that something is wrong, but the better assumption to make is that this is normal. There are studies that say every couple has a minimum of 9 irreconcilable differences. So you really need to learn how to communicate. You have to realize what the issues are and be vulnerable enough to share them with each other. What I hope this book does for people is get them to see that in order to have a really healthy, happy, long lasting relationship, you need more than just chemistry.

Why do you think people put so much pressure on themselves to find a soulmate? Do you think it's really *that* important?

I think we're designed as human beings to share our lives with another person and I think it's possible for everyone. If you have a desire for something, that in itself is proof that it's meant to be yours. The thing that gets in the way for most people is their beliefs. They believe there is only one soulmate for everyone, which isn't true. There are hundreds of potential soulmates for everyone, but you have to open yourself up, become vulnerable, and understand that it's a process. I talked to one woman who did online dating for 3 years and said she went on 79 first dates, until she had 'the one.' I asked her if it was all worth it and she said absolutely, she never thought she could be that happy. So many people give up when they just didn't get to the finish line yet. Maybe the timing wasn't right. Maybe the guy who is right for you is in the middle of a divorce, or a big move, or going through big business pressures – but he's out there, I know he's out there.

Related Link: [Most Popular Girl In New York City Shares Online](#)

[Dating And Relationship Advice in New Book](#)

***Turn Your Mate Into Your Soulmate* includes 16 fun ways to reignite the passionate spark. Do you have a favorite one?**

Well when you're in love with somebody it can literally be measured by a CAT scan by which parts of your brain light up when asked about your partner. So the chemicals are always there whether or not you're feeling them. If you get to the point where you're not feeling them at all, one thing you can do is get your partner and mutually decide to do something together that you both perceive as life threatening, like skydiving, zip lining, or a scary roller coaster ride. Do something that is going to give both of you a big adrenaline rush, and that will instantly kick start your brain chemistry to make you feel more in love and more passionate again.

What are some good date ideas that can reignite the flames of a long-term relationship?

I would say anything that is new and different. I believe that you should have a regular standing date night that is non-negotiable. And I believe you should make dates for sex. Date night is about just the two of you getting out of the house, doing something new, and having the time to talk. Sex dates can be short. They don't have to be a big ordeal. I think you should have a sex date even if you don't necessarily want to, because it's kind of like riding a bike. You may not feel it or be in the mood to have sex, but one of you does, so for the health benefits for your partner show up anyway, and once you get into it, you'll end up enjoying it. The other thing I would say is approach your mate with curiosity. Don't assume you already know everything about them. Ask them things you haven't asked them in years.

What would be your best piece of relationship advice for someone struggling to find the perfect partner?

In quantum physics there's something called the unified field.

In the unified field, past, present, and future all exist at one time, and everybody and everything is already connected molecularly. There is nothing and no one to whom you're not connected. So you are already connected to your soulmate on the unseen level. You don't know their name, you don't know who they are, you don't know when you're going to meet them, but you can start the relationship right now today. That's what I did with Brian. Even though I didn't know him, I decided to start the relationship in my mind, talking to him everyday and sharing my life with him in my imagination. That's why I believe that when we met on the physical plane it was this instantaneous recognition. It's something I call love before first sight. So if you're living like it's not going to happen for you, it's not going to happen. But if you are willing to use your imagination and trust, know, and believe your soulmate is not only out there, but also looking for you too, you can pull them in much faster.

Related Link: [Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More Or Less Conflict"](#)

What is your best dating tip to help your readers establish healthy romantic relationships?

Practice kindness. Be as loving, generous, kind, and compassionate to your partner as you can possibly be. We are all doing the best we can. Kindness goes so much further. If you're angry and upset, it's impossible for your partner to be happy, especially if he is a masculine male. Happiness is an inside job. It's about personal responsibility. Your soulmate can add happiness to your life, but they can't make you happy. Only you can make you happy. To be a great partner you have to take care of yourself first.

Can you tell us which famous couple you think demonstrates a good example of a healthy partnership and why?

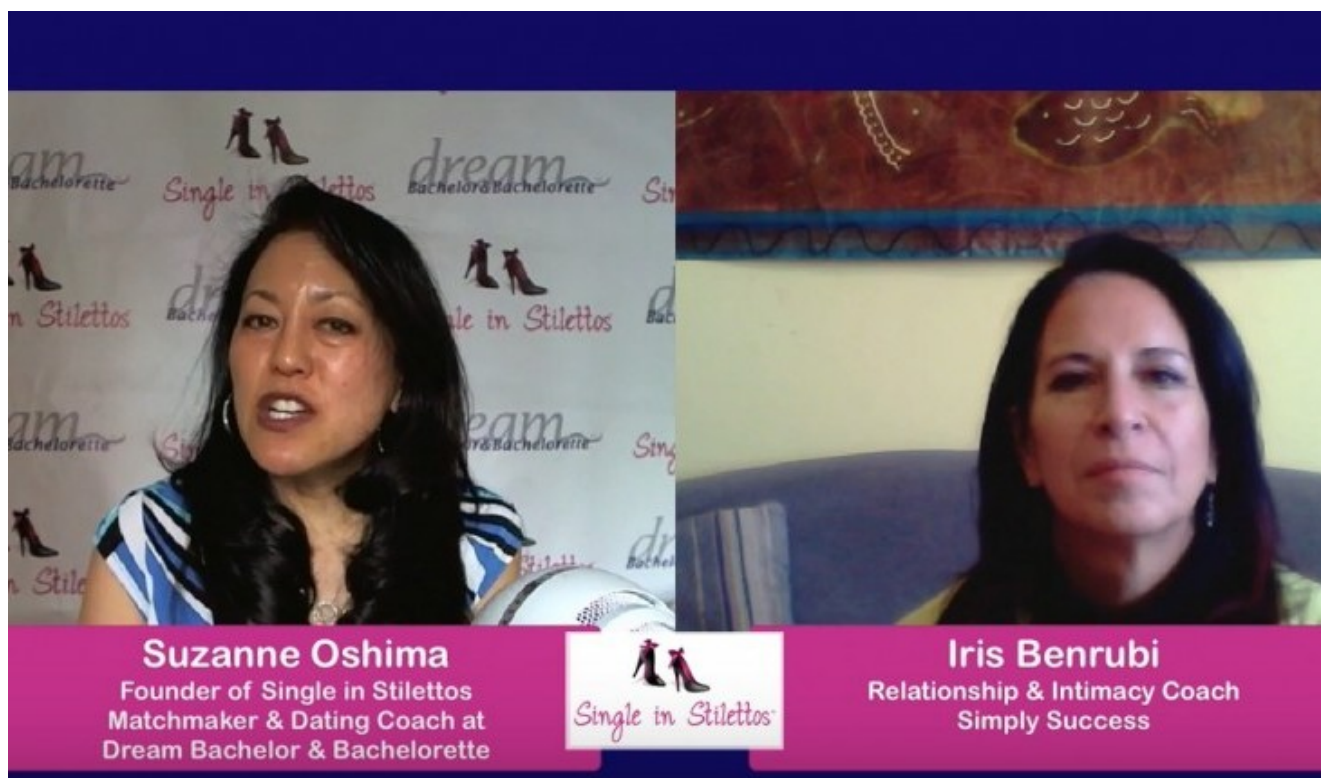
Michelle and Barack Obama definitely, politics aside. They have tremendous love for each other. All you have to do is look at pictures of them together, and it is evident that they love, respect and support each other. I think they are terrific role models. In the Hollywood scene, the celebrity couple I really admire is Tom Hanks and Rita Wilson. I think they are the real deal as well. Celebrities have a hard time because you can only have one rock star per couple, so with two big egos in the same relationship there is a give and take dynamic, and only one really gets nurtured.

Are there any upcoming projects that you'd like to share with our readers?

I'm starting my book tour in a couple of weeks so I'll be in New York at the Open Center January 12th doing a workshop. I've also got a ton of free bonuses for people who buy the book. There are also some videos on the MateToSoulMate.com from other experts on the topic, so check it out!

You can purchase [Turn Your Mate Into Your Soulmate](#) on Amazon. For more about author Arielle Ford, visit her website ArielleFord.com

Dating Experts Reveal How to Attract the Right Man



On this week's [Single in Stilettos](#) expert dating advice video, matchmaker Suzanne Oshima and dating expert Nicole Moore discuss how to attract the right man and find a lasting relationship and love.

Expert Dating Advice to Meet Someone Special

If you're ready to meet The One, consider these three pieces of [dating advice](#):

1. You have to stop hating men: Grab a friend or a journal and clear out all of the negative thoughts in your head. Remember that "good men really want women who love men because that makes them feel safe," Moore says.

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

2. You must have confidence: Every single man wants confidence in a partner. “When you’re confident in yourself, he’s going to trust that he’s making a good choice in you,” she shares. “And men want to make a good decision. They hate to fail!” To channel your inner confidence, make a list of 30 reasons why you’re a great catch.

Related Link: [Celebrity Couples: What True Love Looks Like](#)

3. Believe that you can attract the right guy: “It doesn’t matter what the dating field is; it matters what *you* want,” Moore says. “Hold in your mind, ‘I’m the woman who only attracts high-quality men.’” Be firm and strong in that positioning.

As the dating expert explains, “I believe love is a skill, and if you learn it, you can really make it work well.” We couldn’t agree more!

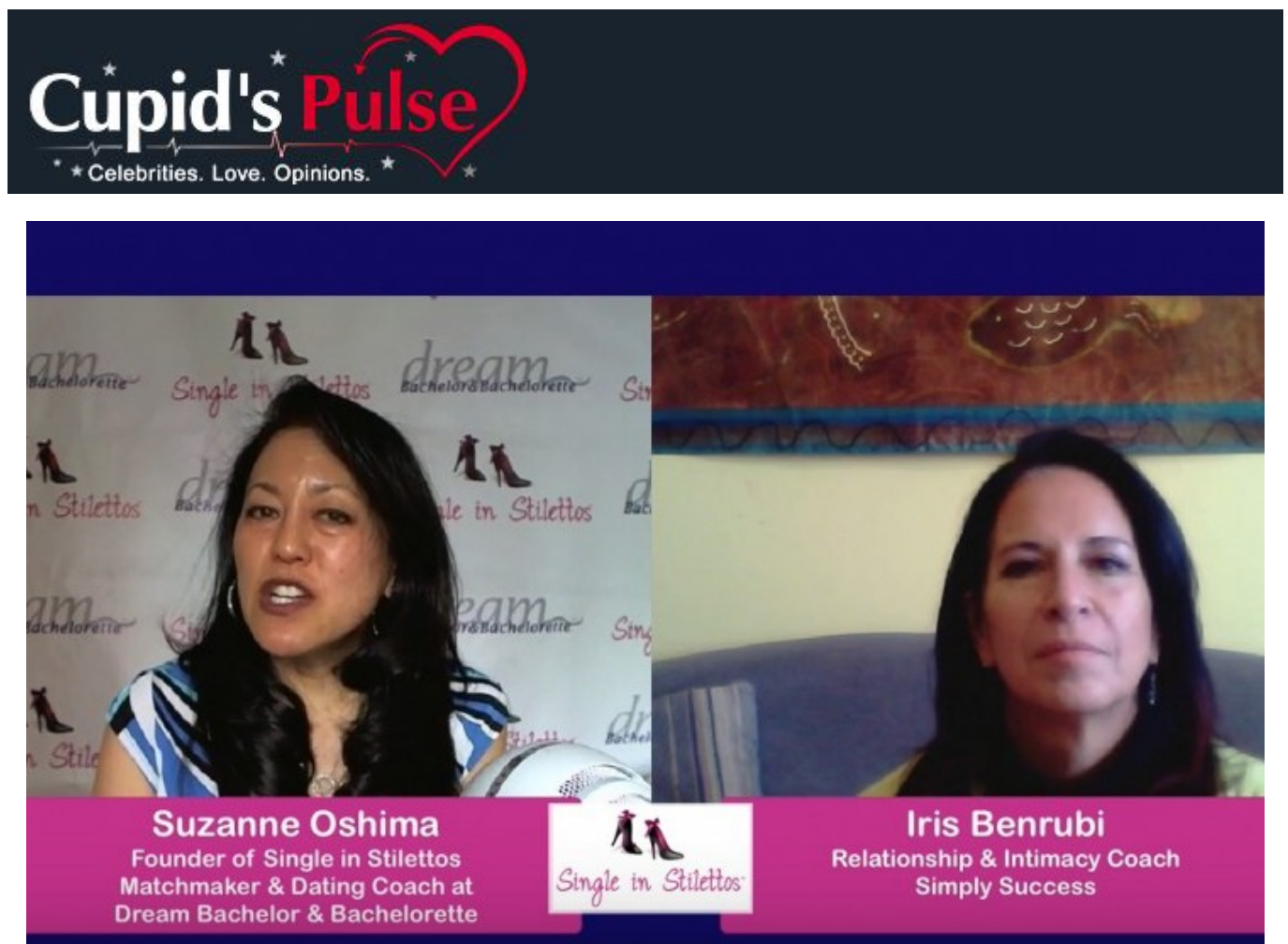
For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).

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

What is your best dating advice to attract the right man? Tell us in the comments below!

Celebrity News: Madonna Sticks Up for Ex-Husband Sean

Penn



By [Jessica DeRubbo](#)

Though they're no longer a [celebrity couple](#), Madonna is standing up for her ex-husband Sean Penn, in latest [celebrity news](#). According to [UsMagazine.com](#), Penn is currently suing *Empire* creator Lee Daniels for defamation after he alleged that Penn is abusive toward women while defending Terrence Howard during an interview with the *Hollywood Reporter*. In a new declaration submitted via Penn's amended lawsuit, Madonna denies all reports of abuse, calling them "outrageous, reckless, and false."

This celebrity news show that past

love dies hard. What are some reasons to stay in contact with an ex partner?

Cupid's Advice:

Just because you break it off with someone, celebrity couple or not, that doesn't mean it makes sense to cut all ties with them. Cupid has some relationship advice:

1. Networking: If your partner has been a big part of your career, then it may not make sense to cut ties with them. You can keep things professional civil without being emotionally invested.

Related Link: [Celebrity Families: Stars Who Have Adopted Children](#)

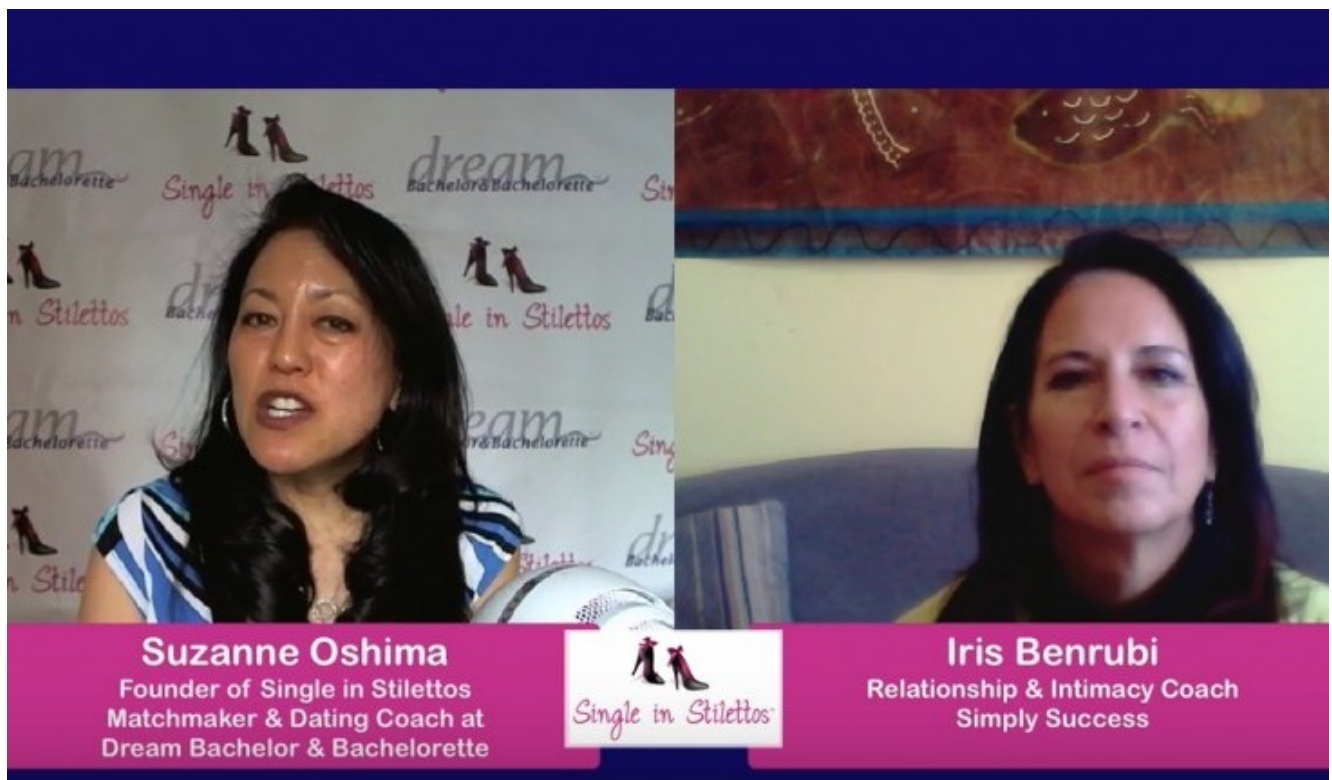
2. You're close friends first: Sometimes it may not be possible to get past the hurt of a break-up, but other times it's possible to remain friends. There's no reason to throw away a good friendship if it doesn't hurt you emotionally, so make sure you know what you're throwing away before you make a concrete decision.

Related Link: [Lourdes and Boyfriend Timothee Chalamet Make Out in Front of Mom, Madonna](#)

3. You still care: Sure, you may not be a couple anymore, but you can't just stop caring about someone the second you're no longer in a relationship. It doesn't hurt to initiate some small talk to make sure your partner is okay every once in a while.

What are some other reasons to stay in contact with your ex? Share your thoughts below.

Celebrity News: Khloe Kardashian Responds to Criticism About James Harden's NBA Season



By [Jessica DeRubbo](#)

In latest [celebrity news](#), [Khloe Kardashian](#) is pissed, and she's speaking out about it. The *Keeping Up With the Kardashians* star gave her feedback during a live chat on her website Thursday, according to [UsMagazine.com](#). Apparently there are haters out there saying that Kardashian is the

reason her boyfriend James Harden isn't having a good NBA season. "Someone's giving me too much power," she said, among other more vulgar things during a pretty aggressive rant. This [celebrity couple](#) is still going strong and sticking together!

This celebrity news isn't surprising, given that Kardashians seem to be prone to drama. What are some ways to show support for your partner amid criticism?

Cupid's Advice:

It's important to stand up for your partner when he or she has been wronged, but there are ways to do it that won't rub people the wrong way. Cupid has some [relationship advice](#):

1. Speak with actions instead of words: This is by no means an original idea, but it's worth mentioning. It can be easy to lose your cool and lash out with your words when you're mad about something that's happening to your significant other. Consider showing your support instead of causing that kind of drama. If your partner is under fire at work, attend work functions with him or her and praise his or her accomplishments to those you meet.

Related Link: [Khloe Kardashian 'Can't Even Get in Touch' With Lamar Odom to Finalize Divorce](#)

2. Counter with positivity: Instead of stooping to the level of your partner's attackers, stay positive. Turn things around on them and point out positive things about your partner. Point to concrete things that make the attackers think twice.

Related Link: [New Celebrity Couple? Khloe Kardashian Hangs](#)

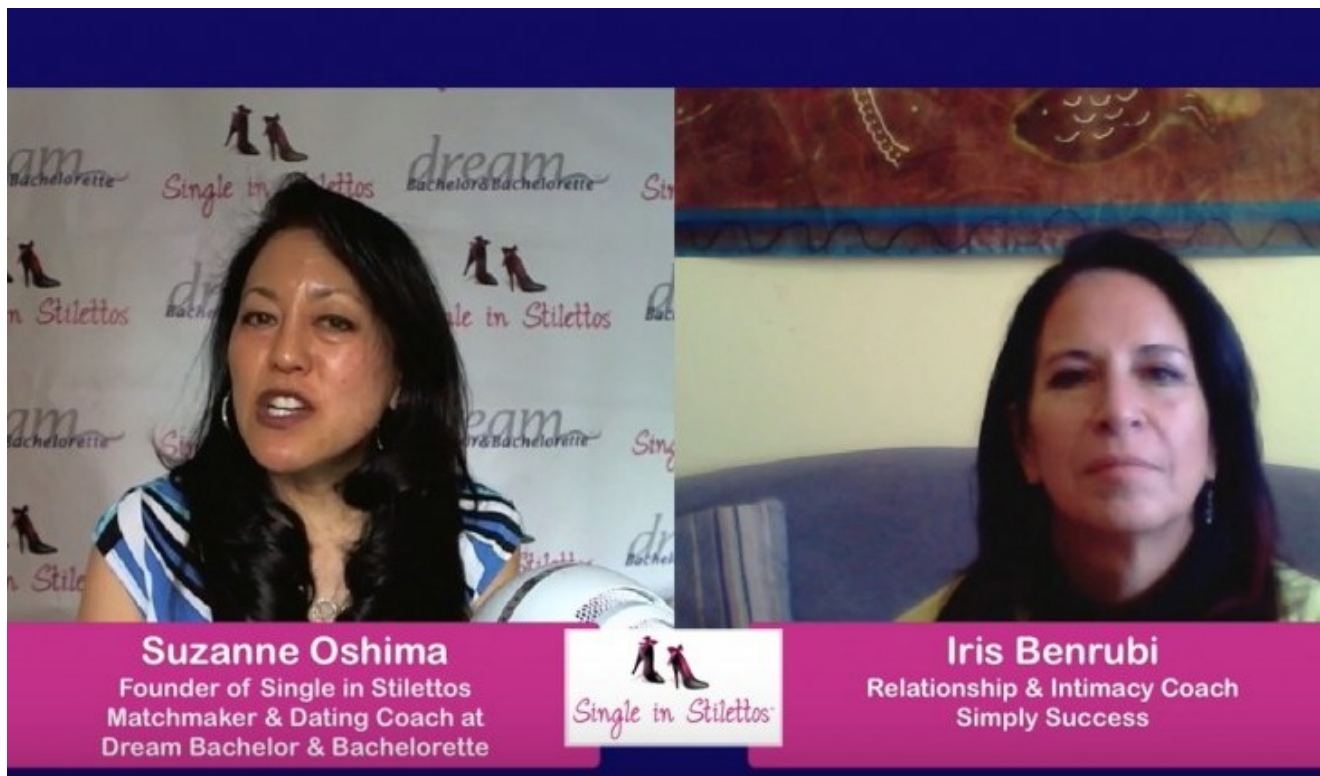
[With NBA Star James Harden in Vegas](#)

3. Ask your partner what he or she needs: Instead of just picking a way to stand up for your partner, let him or her know that you want to help, and ask their preferred way to do so. That way, you're not running the risk of upsetting them and you can still show your support and willingness to help.

What are some other ways to stand up for your partner? Share your thoughts below.

Celebrity News: Jennifer Lawrence Almost Asked Seth Meyers Out When He Was Engaged





By [Jessica DeRubbo](#)

According to [UsMagazine.com](#), [Jennifer Lawrence](#) recently revealed an interesting piece of [celebrity news](#) on *Late Night with Seth Meyers*. She admitted that when she hosted *SNL* several years ago, a crush she had reached its peak ... and that crush was on Seth Meyers himself. Though they never became a [celebrity couple](#), Lawrence reminisced about how it all went down. "I had this whole plan. I was going to ask you out," she said. "I started – thank God – I talked to the wardrobe lady about it. I was like, 'I'm going to ask Seth Meyers out. I'm going to give him my number.' And she was like, 'Honey, he's engaged.'"

This celebrity news tickles our funny bones! What are some ways to know if your crush is currently involved with someone else?

Cupid's Advice:

There's nothing worse than having a crush on someone who is already otherwise involved with someone else. Cupid has some tell tale signs your crush isn't up for grabs:

1. He's standoffish: Obviously being standoffish can mean more than one thing, but if you know he's a friendly guy and he shies away a little when you try to flirt with him, that's a red flag. At that point, you should probably ask around to those close to him to see if he's got a significant other or at least a love interest already.

Related Link: [Celebrity Matchmaker: Jennifer Lawrence Plays Cupid for Bradley Cooper](#)

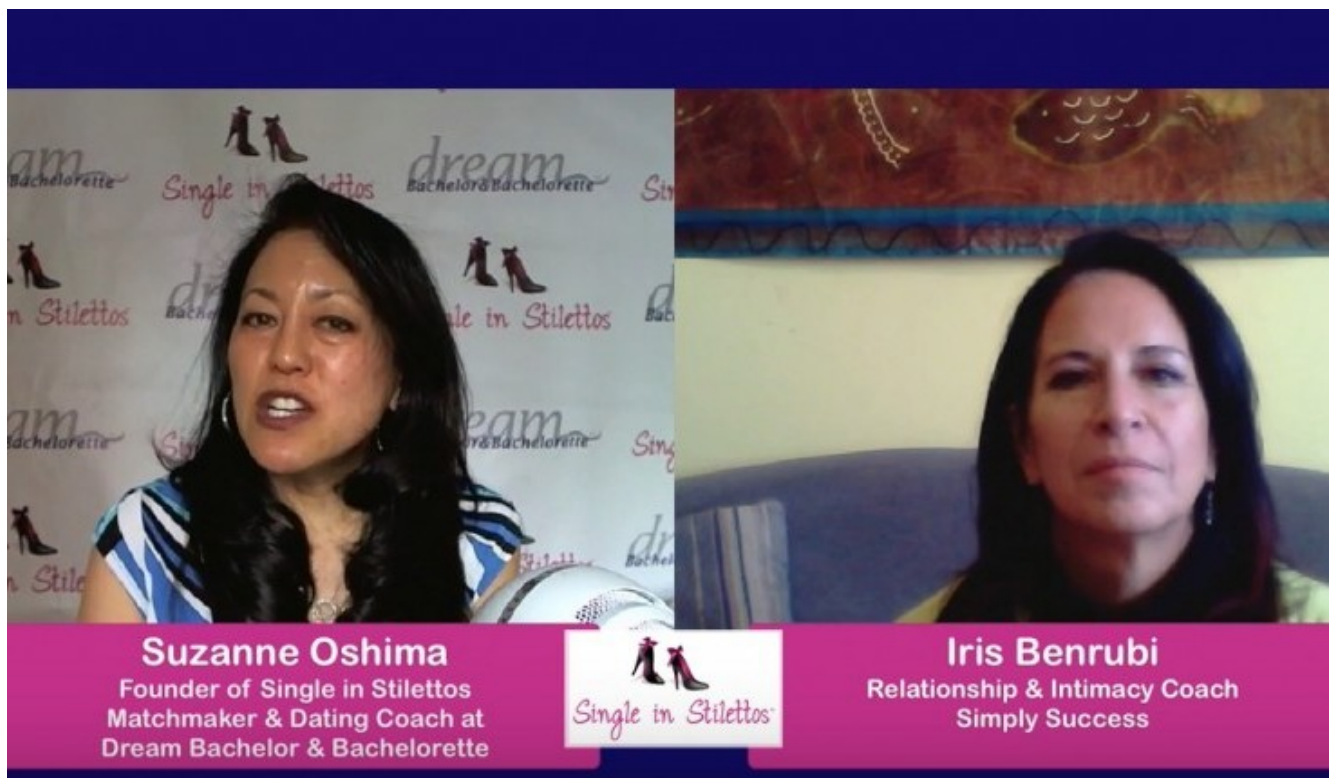
2. He's non-committal: If you keep casually suggesting a hang out session with your crush and he keeps coming up with lame excuses, it's definitely time to consider the circumstances. He might not be able to hang out because he already has a girlfriend! It's time to do some digging.

Related Link: [Love Advice: Can Jennifer Lawrence and Bradley Cooper's Work Marriage Work?](#)

3. He's treating you like one of the guys: If your crush is asking you to play a pick-up game of basketball with a group of guys, or asking you to have lunch with a big group of friends, it's time to start thinking about why he's not asking you to spend quality time with him alone. Chances are, he's otherwise involved.

What are some other signs your crush already has a significant other? Share your thoughts below.

Celebrity Interview: 'Flesh and Bone' star Karell Williams Talks Relationship Advice Saying, "Be True, Be Real, Be Vulnerable"



Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

If you're a fan of dancing and the arts, you may know the up and coming celebrity actor Karell Williams from the *Starz* mini-drama *Flesh and Bone*, which is a fictional series about dancers caught in the cut-throat world of professional ballet. From freelance performing, to teaching, and now acting, Williams is determined to do it all. *Flesh and Bone* premiered

this November, and has already received a Golden Globe nomination. We recently chatted with the star in our exclusive [celebrity interview](#) about his experience transitioning to on-screen acting, and he also gave his best career and relationship advice.

Celebrity Interview: Karell Williams Shares Career and Relationship Advice

Williams has always been passionate about dancing but has recently shifted to acting as well. As for how he ended up on the small screen, he explains “I wanted to challenge myself artistically in another way.” He moved back to New York where he was focused on becoming a triple threat: singer, dancer, and actor. Then he heard about the *Flesh and Bones* auditions. “It wasn’t until then that I realized this was really something I wanted to do,” the ambitious dancer shares.

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says “I’m All Dance Before Romance”](#)

Switching career paths can definitely be difficult. Williams advice for anyone wanting to branch into something new would be “you only live once, so push yourself through it.” He agrees that in this day and age, professionals need to be able to do everything, not just what their job description entails. “You need to explore all facets of your abilities,” he says. “Don’t be scared. Take the leap of faith and your work ethic will proceed you.” And yes, there may be challenges with the transition. “I don’t see them as difficulties, but more as experiences and challenges,” says Williams. “Performing on-stage and performing for the camera are different and each comes with its own challenges, but I like challenges.” While difficulties aren’t always something to shy away from, there’s

no doubt there are certain fears and anxieties that come along with them.

However, Williams says there wasn't much anxiety for him when signing on to this particular project. "Truth be told I didn't really know what I was getting into," he says. It wasn't until he started auditioning that he realized Moira Walley-Beckett was the writer of the series, the same writer and producer of the top rated hit show *Breaking Bad*. It wasn't until the dance portion of his audition among some of the best dancers in New York City with cameras recording the whole thing that the aspiring actor realized what a big deal and opportunity he was immersing himself in.

Related Article: ['Married to Medicine' Reality TV star Jill Connors on Relationships and Love](#)

This opportunity worked out in the dancer's favor, as he landed the role of Trey, a trendy, feisty, free spirit in the ballet world. "Trey and I are completely different," he says. "He's mean and bitchy, and I'm not really like that." However, he will admit that him and Trey share the same trendy style. Trey certainly brings the drama in the show, so Williams gave us some dating advice on how to deal with drama in real life, specifically when it comes to relationships and love. He says he lives by the quote "society has become so fake the truth actually bothers people." His best relationship advice is "to be appreciative and present in your relationship and never forget to communicate. Never mute who you are to make someone else comfortable. You have to be true, be real, be vulnerable, and be authentic."

Related Article: [Alison Sweeney Talks Relationships and Love in Celebrity Interview](#)

When it comes to making time for your partner in order to put this relationship advice to the test, the busy actor says it's as simple as prioritizing. "Yes I'm busy, but I'm not the

busiest man in the world,” he says. “If Obama can tuck in his kids and give Michelle a kiss goodnight, then I have no excuse!” he added with a laugh. “You have to make sure you make time for what comes first, the people who mean the most to you, or your career.” In our celebrity interview, Williams says he will be prioritizing his friends and family this holiday season. He admits he rarely cooks, so potlucks with a few of his best friends will be as good as it gets.

Karell Williams Talks Date Night

Holiday dinners aren't the only things he likes to keep simple. Williams also believes less is more when it comes to winter [date ideas](#). His dating advice is to “keep it simple, Netflix and chill baby! At the end of the day it's all about who you're with, not what you do.” We can definitely agree that as long as you're with someone you love and care about, you're guaranteed a great time. As Williams liked to put it, “it's not about location, it's about company.”

Don't have a Netflix subscription? No worries, you can *Starz* and chill for the *Flesh and Bone* season finale. “I'd say expect the unexpected,” the show's star excitedly tells us. We can also expect a big dance number at the end of the episode! The finale airs on December 27th at 8 p.m. on *Starz*.

To keep up with Karell Williams, follow him on www.facebook.com/KarWill11?fref=ts.