

# Expert Dating Advice: What A Man Doesn't Want In A Woman



In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about what men don't want in a woman. Check out their expert dating advice above!

## Expert Dating Advice For Women

In any relationship and love, you are 50 percent of the equation. So before you start blaming the man for how he acts on a first date, start thinking about what *you're* contributing to the conversation. Follow this expert dating advice and remember these three things that men don't want in a woman:

**1. A sense of entitlement:** Men hate women who are entitled and self-centered. Just think: You wouldn't like it if one of your girlfriends acted that way! It completely turns them off and puts a bad taste in their mouth. Don't be demanding or have expectations when you aren't giving anything back. A man wants a woman who really appreciates him.

**Related Link:** [Relationship Experts Reveal 5 Ways To Survive A First Date](#)

**2. Someone who is boring:** Men also hate it when a woman looks bored on a date and, in turn, is boring to hangout with. If you look at your phone on a date and only reply with one word answers, then you need to start putting yourself out there. Don't be scared to let loose! Beware, though, because you also can't just keep talking about yourself. You need to ask him questions too and engage in conversation.

**Related Link:** [Dating Experts Say Your List Of Must-Haves Isn't That Important!](#)

**3. Someone who is superficial:** Never play the superficial card. Men don't like having superficial conversations, like talking about your shoes or tanning regimen. Why would you talk about those things on a date? If you're nervous and shy, stray away from these topics because it makes you look dumb and entitled (see #1!).

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

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**What do you think men don't want in a woman? Tell us in the comments below!**

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# Kelly Rutherford's Celebrity Ex Daniel Giersch Accusing Her of 'Child Abduction'



By Maria N. Capalbo

According to [UsMagazine.com](https://www.usmagazine.com), unfortunately the fight goes on between celebrity exes Kelly Rutherford and Daniel Giersch, as they battle one another for custody over their children. Giersch has added more fuel to the fire by saying that Rutherford is now abducting their children since she will not let them travel back to Monaco. A statement released by Giersch's lawyer says, "Daniel will continue to protect the

children from any harm and any media exposure. Unfortunately Kelly has now added child abduction to extortion and false statements on her list of actions. Daniel will make sure that the children's safety and well being will be restored as soon as possible." Rutherford still has yet to release the children.

## **This celebrity ex drama is definitely getting heated! What do you do if you're having problems coming to a compromise with your ex about your kids?**

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

When you have kids with an ex, things may become difficult and dramatic. Cupid has some relationship advice for compromising with your ex about your children below:

**1. Remain respectful:** You should never publicly shame or embarrass your ex, regardless of what they have done. Everything always falls back on the children. Even if your kids are young, you should always remain respectful when a confrontation with your ex arises.

**Related Link:** ['Gossip Girl' Star Kelly Rutherford Gets a Court Date for Marital Battles](#)

**2. Think about the childrens' best interests:** No matter what happens between you and your ex, you both should always think about how the children will be affected. Sometimes you may have to spend time with your ex for the sake of the children. Just do it; do not make more problems!

**Related Link:** [Kelly Rutherford On Her Divorce: "The One Thing](#)

[I Know Is That My Kids Are Loved and That We're Working It Out"](#)

**3. Be fair:** Let your ex have just as much time with the children as you do, as they are his/her children, too. Keeping the kids away from their other parent is not always the right thing to do.

**What are some ways you've compromised with your ex about your kids? Comment below!**

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## **Love Advice: What Your Sleeping Position with Your Partner Says About You**





By Molly Jacob

How well do you sleep? With relationships and love, your sleeping position can mean more than just whatever position you find most comfortable in your king-sized bed. How you sleep with your sweetheart could say a lot about you and your relationship. Looking for some dating advice for your relationship?

**Keep reading to see what love advice Cupid's Pulse has about what your sleeping position with your partner really means!**

#### **1. You're the big spoon:**

The classic spoon, while not that common among sleeping positions for couples, can say a lot about your relationship and love life. If you're the big spoon, you're the protective one in the relationship. You want to keep your significant other safe and secure, even as you drift off to Dreamland.



Dating advice: don't feel like you always have to be protecting your partner, and make sure they're getting all the space they need in the relationship!

## **2. You're the little spoon:**

If you're the little spoon in this sleeping position, you're the one who is being protected. You are more dependent on your significant other and you feel safe with them. Love advice: sometimes your partner might want to feel protected, too! See how you can make them feel safe and comfortable in your relationship, instead of being too dependent on them and their security.

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

## **3. You're intertwined:**

You and your partner wrap your arms and legs around each other every night and stay tangled in each other throughout your sleep. This could be a sign that your relationship is very close and almost suffocating. You both could be relying on each other too much, which is why, even in sleep, you find that you need to be as close as possible.

## **4. You take up the bed:**

Some people need as much space possible when they sleep. Although your sleep position doesn't necessarily correlate to your relationship and love with your partner, if you find yourself consistently pushing your partner off the bed, be wary of this sleep pattern. Dating advice: take a look at whether you're being too dominant in your relationship.

**Related Link:** [10 Pieces of Love Advice Learned From Famous Hollywood Couples](#)

## **5. You sleep on opposite sides of the bed:**

This position is probably the most common among couples. If you stay on separate sides of the bed and face away from each other, this may be a sign that you both are independent and

confident in the area of relationships and love. You both feel secure enough in your relationship not to be all over each other.

Do you agree with this dating advice? What position do you and your partner sleep in? Let us know in the comments below!

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## Owen Wilson, Jennifer Aniston, and More Star in New Relationship Movie, 'She's Funny That Way'





By [Courtney Omernick](#)

This relationship movie features the interconnected, personal lives of the cast and crew of a Broadway production. You'll never believe who falls in love with who in this non-traditional chick flick.

## Cupid has the details on this new chick flick!

### Should you see it:

This relationship movie has a twist! If you like films that keep you guessing and have many different layers, then this chick flick is for you. The movie also features Owen Wilson, [Jennifer Aniston](#), Will Forte, Kathryn Hahn, and more great actors.

### Who to take:

This relationship movie/non-traditional chick flick would be great to see with your friends or significant other. Is it a good idea to date multiple people at the same time?

### Cupid's Advice:

In today's world, you can never be too sure that the person you're looking to date is the cream of the crop. So, sometimes going on dates with a few different individuals at the same time can help you narrow down what's out there. But, is this a good idea, or is it only asking for trouble? Find out below!

**1. It speeds up the process:** Dating multiple people can definitely speed up the process of finding the right person. Why wait around with someone that you know you're not that interested in, if you've already found someone else that you know you can see yourself in a relationship with?

**Related Link:** [Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session](#)

**2. Compare and contrast:** Yes, everyone has different personalities, and everyone has their positives and negatives, but it is nice to be able to compare what you like about one person to the next. It'll also help you decide what you want to look for if the people that you're dating aren't working out at all.

**Related Link:** [Love Advice: How To Tell If a Guy Likes You](#)

**3. Honing your first date skills:** Think of it as interviewing for a job. Once you've done it a few times, you finally know the questions you need to ask to get to know the other person, and it helps you figure out if they're worth your time and effort. Once you've done it a few times, you'll be a pro.

**Have you dated multiple people at the same time? Did it work out? Comment below!**

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## **Jennifer Garner Source Says Ben Affleck's Alleged Celebrity Affair Was the 'Ultimate Betrayal'**





By Katelyn Di Salvo

Devastation hit when the latest celebrity news broke that [Jennifer Garner](#) and [Ben Affleck](#) were getting a [celebrity divorce](#). Now, we have more details on the heartbreaking split. According to [People.com](#), Garner knew her celebrity marriage to Affleck was in trouble for quite some time. While on vacation in the Bahamas, the celebrity couple was planning their next move. Affleck had already admitted to Garner that he had not been committed to the marriage. Sources say that Garner found out her celebrity husband was having an affair with their nanny, Christine Ouzounian, while on this vacation, something Affleck strongly denies. Garner is angry, and believes this to be the “ultimate betrayal”.

**Alleged and confirmed celebrity affairs are splashed across tabloids repeatedly. How do you**

# deal with the public backlash once the news of your partner's affair gets out?

## Cupid's Advice:

Dealing with a betrayal of trust like an affair is hard enough as it is, but it's even tougher when the news gets out to your friends and family. Cupid has some tips:

**1. Keep your head high:** This is the most important step in dealing with the public backlash. Don't let people's comments bother you. You just keep your head high and focus on the blessings in your life.

**Related Link:** [Celebrity Gossip: Ben Affleck Has Been Dating Nanny Christine Ouzounian](#)

**2. Focus on bettering yourself at work:** There is never a better time to throw yourself into your work. Sometimes you need a distraction from all the craziness going on around you. Bettering yourself at work and becoming even more successful can change the direction of the conversation and can also be the best way to prove to yourself that you still got it!

**Related Link:** [Ben Affleck Removes Celebrity Wedding Ring After Comic-Con Appearance](#)

**3. Surround yourself with loved ones:** You can never deal with something like this alone. Having your close friends and family around can make you feel at home, and allows you to have someone to vent to when you need to let it out.

**What are some way you would deal with the public backlash after a nasty break up? Share below!**

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# Anna Kendrick Speaks Out About Celebrity Marriage



By Katelyn Di Salvo

It looks like the [celebrity wedding](#) bells won't be ringing anytime soon for celeb Anna Kendrick. The actress does not believe in celebrity marriage before 30! Although the 29-year-old actress herself will not be walking down the aisle in a white dress this year, she did walk down the aisle in her best friend's wedding August 2, as the maid of honor. According to [UsMagazine.com](#), her busy schedule has kept her away from the usual M.O.H. duties, but she made up for it by gifting the bride with a full set of diamond jewelry on loan from Harry

Kotlar. Kendrick has been dating cinematographer Ben Richardson for roughly a year now.

## **Anna Kendrick thinks celebrity and non-celebrity marriage can wait until your 30's. How do you know what the right time for you is to get married?**

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

**1. You fully understand the meaning of forever:** You are ready for marriage when you are able to grasp what it means to be together forever. If that doesn't scare you, but rather excites you, then you are ready to say "I do". Understanding that you are no longer responsible for yourself but for someone else, and that you must honor, love and respect each other for the rest of your lives, is very important to know before walking down the aisle.

**Related Link:** [Ashton Kutcher & Mila Kunis Celebrate Top Secret Celebrity Marriage](#)

**2. Life does not feel complete without each other:** As corny as that may sound it is true. When you are ready to spend the rest of your life with one person you have to feel like they are a part of you. Being ready for marriage means not being able to picture your life without the other person.

**Related Link:** [Relationship Movie 'The Last Five Years' Features Anna Kendrick](#)

**3. You are financially stable:** Marriage is of course about love, but you also have to be smart. Marriage is a big step in your life, and you should be financially stable before making



that move. Otherwise, the stress of money can burden your relationship and love life.

How did you know you were ready to say “I do”? Share below!

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## Relationship Advice: How Can You Tell If Your Partner Is Having an Affair?



By [Courtney Omernick](#)

You’ve just found out that your significant other is having an affair; and it’s something that you never wanted to hear. That

being said, it can be worse wondering whether they're betraying you or not, and there are signs to look for in that situation.

## Whether you're dating, in a relationship, or single, read these pieces of dating and relationship advice below on how to tell if your partner is having an affair.

It can be tough to tell if your partner is having an affair, and you don't want to wonder about it too much. Cupid has some red flags:

**1.Their behavior changes:** If your partner suddenly breaks an established routine or stops wearing their wedding ring for no reason, these could all be signs that he or she might be having an affair.

**Related Link:** [Ben Affleck: Can You Forgive a Betrayer in a Romantic Relationship?](#)

**2. Showering/cologne/perfume:** If your significant other comes home and showers right away when they work an office job, that could be a bad sign. If they smell differently when they come home, or if they're starting to buy new fragrances at the store, it's cause to at least check things out.

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

**3. Discomfort:** If your partner seems less comfortable around you and gets easily angry when they weren't in previous months, this could be a sign. If h also stops attending social

gatherings with you, you may want to start asking questions.

What's your relationship advice for our readers? Have you ever found out your significant other was having an affair?

Share in the comments!

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# Reba McEntire and Husband Narvel Blackstock Split after 26 Years of Celebrity Marriage



By Meranda Yslas

After 26 years of being a Hollywood couple, country singer Reba McEntire and Narvel Blackstock are separating. According to [UsMagazine.com](https://www.usmagazine.com), a rep announced that although their celebrity marriage is coming to an end, “They continue to support each other.” There is no word, however, if the exes have filed for a celebrity divorce. Over the course of their romantic relationship, the two have one child together, race car driver Shelby Blackstock.

## **This long-lived celebrity marriage ended up not working out. How do you know if your relationship has staying power?**

### **Cupid’s Advice:**

Although Reba and Narvel’s celebrity marriage lasted over 26 years, it seems as if their relationship and love life didn’t have what it takes to last. Cupid has some tips so that you and your partner will stick together:

**1. Keeping it fun:** It is often when a couple falls into a routine that the relationship becomes boring and lacks luster. Having spontaneous date nights will keep the relationship fresh and exciting.

**Related Link:** [Famous Couple Blake Shelton and Miranda Lambert are Divorcing After Four Years](#)

**2. Expressing your love:** If you and your significant other have been dating or married for a long time, saying “I love you” may not occur as frequently. However, it’s important to remind each other how you feel.

**Related Link:** [Ben Affleck and Jennifer Garner Are Getting A Celebrity Divorce After 10 Years of Marriage](#)

**3. It's okay to ask for help:** Some romantic relationships need outside help for solving problems and that's okay. Seeking out a couples counselor may be what you and your partner need.

**How have you and your lover maintained a long relationship? Share below.**

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## Expert Relationship Advice: How to Handle a Jealous Girlfriend



By [David Wygant](#)

You find yourself dating this really cool woman. She's hot; she's smart; she's everything you want in a partner. But she's jealous. She literally flinches every time a text comes through on your phone. Even if you're just checking a football score, her mind starts racing, wondering if you're contacting another woman. As a [relationship expert](#), I recognize that jealous girlfriends are a different breed of girl. They're really tough to handle, but they can be managed, thanks to this expert relationship advice.

**Related Link:** [The Premise of Monogamy](#)

## Follow This Expert Relationship Advice to Deal with Jealousy

First, your phone needs to be transparent. You need to let her look at it whenever she wants. Don't hide it, and don't password protect it. Stop all correspondence that may make her mind wander or make her question you. Be sure to delete every naked picture and every text from an old girlfriend beforehand though! All evidence of past indiscretions needs to be erased because a jealous girlfriend will find it, no matter how well you hide it.

To continuing following my expert dating advice, next, you need to ask your friends to never send you text messages that can easily be misread. Jealous girlfriends are like crime investigators on *CSI*. They literally will create stories based on absolutely nothing. An innocent text from your friend Joe may say something like, "Hey man, last night was awesome. We went by the bar afterwards, and you'll never guess who was there." She'll read that text and automatically assume that "guess who" is some girl that you used to bang and still want to bang.

And third, don't save voicemails from your buddies. You see, she's going to listen to saved messages, old and new, so it's



time to delete any and all videos, voicemails, recordings – everything.

**Related Link:** [Kissing On-Screen: Do Celebrities Get Jealous?](#)

By doing these three steps, you can start building up a jealous girlfriend's confidence. Yeah, it takes some work on your part, but it'll be worth it. Remember that she's only jealous because of all of the other guys who have let her down. So regain her trust, and you'll have an amazing relationship and love.

*David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his dating advice has transformed the lives and relationships 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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## Relationship Expert Reveals What to Do Before You Begin Online Dating





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how to prepare for online dating.

## Expert Online Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Before you begin online dating, you need to turn your focus inward. "Do some soul searching and figure out who you truly are at your core, what you stand for as a person, what you actually enjoy doing, what your dating purpose is, and what you truly need as opposed to what you want," says relationship expert Laurel House. She believes that the answers to those questions are essential when it comes to being authentic and attracting the right person for your next relationship and love. This idea holds true whether you use online dating or another method to meet someone special. Otherwise, according

to this expert dating advice, you may end up in a partnership that doesn't suit you.

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

"This is something that I work on with my clients every single day, and it's really hard – being honest with yourself first," she adds.

*For more relationship advice videos from House, click [here](#).*

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

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## Love Advice for Women: He's Definitely Interested...But He's Not Pursuing Me!





In this week's [relationship advice video](#) from [Single in Stilettos](#), matchmaker and dating expert Suzanne Oshima talks to relationship author Tinzley Bradford about what to do when a guy is definitely interested but isn't pursuing you.

## Dating Experts Share Love Advice For Women

Has a guy ever gone out with you and acted into you but then pulled back suddenly and temporarily? If so, don't worry! It happens to women all of the time, and we have some love advice for you. Relationship experts agree that he may be too shy or scared to evolve the relationship and love. While you don't want to come across as demanding or sassy, you can still ask him what's going on in a cute way, like by sending him a text that says you miss him. If you're vulnerable with him, hopefully, he'll be vulnerable with you too.

**Related Link:** [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

However, if this game continues over a long period of time, follow this love advice and just say, "Next!" Your time is valuable, and so are you. Know your self worth, and don't become that desperate, nagging woman. Dating should have a push-pull dynamic with *both* parties initiating conversation and dates. If you're trying to develop the relationship and he doesn't respond, then you're wasting your time and his. You'll need to pull back and kindly stop initiating anything.

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

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**What would you do if he was interested but not pursuing you? Tell us in the comments below!**

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## **Sean Lowe Gives Love Advice to 'Bachelorette' Couple Kaitlyn Bristowe and Shawn Booth**





By [Jessica DeRubbo](#)

[Sean Lowe](#), former *Bachelor* and current happily married man, joined *American Idol* in watching the most recent *Bachelorette*, Kaitlyn Bristowe, give her final rose to Shawn Booth. According to [UsMagazine.com](#), Lowe skipped turning to social media with his commentary, and he instead dedicated an entire blog entry to love advice for the newly engaged celebrity couple. In the blog, he says, "Every relationship takes work, especially relationships formed on TV! I remember the few months between filming and the last episode of my season when Catherine and I had to keep our relationship a secret- everything was so exciting. We were in love and we couldn't imagine having hard times or experiencing any issues that might endanger the relationship," he wrote. "That naiveté wore off pretty quickly once we were thrust into the real world. Your relationship is going to run into issues both big and small. It's imperative that you find a way to work through them."



# ***Bachelor* franchise alums are well-versed in love advice! Whose love advice should you trust when it comes to your relationship?**

## **Cupid's Advice:**

There's no lack of love advice to choose from, especially with the internet at your disposal. That being said, it's important to weigh whose relationship advice should hold the most importance. Cupid has some tips:

**1. Those who have known you for the longest:** There's definitely merit to trusting advice from those in your life who know you the best. If someone you don't know is pretending to have in depth insight into your relationship, it's probably red flag. Take whatever those types of people say with a grain of salt.

**Related Link:** [The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici](#)

**2. Certified/trained professionals:** Some people dedicate their lives to helping people and giving advice. Though it's certainly true that you shouldn't trust every single person who says they are professionally trained, it's definitely more valuable that trusting someone who you just met and who isn't certified or trained.

**Related Link:** ['The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: "Not Anytime Soon"](#)

**3. Someone who is in a relationship you respect:** Sometimes actions speak louder than words, as they say. If you know a specific couple who you wish to emulate someday, they might be good people to get love advice from.

Who else should you trust love advice from? Share your thoughts below.

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# Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More or Less Conflict"



By [Sarah Batcheller](#)

Unwanted conflict patterns in relationships are just that: unwanted. Often times, couples feel helpless and like their arguments are a curse instead of something they can navigate. Dr. Tara Fields, a licensed psychotherapist who specializes in relationships and love and the author of the upcoming [self-help relationship book](#) *The Love Fix: Repair and Restore Your Relationship Right Now*, teaches her readers how to grab the reins of their negative habits and bring their love to a better place. Knowing that no relationship is perfect, Dr. Fields provides more than just love advice; she also shares usable actions to help couples weather any storm together. In this exclusive author interview, she reveals her proven techniques for lovebirds in all stages of romance.

**In the book, you discuss the ways that couples can manage their relationships. What are some benefits of the HEARTwork exercises and self-assessment quizzes?**

Change comes with awareness, so until an individual or a couple can take ownership of things, they can't change. What you can do is look at your part in the conflict. I see miracles happen when even just one person starts looking at their part in the loop. One of the reasons that I created the assessment is for people to self-diagnose and start becoming aware. The second reason is for people to say, "What can I do now?" So I came up with the three-minute fixes – people want help now, and they also want *hope* now.

Even if things don't change immediately, it will make you feel better because, when you act in a loving way, it increases your sense of self and also makes you feel empowered. What happens with couples is that they start to feel powerless: "They're never going to change," or "They're never going to forgive me for that thing that happened five years ago." But this book lets people know there's something they can do to change things, and from there, things just keep progressing.

One of the biggest pitfalls I've seen is people wondering whether they can get their partner on board. Just be hopeful. Many people think they need to refrain from conflict, but here's something most people don't know: The happiest couples don't necessarily have more or less conflict. Instead, It's about how you handle the conflict. That's a big piece of the book – it teaches you to say, "We have an opportunity here."

**What is the most important thing that keeps a relationship healthy?**

Outside forces like friends, in-laws, or money can be a big problem in relationships. What's crucial, and what successful couples have, is that they're a team. The beautiful thing about a loving relationship is that you're better together. You should be able to surrender and trust and know that your partner has your back.

**Related Link:** [Love Advice: How to Make Your Partner Happy in 5 Minutes a Day](#)

## **Proven Love Advice For Couples in Budding Relationships**

**Can you tell us your most crucial love advice for new couples?**

In the media, and especially on reality TV, we see this attitude of, "Yay, I found it!" The biggest misconception is that your partner will guarantee that you're always going to be happy. It's so important for couples to realize that you're dealing with hormones and chemicals and the newness of romance.

In the book, I discuss coming together and growing apart, which happens when you start facing real-life issues. So many couples have a plan, but then, *life* happens. For example, all of a sudden you're laid off from that secure job, and the house can't be sold. I always say to couples that, even if

you've already dealt with these issues, it's a good idea to do pre-marital counseling and make sure you're on the same page. Lots of people say things like, "We never really talked about finances" or "He's saying he doesn't want to have children, but that will change once we're married." It's so important for couples to articulate their expectations.

There's an erroneous belief that, "We're different from everybody else. The divorce rate is almost 50 percent, but nobody loves each other like we do. *We're different.*" That's what almost everybody thinks. The crazy thing is that people put so much planning and money into this one day, this one big party, but they don't plan for the rest of their lives.

**What was one of the biggest issues you have had in a relationship, and how did you resolve it?**

Well, I've been with my husband for seventeen years, and we've dealt with many challenges in terms of finance and health. Our marriage and our relationship is so much stronger because we stuck together. I've surrendered a lot of things that I thought only I was able to do and therefore have seen what a champion my husband is. Because we both know that we're all in, we're able to overcome everything.

Furthermore, lots of couples ask if the passion is going to fade, and they're absolutely right that those things will go away. But when you build a history as a couple and go through things together, that kind of intimacy creates a passion that can only come with time.

**Related Link:** [Expert Love Advice: How To Tackle That Nagging Seven-Year Itch](#)

**Relationship and Love Author**

# Provides Readers with Quick, Realistic Solutions

## What is a key thing that couples should do every day?

If you do nothing else, even if you can't think of anything positive to say about your mate, find a minimum of three things that you can express gratitude and appreciation for. Send a little text or e-mail. At the end of the day, instead of going into your room and opening up your laptop, wrap your arms around your partner and say, "Have I ever told you what a great mother I think you are?" Or, in the morning, say something like, "Honey, have I ever told you how much I admire that every day you go in to that job you hate?" I have every couple do this either at the beginning or the end of their counseling. Some couples say, "You've got to be kidding...I can't think of anything!" What happens is that they go from the honeymoon phase, where their partner is perfect, to only noticing what their partner does wrong – your brain gets rewired to only see the negative.

The key is to do this exercise with no expectations. If you do it just so that your mate does it back, you're not really doing it. Research shows that doing it without expectations actually makes people feel better. Again, the one thing you can always do is make a choice to act lovingly.

*The Love Fix: Repair and Restore Your Relationship Right Now is available now on Amazon. To get the most out of your relationship-repairing experience, Dr. Fields recommends each partner have their own copy. For more from Dr. Tara Fields, visit her website and read her blog at [www.tarafields.com](http://www.tarafields.com).*

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# Celebrity Exes Blake Shelton and Miranda Lambert 'Want to Move On as Friends' Post-Split



By Meranda Yslas

Although fans everywhere are still upset with the [celebrity divorce](#) between Blake Shelton and Miranda Lambert, it seems that these celebrity exes are making the best of it. According to [UsMagazine.com](#), the country singers were seen tweeting jokes to each other only four days after announcing their celebrity break-up. A source reveals that the exchange between the exes wasn't a show or fake, but was genuine. "There are no hard feelings. They want to move on as friends, and they are

doing just that.”

## **These celebrity exes are committed to being civil. What are some reasons to remain friends after a break-up?**

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

Not all break-ups have to end with severed ties and broken hearts. Sometimes people are better at just being friends than in a romantic relationship. Cupid offers some reasons why being friends with an ex isn't always bad:

**1. You enjoy each other's company:** Although you two may no longer feel romantically toward each other, it doesn't mean all the good times and great conversations have to end. If you two are able to recognize that while dating isn't the best option, but hanging out as friends is then friendship is a great idea.

**Related Link:** [Insider Says Miranda Lambert Is 'Heartbroken' and 'Devastated' Over Celebrity Divorce](#)

**2. Mutual friends:** After a break-up your mutual friends may feel forced to choose a side creating an uncomfortable tension. Rather than losing friends because of a split, let your social circle know that you two are cool with each other and don't want to make anyone feel awkward.

**Related Link:** [Source Says Miranda Lambers is 'Sad And Trying to Process Everything' Post-Celebrity Divorce](#)

**3. Children come first:** If you and an ex have kids together it's going to be nearly impossible to avoid each other. Being friendly towards one another makes talks about who will pick

up the kids after school much more manageable.

How did you and your ex maintain a friendship? Share below.

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## ‘The Bachelorette’ Stars Kaitlyn Bristowe and Shawn Booth Talk Wedding Plans



By Meranda Yslas

Monday night, [The Bachelorette](#) Kaitlyn Bristowe gave her final rose to Shawn Booth, crowning him the winner of the reality TV's 11th season. Now the Hollywood couple are talking

celebrity wedding plans. As [UsMagazine.com](http://UsMagazine.com) reports, Bristowe shared her thoughts about getting married in Vancouver while her celeb love joked, "Either there or Vegas with Elvis, we're still trying to figure that out." During a press conference they even added that there's a possibility of a televised wedding, much like *The Bachelor* couple before them Sean Lowe and Catherine Giudici.

## **This *Bachelorette* couple is looking to the future. What are some ways to compromise on wedding plans with your partner?**

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

In honor of *The Bachelorette* wedding talk, it's important to know how to plan for your big day. Cupid has some tips on how you and your partner can work together in planning this celebration:

**1. Set a budget:** Before any decisions are made like the venue or DJ, set a budget that you two promise to follow. That way arguments about unnecessary expenses or over the top gowns won't come up.

**Related Link:** ['The Bachelorette' Kaitlyn Bristowe Chooses Her Top 2 and Meets Families](#)

**2. Focus on the fun:** Some wedding decisions are going to be harder to make than others and you and your partner may get in fights about it. It's important to have some other topics that you two can switch too that are easier and more fun to make, like the food you want to serve or your dance song, that will help you cool down.

**Related Link:** ['The Bachelorette' Kaitlyn Bristowe Opens Up](#)

## [About the 'Men Tell All' Episode](#)

**3. Hear each other out:** It may be easy to immediately say 'no' to a seemingly ridiculous idea your mate suggests, but that will only cause hurt feelings. Listen to their reasoning and acknowledge what they want, after all weddings are a celebration of a relationship between two people, not just one.

**How did you and your lover compromise on your special day? Share below.**

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# Top 5 People Tools for Relationships and Love





By Alan C. Fox

I describe [relationships and love](#) as a “journey from me to us.” As romantic as that sounds, it also implies a lot of hard work. Two unique people with distinct tastes, thoughts, feelings, ambitions, and personalities are now sharing a single life. And no matter how perfectly compatible you are, you’re bound to face challenges along the way.

**I’m a pragmatist at heart and so I like to use “tools” to help me navigate the challenging terrain of relationships and love. In fact I’ve developed many of them for my new book on relationship advice and love advice, *People Tools for Love***



# ***and Relationships: The Journey from Me to Us.***

Below are my top five pieces of relationship and love advice:

**1. Be (not find) the right person:** Many of us spend years of our lives searching for the perfect person to build a life with. But we're often disappointed to find that our prince or princess charming turns out to be imperfect. It's just as important to learn how to be the right person as it is to find the right person. Work on perfecting yourself, rather than endlessly searching for that perfect other.

**Related Link:** [Love Advice: How to Make Your Partner Happy in 5 Minutes a Day](#)

**2. The Best Defense is No Defense:** While having a strong defense is helpful on the battlefield, being defensive in your relationships can cause serious problems. If your partner is upset with you or offers criticism, rather than automatically defending yourself, try adopting an "intent to learn," and quietly listen to their point to learn what they have to say.

**Related Link:** [Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session](#)

**3. It's a Movie, Not a Snapshot:** It's all-too-easy to lose sight of the big picture during times of emotional strain and conflict. In times like these you need to remember that your relationship is more like a movie than a snapshot. It's a series of events and memories, and not a single particular event.

**4. More Is Not Always Better:** I often refer to relationships as "a journey from me to us," because sharing your life with another requires surrendering a degree of your independence. Each of you should maintain your own interests, hobbies, and

time to yourselves.

**5. Apologize:** This is the simplest and most effective thing you can do when fighting with your partner. Yet it's often the most difficult, especially when you're convinced that you're right, which is most of the time, if not always. You have to put aside your pride and be willing to compromise on some points, even when you feel strongly about them.

*Alan C. Fox is the author of "People Tools for Love and Relationships," as well as two other bestselling People Tools books. He is a real estate investor, philanthropist, mentor, and founder of Rattle poetry journal. Visit [www.peopletoolsbook.com](http://www.peopletoolsbook.com).*

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## Celebrity News: 'Gossip Girl' Alum Chace Crawford Is Dating 'Blood and Oil' Co-Star Rebecca Rittenhouse





By Katelyn Di Salvo

New celebrity couple alert! Chace Crawford is dating his *Blood and Oil* costar Rebecca Rittenhouse. According to [UsMagazine.com](http://UsMagazine.com), the *Gossip Girl* alum brought in his 30th birthday with a special lady by his side. An insider says that Rittenhouse was by his side the whole night. The actor celebrated the big 3-0 at the London Hotel in West Hollywood California. Some partygoers were celebrity exes, Ed Westwick and Jessica Szhor, sister Candace Romo, Zelda Williams, JC Chasez, and Caroline Wozniacki. Rebecca and Chace are a fairly new celebrity couple and are not serious yet, but it seems that they do have some serious chemistry! Could there be some new celebrity love in the air?

**Celebrity news is getting juicy!  
What are some factors to consider  
before dating a co-worker?**

**Cupid's Advice:**

Dating a co-worker can be tricky business. Cupid has some tips:

**1. Are you violating company policy?:** It is important to figure out if you are violating company policy by dating a coworker. It may not be worth losing your job, so do your research. You may even be able to talk to an HR representative about it if you are serious about dating your coworker.

**Related Link:** [Latest Celebrity News: Liam Hemsworth Is Hooking Up with Co-Star Maika Monroe](#)

**2. Don't date your boss/subordinate:** Dating your boss or your subordinate can bring a lot of tension into your relationship and love life. It can become difficult to separate work from play, and that could be enough reason to break you apart.

**Related Link:** [New Celebrity Couple? Khloe Kardashian Hangs With NBA Star James Harden in Vegas](#)

**3. You will be spending a lot of time together:** When you date a coworker, you will be spending a lot of time with them. Although that may sound like a good thing, it may not be. Sometimes couples need time apart to keep the spark alive. If you are constantly seeing each other, especially in a work environment where stress levels are high, it may do damage to your relationship.

**What would you consider before dating a co-worker? Share your thoughts below.**

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# 'The Bachelorette' Star Kaitlyn Bristowe Chooses Her Final Man



By Katelyn Di Salvo

There were only two men left standing, and it was time to let one more go in the most recent episode of the *The Bachelorette*. [Kaitlyn Bristowe](#) finally made it to the end of the road, even through all the tears, drama, bromances, and tough decisions, according to [UsMagazine.com](#). It was between Nick and Shawn at the very end, and (spoiler alert) ... Shawn Booth is the winner of Kaitlyn's heart. We welcome this new celebrity love with open arms!

# **This *Bachelorette* is overjoyed! How do you know when you've found "the one"?**

## **Cupid's Advice:**

It can be tough to know when you've found "the one" you're supposed to spend the rest of your life with. Cupid has some tell-tale signs:

**1. You can be yourself:** As Kaitlyn told Shawn in her final speech to him, you know you've found "the one" when you are comfortable just being yourself around them. Being able to let loose and show each other every part of you is so important in a relationship and love life.

**Related Link:** ['The Bachelorette' Kaitlyn Bristowe Is Not Ready for Hometown Dates](#)

**2. You feel like the luckiest person in the world:** Nothing can stop your high when you're in love. If you feel like everything is falling into place and no one has it better than you, you've probably found that special someone.

**Related Link:** ['The Bachelorette' Kaitlyn Bristowe Opens Up About the 'Men Tell All' Episode](#)

**3. You are madly in love:** You've probably found "the one" when you are deeply in love with your partner. It's also more than that, though, because you feel supported, respected, and fulfilled. Love alone does not carry a relationship; you need more.

**Tell us how you knew you found "the one" below!**



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# Dating Advice Q&A: How Do I Handle My Partner's Family On Facebook?



*Question from Catherine A.: My boyfriend's siblings and parents recently friend-requested me on Facebook. I don't have anything bad on there, but I'm still worried. Should I accept their friend requests? Would it be worse not to? What if we break up?*

Keep reading for [dating advice](#) from our relationship experts!

# Relationship Experts Give Dating Advice About Your Partner's Family and Facebook

[Suzanne K. Oshima, Matchmaker](#): If you don't accept their friend requests, it'll be very awkward every time you see them. Since you don't have anything bad on Facebook, then you have nothing to worry about. Also, if you're really concerned, then my dating advice would be to limit what they see in your news feed through your settings. And right now, I really wouldn't worry about you and your boyfriend breaking up. Don't be concerned about something that may never happen!

**Related Link:** [Expert Love Advice Q&A: When Do I Send A Friend Request After A First Date?](#)

Paige Wyatt, Reality TV Star: Absolutely accept those friend requests! Whenever they try to reach out to you, especially online, it's a great opportunity to show that you want to be involved with his family. Also, by giving them access to your profile, you give them a way to get to know you more, especially if you don't get to spend much time with them. With Facebook, you also have the ability to spruce up your profile to make a good impression. Consider this love advice: Accepting your boyfriend's family on Facebook can really benefit your relationship and love! If you end up breaking up, then delete him and his family. Even if they get offended, what's the harm? You're already broken up!

**Related Link:** [Q&A: Should I Be Worried If My Man Hasn't Asked Me to Be in a Facebook Relationship?](#)

[Robert Manni, Guy's Guy](#): Great question. Your decision depends on your relationship with your boyfriend. If you're in a committed relationship where you've met and established a connection with his family, there's no reason not to accept their requests. If things don't work out, you can

always unfriend them. However, if this is a relatively new situation and you're unsure about your feelings, then it's your prerogative to simply ignore their requests. The fact that you mentioned that more than one member of his family sent you a request leads me to believe that you are in a real relationship and should act accordingly. Ultimately, your Facebook page is *your* turf, and you can accept or keep out anyone you choose. Good luck.

*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).*

**Would you accept your partner's family friend requests? Share your dating advice with us in the comments below!**

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## **Expert Dating Advice: Moving On After a Divorce**





By Debbie Ceresa

"I don't regret getting the divorce," a close friend confided recently. "It's more resentment. My ex seems to be moving on with his life so easily. I fear I may never find someone I can trust again." Sound familiar? Many divorcees can relate to these circumstances, and celebrity couples are no exception. We saw it play out in Hollywood with [celebrity exes](#) Mariah Carey and Nick Cannon, who handled a private and painful break-up in the public eye. Inevitably, two people who have ended their relationship and love with each other must move forward. Most of us hope to get a second chance at love, but sometimes, that isn't the case, and you find yourself standing still while your ex moves on.

## Post-Divorce Expert Dating Advice

My expert dating advice is to take ownership of your feelings, complete yourself, and forgive. You need to be able to handle this change while preparing yourself for your own happiness.

**1. Take ownership of your feelings:** Often times, in failed

relationships, one or both partners misunderstand emotional responsibility. What does this mean? Take a minute and think about the many arguments or disagreements you had during your marriage. Do you find yourself saying that your partner made you mad? Instead of owning your feelings, you're blaming someone else. As a relationship expert, I can tell you the result: If you aren't able to look at your own emotions, you're creating a victim mentality, which will certainly land you in an emotional jail of your own making.

**Related Link:** [Expert Dating Advice For Finding Love After Divorce](#)

**2. Ask yourself, "Am I getting over a relationship or getting complete?":** The first thing we think of when someone recommends "getting over" a relationship is to forget, but is it really possible to not remember falling in love with someone or having children together? Consider my expert dating advice, and find closure in your relationship by writing down your unrealized dreams and expectations. Think about some of the things that never materialized during your marriage. Keep your notebook in a safe and private place. Remember that it's for you to think about and not share. You may discover writing gives you an opportunity to look honestly at the situation. Making a list of your broken hopes in your personal notebook is a step towards forgiveness.

**3. Forgive and be free:** I recognize that insensitive, uncaring, and even evil actions by your ex hurt you terribly. However, if you persist in holding onto your resentful and unforgiving mentality, you will only continue to hurt yourself. An important aspect of recovery is remembering that forgiveness is designed to empower you. You're not condoning negative aspects of your marriage. Set yourself free by recognizing what was incomplete during your relationship.

**Related Link:** [Dating Advice: Create The Person You Want To Be](#)

There are few things more painful than realizing the person you once loved so deeply has found love with another. The feelings of inadequacy and doubt can take a beating on your heart and your hope for a happy future. But, by taking control of your emotions and owning those feelings, focusing on building inner strength, and allowing forgiveness to release those feelings that weigh you down, you are preparing yourself for a future filled with hope, happiness, and, perhaps, a second chance at everlasting love.

*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](http://debbieceresa.com).*

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

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## Relationship Experts Reveal 5 Ways To Survive A First Date







On this week's dating advice video from [Single in Stilettos](#), matchmaker Suzanne Oshima and [relationship author](#) Robert Manni give us five ways to survive a first date. Check out what these relationship experts have to say!

## Dating Advice Video: Best First Dates Tips For Women

**1. Make a good first impression:** These relationship experts remind us that you only get one chance to make a great first impression. Within three seconds of meeting you, a man will decide whether or not he wants to see you again, so make those three seconds count!

**Related Link:** [Dating Experts Give First Date Tips](#)

**2. Don't show up late:** If you aren't punctual, then you're telling your date that you don't respect their time. If you're running late, make sure to send a text at least 10 minutes before you're supposed to be there, just to be courteous.

**3. Don't drink too much:** Men hate it when a woman gets too "sloppy" on a date and can't handle whatever amount of alcohol she drinks. After all, no one wants to date a lush!

**4. Have an exit strategy:** He's nice, but you aren't feeling it. If that's the case, don't waste your time – or his. Be polite and tell him that you think he's great, but there just isn't a connection. Most of the time, he'll appreciate your honesty.

**Related Link:** [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

**5. Don't have sex with him:** Can you have sex with a man on a first date? Sure. But will it work out? Highly unlikely. Men can have sex with anyone with no emotional connection, so if you're just looking for sex, then go ahead. But if you want a relationship and love, then you should wait!

If you follow these first date tips, you're more likely to succeed at getting a second date...and a third date and a fourth date!

*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 first date tip? Tell us in the comments below!**

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# Source Says Miranda Lambert Is 'Sad and Trying to Process Everything' Post-Celebrity Divorce



By Meranda Yslas

It looks like this celebrity love story doesn't have a happy ending. Country singers Miranda Lambert and Blake Shelton are officially getting a [celebrity divorce](#) after being married since 2011. According to [People.com](#), the "House That Built Me" singer is coping with this break-up, and a source shares that "she's doing the best that she can and taking it day by day." Last Monday, the two released a statement following the news of their celebrity divorce, explaining, "This is not the future we envisioned and it's with heavy hearts that we move

forward separately.”

## **This celebrity divorce may be finalized, but emotions are still raw. What are some ways to process the reality of a serious break-up?**

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

After being in the same romantic relationship for a long time, a break-up is a big deal. Cupid has some relationship advice on how to deal with a split:

**1. Take care of yourself:** It's natural to want to curl up in bed and not leave for a few days following a break-up, but it's important to practice self-care. Make time to do things that make you happy such as going shopping or taking a bath.

**Related Link:** [Blake Shelton Opens Up About Marriage to Miranda Lambert](#)

**2. Create new relationships:** While jumping into a new romantic relationship may not be the best idea, it's a good idea to broaden your social circle and not dwell on your ex. Make new friends that you can spend time with like a gym buddy or call up a old friend and grab coffee.

**Related Link:** [Miranda Lambert and Blake Shelton Go On Bass Fishing Honeymoon](#)

**3. Ex out your ex:** While the spilt is still fresh, your emotions may be jumbled. Try limiting the contact you have with your new ex so you have time to sort yourself out. It also helps to get rid of or store the things that remind you of him, like any pictures you have together or clothing that may be left over.

How did you deal with a serious break-up? Share below.

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# Nick Gordon Is 'Devastated' Over Celebrity Love Bobbi Kristina Brown's Death, Says Source



By Meranda Yslas

Tragic celebrity news has surfaced that 22-year-old Bobbi Kristina Brown has passed away, and her boyfriend, Nick Gordon, is grieving for his lost [celebrity love](#). According

to [People.com](http://People.com), the two became a Hollywood couple in 2012 and even referred to each other as husband and wife despite not legally being married. However, their relationship was not always the smoothest, including a restraining order taken out on Gordon by Brown's aunt and a \$10 million lawsuit from Brown's conservators. Now there are questions arising about the horrible death of Whitney Houston's daughter and some are looking at Gordon. In spite of all of this, a source shares, "Nick is very upset... he really did love her very much, and is devastated that she is gone."

## Even given the drama, this celebrity love was real. What are some ways to cope with your partner's death?

### Cupid's Advice:

With celebrity love, there are always going to be rumors and drama surrounding a couple, but a death is a very real thing. Losing a partner is hard to imagine, but if it has happened to you, Cupid has some advice:

**1. Grieve:** Everyone shows their sadness in a different way, and there is no wrong or right way to do it. Allow yourself to experience and get through this heartache.

**Related Link:** [Nick Gordon 'Desperately' Trying to Be at Celebrity Love Bobbi Kristina Brown's Bedside](#)

**2. Adopt an animal:** After losing a significant other, you may feel lonely. Look into adopting a pet that will give you the love and affection that you miss.

**Related Link:** [Find Out Why Bobbi Kristina Skipped Dad Bobby Brown's Wedding](#)



**3. Talk it out:** A death can turn your world upside down and it can be hard to feel normal again. Find a support system, either family, friends, or counseling, where you feel comfortable expressing your feelings and pain.

**How did you deal with a death in a romantic relationship? Share below.**

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## Relationship Author Dr. Brandy Engler Breaks Down ‘The Women on My Couch’



By [Whitney Johnson](#)

We met sex therapist and [relationship author](#) Dr. Brandy Engler after she released her first book *The Men on My Couch: True Stories of Sex, Love and Psychotherapy*. Now, she's back with a new self-help relationship book that focuses on tales from her female clients. In *The Women on My Couch: More Stories of Sex, Love and Psychotherapy*, Engler examines common issues that women deal with in the bedroom and beyond and hopes to help her readers tackle their own sexual insecurities. In our exclusive interview, the relationship author opens up about her marriage, life in Los Angeles, and what women really want.

**Since we last spoke, you moved to L.A. and got married – congratulations! Do you feel like becoming a wife has changed your view on marriage and work as a therapist?**

Yes, absolutely! It really tests all of the grand ideas I have about relationships and love. It forces me to put them into action and shows me how difficult it is. The guy who officiated our wedding told us that marriage is one of the greatest spiritual disciplines, and I totally get it now.

**Related Link:** [Dr. Brandy Engler Says, “‘The Men on My Couch’ Taught Me that Love is Hard and Complicated”](#)

## Self-Help Relationship Book Focuses on Female Sexuality

**Now, let's discuss your book! Did you always plan to write *The Women on My Couch* as a follow-up to *The Men on My Couch*?**

It actually came first. I originally wanted to work with women and wrote my college dissertation on their libido, particularly for married women – I was trying to understand this unsolvable problem in the world of sex therapy. So I had some ideas and started writing a book, but I was still a

student and didn't really know what I was talking about.

Later, I decided to take that material and turn it into *The Women on My Couch*. The book isn't only about libido though – that's just one of the chapters. What I wanted to do was address the most common things women were bringing to sex therapy rather than choose cases that were deviant. I wanted readers to see their own struggles or issues reflected in the book.

### **What is the theme of *The Women on My Couch*?**

The theme of *The Men on My Couch* was more about love, while the theme of this book is about women's sexual choices. We have a sense that we're free sexually, which presents to us an existential crisis, this vast gray area with no clear right or wrong answer. The book doesn't really tell women what to do, but it shows them how to walk through the process of making a decision when it comes to things like having a threesome or cheating on their spouse.

### **Is there a particular story that you think readers will most relate to?**

There's two of them. One of them is about a woman who was so in love with her fiancé and so excited to marry him, but she then dealt with major disappointment after they got married. In therapy, we call that the "post-marriage adjustment period." Soon after you get married, all of these differences show up, and you have to deal with them right away. How you deal with it sort of makes or breaks your relationship and sets the tone for the rest of your marriage. I have to walk the character in the book through developing realistic expectations and explain to her that she has a chance to be better at loving once she faces this challenge. I also share with her some of the lessons that I learned as a newlywed.

The other chapter deals with a woman who is married to a really hot guy but has low libido. I wanted to show that that

problem doesn't just happen to older, unattractive people; young, attractive couples who still love each other deal with it too. There's nothing crazy in her background; it's just sexual shyness and a lack of erotic development. That's really one of the most pervasive things that I see. She gets challenged to push the edges of her comfort zone and try new things. I expose some of the reasons why women get shy in the bedroom and what to do.

**On the flipside, is there a story that you think will surprise readers the most?**

There's a chapter about a woman who uses sex to pay off her college loans, and I think it'll be shocking to learn how many women actually do that. I've had a few female clients who have done it, and I've had a few young, male clients who have used a service like that. I had to read up on it – I didn't even know it was going on! It's a trend now that's popular on college campuses, especially in L.A. Super educated girls are doing it. They're taking a feminist empowerment approach, like, "College is expensive, and I'm taking it into my own hands." That whole chapter is a debate between me and my client about equating feminism and sexuality and the different ways to look at it.

**Related Link:** [The Independent Woman: Do We Need a Do-Over?](#)

## **Relationship Author Shares Love Advice**

**Lastly, do you have any love advice for someone who's afraid to open up about her struggles in the bedroom?**

I'm really hoping the book will help with that by giving a voice to what a lot of women go through. I hope it starts to normalize it and take away some of the fear or embarrassment. One of the underlying themes in the book is

that women are often in a more passive, reactive sexual role. We let the men be in the charge. So it's about finding our voice in a world where everyone wants to tell us what to do.

*You can purchase The Women on My Couch on Amazon. To keep up with Brandy, follow her on her website and Twitter @TheMenOnMyCouch.*