

Joe Manganiello Lovingly Kisses Movie Advertisement of Celebrity Love Sofia Vergara



By Meranda Yslas

This [Hollywood couple](#) shows that love has no distance! Actor Joe Manganiello uploaded a picture of himself kissing a movie advertisement of his celebrity love Sofia Vergara. The two are both in Las Vegas attending the CinemaCon 2015 promoting their own movies reports [People](#). The famous couple have been dating since September 2014.

This celebrity love has no boundaries! What are some ways to show your love when you and your partner are apart?

Cupid's Advice:

Distance can be hard on a relationship and love, especially if you two are apart for a long period of time. However, there are many ways to show your love for each other, just like Manganiello's Instagram photo with his celebrity love. Here are some of Cupid's dating and relationship advice for long distance:

1. Video Chat: Sometimes just seeing your partner's face can make it seem like they are there with you. Find a time when you both can video chat and make a date of it!

Related Link: [Sofia Vergara Is Engaged to Joe Manganiello After Only Six Months of Dating](#)

2. Send photo updates: Although it's nice to send a quick text to your beau saying that you miss them, it feels more genuine when you can send them a picture of something that made you think of them. For example, if on your walk to work you passed by a cafe where you two had a date, snap a pic and send it with a "thinking of you!" caption.

Related Link: [Sofia Vergara and Joe Manganiello Are Like High School Kids In Love](#)

3. Surprise them with a gift at their door: If you're the one away on a business trip or visiting a friend, plan to send a bouquet of flowers or a gift basket to be delivered at their house while your away. It shows your lover that you're always thinking of them!

How do you and your partner show that you care about each other, even if you two are miles away? Share below!

Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up



By [Jared Sais](#)

To understand the non-verbal communication of a break-up, we

need to know that our bodies and mind prep us before the split actually takes place. As a relationship expert, I have seen five main non-verbal tools that we use to get ready to end a [relationship and love](#): contempt, distance, arguing, a change in routine, and a lack of empathy or not caring.

Relationship Expert Talks Non-Verbal Cues Before a Break-Up

To follow my expert dating advice, let's dig deeper into each of these emotional, non-verbal preparation tools:

Contempt: Relationship experts in the field of non-verbal communication believe this facial cue to be one of the most noticeable and reliant cues for a break-up. Contempt can be shown as a unilateral facial expression, usually having the corner of the lip rise from one side of the face. It can also be shown as a rolling of the eye. If your partner starts showing contempt more and more, they are preparing themselves to hate you.

Related Link: [Expert Dating Advice: How to Spot a Man Who Only Wants One Thing](#)

Distance: Dating experts know that, when we are in love, everything about how we feel and the way we show our emotion is about letting people get close to you. It can be shown in kissing, hugging, cuddling, and more. It has even been stated that our cells bond more closely together when we are in love. When prepping for a break-up, one of the first signs is starting to separate and create physical distance from one another. Many people notice this part the most – the lack of a hug or the shortness of a kiss. Little by little, the distance will grow until not much is even said between you both.

Arguing: There are three main reasons why so many arguments take place before a break-up: to make it easier to leave the

person, to find peace of mind, and to convince yourself you are making the right choice. After all, it is easier to leave someone who is angry! An argument can stem from your partner needing to get something off their chest. It helps them with closure, as they probably didn't say everything they felt during the partnership. In addition to closure, they bring up the unpleasant past to help them decide if they are making the right decision in ending the relationship and love.

Change in routine: The most important way to know something is wrong is sudden changes that occur in the relationship – things like hanging out with new friends without you, getting home much later than usual, or making drastic changes without telling you, like a new hairstyle or a tattoo. All of these actions usually stem from the need for new things. Plus, they show your partner that new and exciting things can happen without you. It also helps them see the life they could have without you. Sudden changes in routine can be less evident as well, things like not going to sleep together or not eating dinner together as you once did before. All of these are clues that the relationship is changing.

Related Link: [Ryan Reynolds and Blake Lively's Body Language: Confidence is Key](#)

Lack of empathy or not caring: This sign is distance through emotions. When they no longer care about things that once mattered to you as a couple, it's a big sign that they may break-up with you soon. The lack of empathy is a way to distance themselves from the relationship and put them in the state of mind to move on, and the lack of caring means that they are fed up with the way things are. For many people, this part hurts the most; it's the total lack of love and respect that once glued you two together.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in

body language, micro-expressions, and lie deception as they relate to relationships and love.

Hollywood Couple Blake Lively and Ryan Reynolds Battle for Daughter's First Word



By Meranda Yslas

New celeb parents, [Hollywood couple](#) Blake Lively and [Ryan Reynolds](#) are competing to see what will be their baby's first word. As told in [People](#), the *Gossip Girl* actress has heard her

celebrity love, Reynolds, teaching their daughter to say 'Da-da.' Wanting to make sure 'Ma-ma' is the first word, she joked, "The word 'Da-da' is banned in our house."

It seems that even Hollywood couples squabble about their kids! What are some ways to compromise with your partner when it comes to parenting?

Cupid's Advice:

It isn't only Hollywood couples who get in tiffs about parenting styles, almost all parents are known to do things a little bit differently than their partners. To make sure you two are on the same page when it comes to raising your little ones, here is Cupid's relationship advice about making compromises:

1. Create a list: If your partner does something in his parenting style that you don't agree with or you find ineffective, sit down with him or her and compile a list of these actions. They can do the same thing, and if you both list a similar action, it can be something you both can work on eliminating.

Related Link: ['Sons of Anarchy' Star Theo Rossi is Expecting Celebrity Baby with Wife Meghan McDermott](#)

2. Don't make someone be the bad guy: It is very common in a couple that one will be the 'nice' parent, who lets their kids eat ice cream before dinner, while the other one is labeled the 'mean' parent, who enforces the rules and puts the kids in timeout. Rather than creating this tension, make sure to share the responsibility of who has to discipline the kids.

Related Link: [Robert Pattinson's Celebrity Love FKA Twigs 'Really Wants Kids' Says Source](#)

3. Let the little things go: You will drive yourself crazy trying to control every aspect of you and your partner's parenting style. The little things, like you saying bedtime is 8:00pm while your partner says 8:30, shouldn't cause you to stress.

How do you compromise with your partner about parenting styles? Share below!

'The Bachelorette' Battle Begins as Season 11 Promo is Released!





By Emma L. Wells

The Bachelorette season 11 promo was released this week with the tagline “50 Shades of Cray,” and judging from the commercial, the hit reality TV show will certainly be exciting. According to the [HollywoodReporter.com](https://www.hollywoodreporter.com), there will be two *Bachelorettes* – Britt Nilsson and Kaitlyn Bristowe, both former contestants from [The Bachelor](https://www.hollywoodreporter.com) season 19 – 25 contestants (one of which arrives wearing a giant cupcake costume), and lots of drama. It now appears that, in the premiere episode, the men will have to vote on which *Bachelorette* remains for the season. The promo also shows Bristowe crying and saying, “I just don’t feel like this is how I should have to do it.” We can’t wait to tune in on May 18th!

***The Bachelorette* season 11 contestants have to make a quick**

decision about their feelings for the two leading ladies. How can you make good split-second judgments when it comes to relationships and love?

Cupid's Advice:

There's something to be said for following your heart. When it comes to big decisions about relationships and love, we can easily get wrapped up and make the choice more complicated than it needs to be. Cupid has some love advice on how to make these quick decisions easier:

1. Basic instincts: Our instincts are part of our biology and shouldn't be ignored. If you're on a blind date and have a bad feeling, then you should listen to it. Similarly, when you meet a great potential match, you should pay attention to your first instinct and go for it. Follow your heart and don't waste time second guessing yourself.

Related Link: ['The Bachelor' Season 19 Contestant Britt Faces Her Fear For Chris Soules](#)

2. Pros and cons: It's easy for our heads to get muddled in a time crunch, making us fall into analysis paralysis. You might have to be a little brutal when scrutinizing your choices quickly. If you have to make a decision fast, then logically think about the pros and cons of your choices. Don't let the ticking clock trip you up!

Related Link: [Reality TV Host Chris Harrison Reveals Twist for Next Season of 'The Bachelorette](#)

3. Que sera, sera: Unless you have a crystal ball or a time machine, you won't be able to see into the future. This

thought should actually take some of the pressure off your decision. Remember that you're making the best choice you can with the information you have and that nothing's permanent. Whatever will be, will be!

How do you make fast decisions when it comes to a relationship and love? Tell us below!

'The Marriage Book' Author Lisa Grunwald Discusses Relationships and Love: "We Are At Our Best When We're Bringing Out the Best in Each Other"





By [Rebecca White](#)

In Lisa Grunwald and Stephen Adler's newest [book about love](#), titled *The Marriage Book*, the married couple explores the institution of marriage spanning centuries and cultures, sources and genres. Readers will discover expert love advice that can help them navigate their relationship and love life, especially in regards to getting married and starting a family. The compilation of illustrations, poems, songs, snippets of classic novels like *Pride and Prejudice* and *Gone with the Wind*, and even one liners from single celebrities or married celebrity couples will surprise readers and provide them with little nuggets of wisdom. In our exclusive author interview with Grunwald, we uncovered how relationships and love have changed over the centuries and how to use this evolution to benefit your own romance.

Lisa Grunwald Talks About Relationships and Love Through the

Centuries

How have relationships changed over the centuries? How have they stayed the same?

It's so incredibly moving that circumstances change, but emotions don't. Love is love; sex is sex; anger is anger; and hope is hope. You'll find all of those things in marriages going back centuries. One of Stephen's all-time favorite entries is a eulogy written in 1 BC by a Roman husband with an unknown name, who was really wealthy for the time. What's surprising about it is that, when we thought marriage was about political arrangement or social arrangement, here was this man speaking in the most romantic way about this woman who had stood by him for 40 years. He was still clearly in love. That was amazing to us to find that kind of romance during a time when you would think things were a little more formal!

Related Link: [Tim Dowling's Experiences in 'How to Be a Husband' Provide Relationship Advice for All](#)

What was the most interesting thing you learned about your own marriage through your research?

Stephen and I met 28 years ago on a blind date, and we got engaged four months later. There was one moment when we asked each other, "What do you really want from life? What's your goal, leaving aside marriage and family? Is it money, power, privilege? What are you after?" We each told the other one, "That's our job. We're going to bring out the best in each other, even when the other one forgets what that is. We're going to keep the other person true to the original goal."

When we were doing the book, we had a lot of challenges, mostly because of my health. We found this marvelous quote from this man named Tim Newmann, who wrote a book in 1928 called *Modern Youth in Marriage*: "There are no full grown

perfect beings. Sooner or later, the frailties are recognized. There is in most people a better self, which the fallible self hides. The greatest privilege of the married life is to be the one who assists the other more and more to do justice to that better possibility.”

Doing this book reminded us that that’s our job to each other. For us, it’s always been that we’re the keepers of each other’s better self. There was a renewed commitment to doing it that way and being together. For us, the “us” is the way we approach marriage, and this book reminded us of that. We are at our best when we’re bringing out the best in each other.

Relationship Author Shares Expert Love Advice

What tips do you have for longtime couples who are struggling to keep the spark alive?

Not to make light of sex – because sex is really important – but friendship, we think, is probably the most important. If you really like each other, *that’s* going to get you through so many of the ups and downs of the rest of your life. You have all these distractions, and at the end of the day, you’re not always going to be able to make love to one another, but you’re always going to be able to talk to each other.

You also have to believe that it’s going to last. There are so many moments in a marriage where you can walk away. If you really believe that you’re going to be married for the rest of your life, I think it really helps.

Related Link: [Author Gina Vucci Defines Consciousness and What True Intimacy Is In ‘The Relationship Handbook’](#)

What do you have to say to someone who is engaged and experiencing cold feet before their big day?

Try to imagine that it's ten years from now and that, inevitably, the spark from falling in love has altered to love. They're two different things. Can you imagine being without him or her? If you really can't imagine being without someone, that comes from a position of strength and excitement and enthusiasm. Of course, you're going to get cold feet. It's scary! I can't imagine doing it without some sort of trepidation. You have to recognize that it's a leap of faith, no matter when it takes place. You can't ever be completely sure.

For me and Stephen, we cannot believe that we got married. We didn't have a clue what we would face or how we would grow and change. We didn't know what was going to be required of or granted to us. There's no way that we could have known what the future was going to hold. But we did believe in the marriage. "Failure is not an option" is not a bad thing to live by. Trust your gut, not your feet.

How can a couple know when they're ready to start a family?

It just became a biological necessity. It was particularly easy for us to know: I told Stephen that I didn't want to be a mother, and somehow, he nodded and said okay, even though he knew he wanted to have a family. Three years later, we're in Paris on a vacation, and I turn to him and say I really want to have a kid. I don't know the answer. Just the cliché that you'll know. When you do, it's a pretty strong drive, and you just kind of have to follow it.

And what is the best piece of love advice you've ever been given?

Do justice to that better self. Don't ever let your lover get bored. That message comes through in the book. Don't take each other for granted. Don't let boredom settle in. For love to grow, you have to keep remembering that that person was someone you once put on your absolute best suit for and

someone you shaved your legs for. If you let it get to routine, it can slip into being something that's not really love or marriage but more like a working relationship. It's fun to make an effort because you're not going to get bored either!

You can purchase Lisa Grunwald and Stephen Adler's book The Marriage Book on Amazon now!

Weekend Date Idea: Celebrate a Week of Thanks



By Emma L. Wells

Get into the Thanksgiving spirit early this year! On this [weekend date idea](#), come up with a list of all the things and, more importantly, the people you're thankful for in life. If you're in the early stages of your relationship and love, this conversation can be a great way to get to know each other better.

Give Thanks on This Weekend Date Idea

It's a wonderful Thanksgiving tradition to give thanks for everything in your life. Why not take it a step further this year and not just say thanks but show your appreciation too? After you and your beau have made your lists, start thinking of ways that you can give back to the people in your life.

Related Link: [Date Idea: Give Thanks for Your Health](#)

If you're feeling creative, you can make some fall-themed gift baskets. You can bake some lovely Thanksgiving treats or, if you're not that confident in the kitchen, buy some high quality ingredients and make a DIY basket. Many speciality cooking stores also sell pre-packaged cookie, pie, or cake mixes that you can include. Add some Thanksgiving decorations, like a few gourds or pumpkins from a farmers market, a serving tray, or utensils to help make their dinner extra special!

Put Some Love Into This Date Idea

Don't forget to personalize your baskets by including a handwritten and heartfelt note telling them what they mean to you. Your loved ones will be touched that you put so much thought and care into this gift! Pass out your baskets to your family and friends throughout the week leading up to Thanksgiving.

Related Link: [Date Idea: "Fall" in Love](#)

After this weekend date idea is over, consider this relationship advice and make an additional basket to give to your sweetheart! Instead of a Thanksgiving theme, make this basket more personal. Fill it with fun activities you two will enjoy doing together this winter, or find items that remind you of great memories from your relationship and love so far.

How will you and your honey give thanks this year? Tell us below!

Expert Love Advice Reveals Four Reasons Why Men Disappear





On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Tinzley Bradford about why men disappear.

Dating Experts Explain Why Men Disappear

The author of *Settle Free Dating Method for Women* explains that dating is hard enough without having to worry about the great guy in your life suddenly disappearing. According to her expert love advice, here are four reasons why a man may vanish:

Related Link: [How to Kick That Bad Relationship to the Curb](#)

1. He met someone else: While it may be hard to accept, until you're in a committed, monogamous relationship, he's free to date multiple people at once – and so are you!

2. He already has someone: You may be the other woman and not even know it. If he suddenly stops calling, there's a chance

he's focusing all of his attention on his girlfriend or wife. Unfortunately, some men enjoy the thrill of cheating.

3. He just wants sex: He may want sex without any strings attached. If so, if you don't give him what he wants, he'll disappear.

4. He's bored: He may think your relationship has become predictable and mundane. In that case, he may stop calling without any explanation.

If you're dating a man who disappears, it's important to remember that he's doing you a favor: Any guy who leaves without an explanation isn't the right one for you!

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

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

How do you handle a man who disappears? Share your relationship advice below!

Relationship Movie 'The Age of Adaline' Features an Ageless Blake Lively





By [Courtney Omernick](#)

After staying 29-years-old for eight decades, Adaline Bowman (Blake Lively) has become a lone wolf, never allowing anyone to get close to her for fear that they will reveal her secret. But, after an encounter with Ellis Jones (Michiel Huisman), her passion for a relationship and love life reignites. However, a weekend with his parents threatens to reveal the secret she's been hiding for so long.

Should you see it:

This relationship movie is a bit of a chick flick with a twist. If that's what you're looking for, than look no further than *The Age of Adaline*. This movie is also packed with amazing actors such as Blake Lively, Harrison Ford, Michiel Huisman, and more!

Who to take:

This film would be great to see with your friends or significant other.

How can you get over your partner's past?

Cupid's Advice:

When we begin to date someone new, we may have a lingering curiosity about his or her past; it's human nature! Everybody has to start somewhere. But, what if your partner's past wasn't as great as you expected it to be? What if he or she isn't interested in giving you details? Below is some dating advice and a few suggestions regarding how to get over their past.

1. Look at your own past: Take a good, hard look in the mirror and decide. Can you fairly judge this person? I'm sure there are a few items in your past that you're not proud of. Don't be so quick to point a finger or criticize.

Related Link: [Relationship Advice: 5 Small Things You Can Do To Increase Generosity In Your Relationship](#)

2. They weren't born yesterday: Especially if your partner has some crazy skeletons, when you learn about them, it can be a blow to the chest. You have to remember that their life didn't start the day they met you and vice versa.

Related Link: [Alternatives to Couples Therapy: Save Your Relationship and Love Life](#)

3. Accept them for who they are: This means that you accept them for both the good and the bad. If you find that you're having trouble shaking his or her past, try using acceptance as the bond that holds your relationship together.

How have you moved beyond your partner's past? Comment below!

Celebrity Interview: At Home in Hollywood Founder Lisa Johnson Mandell Reveals Secrets of Kim Kardashian and Kanye West's Hollywood Home!



By Meranda Yslas

Without a doubt, celebs live extraordinary lifestyles. From the designer clothes they wear, the expensive cars they drive, and the luxurious parties and dinners they attend, it's natural to want to take a peek into their world. Luckily, thanks to our [celebrity interview](#) with Lisa Johnson Mandell, we're able to get an inside look at the homes of some of the

most famous celebs.

A Look Inside Celebs' Homes

The HGTV Los Angeles correspondent has toured the houses of many stars, including the home of Hollywood couple [Kim Kardashian](#) and [Kanye West](#). One of Mandell's favorite parts of their Hidden Hills house was the master bedroom. "The master suite is fabulous and enormous. It's like 3,000 square feet, which is bigger than most of our homes," she reveals. "It has a sitting room, a kitchenette, his-and-her bathrooms, his-and-her closets, and his-and-her dressing rooms." That's not the only impressive room in this 50 million dollar mansion: It also has a spa room, a gym, a courtyard with a fountain, and a backyard that can easily hold 500 people.

Related Link: [Famous Couple Kim Kardashian and Kanye West Show PDA After Brit Awards](#)

Without a doubt, their house is gorgeous, but this famous couple was also guilty of "the worst celebrity purchase" that the founder of At Home In Hollywood has ever seen. The two bought "an absolute rundown shack." She elaborates, "It was a ranch style home that had fallen into disrepair. Nobody lived there; weeds were growing inside of the house; and everything was dilapidated." Even with such an unflattering descriptions, the married celebrity couple paid three million dollars for it. The reason for this seemingly outrageous purchase was for security purposes. This "awful shack" overlooked their beautiful new home, so they bought it and "will probably just tear it down and keep the lot so that nobody can peer into their backyard," the real estate agent shares.

The decision to move into a home in Hidden Hills is not that shocking, especially for a Kardashian. According to Mandell, their new house is really close to momager Kris and sisters Kourtney and Kendall. Celebs tend to buy homes in exclusive

neighborhoods like this one because “it’s a great community, especially for families. It’s super private.”

For the most part, stars usually hire professionals to help decorate and make interior design decisions. It makes a lot of sense, considering they are constantly traveling or working and don’t have a lot of down time. However, that’s not always the case. Mandell shares that there are some celebrities who “really have a flare for decoration.” Annie Potts from *Designing Women* is one of them. “She just put her house on the market a couple of months ago, and it is absolutely gorgeous,” she divulges.

Real Estate and Relationship Advice

Not only is Mandell an expert in all things related to celebrity real estate, she is also familiar in offering relationship advice. As the author of two relationship books *How to Snare a Millionaire* and its sequel *How to Snare a Millionaire Now*, she is able to combine both of her areas of expertise and share some great real estate tips for couples.

Related Link: [What You Need to Know Before You Move In Together](#)

For couples deciding to move in with each other, “it’s really a good idea to get a new space.” She further explains, “There are things that will remind your new partner of your ex, so I think it’s definitely best to start fresh if possible.” She jokingly adds, “If you can’t afford to move, at least get a new bed!”

When it comes to raising a family, there are a few things a couple should look for in a home. The relationship author believes the school district should be the number one priority. Although she does admit that buying a house in a good school district is going to cost a little bit more, “it ends up being a good investment.” She explains, “If you’re

paying to put kids in private school, tuition can be 30,000 dollars or more a year. It's going to be pricey. The extra money you're putting in your home, you'll make up later in school costs."

She also makes a note of caution regarding the stairs. "If there is a staircase in your home, you've got to make sure it can be carpeted if you're going to have little ones," she says.

Related Link: ['Million Dollar Listing' Star Josh Altman Says, "Relationships are Harder Than Owning a House"](#)

The journalist shares a few tips to offer anyone who is single and house hunting. Reminiscing about her own bachelorette pad, she suggests that it'd be "really great if your home can be within walking distance from nightlife, restaurants, coffee shops, and stores. If you could walk home at night without having to worry, that's always good," she says.

One thing that singles shouldn't stress out about when looking for a new home is the size. Mandell explains that "square footage is less important than location." If you do end up entering into a new relationship and love, living in a smaller house makes it more convenient for you. "The fewer possessions you have, the easier a move is and the freer and less encumbered you can be," she shares.

You can keep up with Lisa on her website [At Home In Hollywood](#).

New Celebrity Couple? Reality TV Stars Josh Murray and Ashley Iaconetti Party Together in NYC



By Emma L. Wells

Last Monday, [The Bachelorette](#) season 10 winner Josh Murray and [The Bachelor](#) season 19 contestant Ashley Iaconetti were seen with a large group partying in New York City, prompting rumors that these reality TV stars are a new celebrity couple. Murray posted a picture of the mostly gal group on his Instagram, saying, "Had a great time, NYC, it's always nice meeting new friends." Only Iaconetti and one other woman were tagged in the shot of 13 party-goers. [People.com](#) reported that Murray

was in New York working for fitness and nutrition brand AdvoCare. Despite sitting close and looking like a cute famous couple, both Murray and Iaconetti insist they aren't dating.

These two reality TV stars have denied being a celebrity couple, but given their similar experiences, we think they'd be a good pair! Find out how a common background can help your relationship and love be a success.

Cupid's Advice:

We've all heard that opposites attract. While a little disparity in a relationship *can* add some spice, being with someone who shares a similar history is a strong foundation for a new relationship and love. Cupid explains why below:

1. You have a better understanding: People are a product of their experiences. Understanding someone's experiences firsthand will help you better understand them and their intentions. Being on a reality TV dating show is not something a lot of people can relate to, which is one reason why Murray and Iaconetti could potentially match well as a celebrity couple.

Related Link: ['The Bachelorette' Winner Josh Murray Says He Doesn't Miss Celebrity Ex Andi Dorfman](#)

2. You share a common perspective: In most cases, having a similar background means that you will also have a similar perspective on certain issues. Whether it be politics,

religion, finances, or family, when you share the same opinions, you'll be able to communicate better. These types of discussions can be difficult to have, but if you're of the same mind, you'll come to an agreement much easier.

Related Link: [‘The Bachelor’ Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. There's an easier learning curve: If you are from different ways of life (religiously, culturally, socio-economically, etc.), it doesn't mean your relationship and love won't succeed, but it *does* mean that you'll have to take more time and effort to learn about your beau's background. When you date someone who has shared experiences, you get to skip that step.

Do you think these two reality TV stars would make a good celebrity couple? Tell us below!

Relationship Author Carmen Harra Reveals ‘The Truth About Karma in Relationships’





By Meranda Yslas

Licensed psychologist, relationship expert, and spiritual teacher Carmen Harra recently released a new love advice book that she co-wrote with her daughter, Alexandra Harra. *The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships* explores how karma affects our everyday life. From romantic relationships to the parent-child relationship, the [relationship author](#) stresses the importance of having strong and clean karma.

Relationship Expert Explains The Importance of Karma

Your book focuses on how karma plays a role in relationships and love. Can you explain karma to our readers?

The concept of karma is considered to be the number one law of spirituality. As human beings, we are defined by our actions, our thoughts, and our intentions that translate into reality. We have individual karma, and we have family karma, meaning

your intentions reflect in your family and in the people closest to you. I think karma is the foundation of the human bond, the foundation of human laws, the foundation of relationships.

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

How do you work on karma to make sure it's strong and healthy?

Karma is something you can reverse, something you can work on. Karma is something that requires work. The more you are aware and the sooner you work on it, the better. The more you clean the karmic blockages, the sooner you can move your life in the right direction. If you feel that you have a block somewhere, you have to go and revisit your karmic pattern and understand where that blockage is.

How does karma affect our relationships and love?

All of our romantic relationships are karmically affected. Let's say you're raised in a dysfunctional family. You will have a very hard time creating your own family because all of those imprints will be stored in the subconscious mind. If you don't work on that and you don't acknowledge what has happened in your youth, then you will have a harder time creating a good family and a good foundation of your love life.

When you think of the word "karma," it is something that gets repeated. It's like a memory that stays in your mind. Sometimes, it goes dormant, and all of a sudden it wakes up, and it hits you. In psychology, it's called dissociative amnesia. People tend to forget; people tend not to remember what has been done to them, but when you wake up that karmic pattern, you have an ability to erase it. So it's good to revisit memories; it's good to bring memories to the conscious level so that you can take them away and not let them hurt you anymore. If the mind has too much information and too many bad memories, it gets clogged. Every single relationship should be

pure and should be unclouded of the negative karmic information.

Related Link: [Author Vicki Reece Offers Love Advice for Moms: "I'm All For Family Date Night"](#)

Relationship Advice For Getting Out of Toxic Relationships

One of sections *The Karma Queens' Guide to Relationships* is about toxic relationships. How are you able to get out of a relationship that is more harmful than good?

You need to uncloud any information that has existed, and in order to do so, you need to revisit all of your issues and make sure things are as simple as possible. One of the key things for relationships to function well is simplicity. That's why my new article is about ways to detoxify dysfunctional relationships – we live with them, and we're not aware of how toxic they can be. A toxic relationship doesn't allow you to trust people; a toxic relationship doesn't allow you to function at the best level of yourself – it's like your soul is broken in pieces. You have to work on yourself to empower yourself.

Sometimes, dysfunction can be an obsession and can create an obsessive pattern. What you need to do is replace your obsessions. A lot of dysfunctional relationships are based on an obsession. How many people are obsessed with the people they can't be with? How you work with changing that obsession is the work of the mind. You need to reprogram, to rewire the brain. It's an entire technique of rewiring the brain by eliminating all those obsessive behavior problems.

You have to practice what is called self-care. It's the fact that people ignore themselves; that's why they become self-destructive. You attack yourself, and that has a lot to do

with not being able to take care of yourself. There is something wrong with you, so the moment you practice that self-care, you have a chance of healing from something like that.

You have to work on it on a daily basis. The neurons in the brain need to be creating new patterns of thinking. People go to the gym. What about working on the neurons in the brain to create the new paths of thinking? Relationships that are dysfunctional damage your well-being. If you don't clean the toxicity and if you continue to live in the poor relationship, you will never be balanced enough or you will never be well enough at any level of your being, not even physically.

Is there anything else you would like to share with our readers?

They should be aware of the power of their own mind, the power of their own soul, the power of their own words, both written and spoken. If you start saying, "I'm not good; I'm not beautiful," then you're not empowering yourself. People should be aware that is part of the self-care and the self-empowerment. I feel like my book, personally, is kind of a manual. It gives you wisdom, and wisdom erases karma. I wrote all my wisdom throughout the years and then combined it with my daughter's perception of the younger generation. We asked, "How can we make this right? How can we start having those wonderful relationships in which we celebrate the other people in your life? Is it possible?" Absolutely! With the right mindset, you finally can live in peace and joy and celebrate every aspect of your life. A book on relationships and love is about celebrating life!

You can purchase The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships on Amazon.

Date Idea: Run in the Name of Love



By Emma L. Wells

This [weekend date idea](#) will have you and your beau gettin' physical! Instead of your usual dinner and a movie, get off the couch and go for a run or walk together. There's no better way to get your relationship and love out of a rut than with a little activity, so for this date idea, challenge your sweetheart to run or walk a 5K with you.

Challenge Each Other With This Date Idea

Map out a good 5K route in your town or, if possible, sign up for an official 5K charity run. So many non-profits have them that you're bound to find a cause that you'll both appreciate. That way you'll not only be doing something great for your bodies *and* your relationship and love but also for society!

Related Link: [Date Idea: Enjoy the Water](#)

Run as a team to help keep each other's strength up. Or you can make it a race between the two of you to add some playful competition to this date idea. A little competitiveness between you and your partner can actually be really healthy for your partnership. A small rivalry can spice things up as long as it's all in good fun!

Love Advice: The Couple That Runs Together, Stays Together

Exercising together has a lot of benefits. First, it'll give you the opportunity to wow him with what great shape you're in. You'll also run faster and work harder than you normally would so that you can impress him. Take this love advice and consider investing in some new workout gear that really shows off the results of your hard work. Additionally, it'll be nice to have someone so close to give you positive encouragement. Plus, a good workout releases chemicals in your brain that will leave you two feeling giddy and romantic all day long.

Related Link: [Weekend Date Idea: Play All Day](#)

If you're planning your own 5K, make sure to run past some nice scenery. For instance, if you live on the coast, why not map out a path along the water? You can plot your run to be a circle so you end up back at home or extend your day by ending

at a park where you can enjoy a pleasant rest. Once you've recovered, head to your favorite brunch spot. After all, you've earned it after your workout!

Have you and your partner done a 5K together? Tell us about it below!

Expert Dating Advice: How To Find The Good Guys Sexy



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](#) finally explains why women are so attracted to the bad boys and never want the good guys. "It's not that they're bad that makes them attractive," the dating coach shares. "Women are actually attracted to men, and the bad boys are often more masculine." Her expert dating advice will help you tell your good guy what you want and need in a relationship and love.

Laurel House From E!'s *Famously Single* Shares Expert Dating Advice About How to Find A Good Guy

The *Screwing the Rules* relationship author elaborates that nice guys are often times more gentle because they don't want to offend or disrespect you. They come off as Prince Charming. But here's a secret, fellows: "We don't always want Prince Charming; we're more turned on by Tarzan," House says. If you always find yourself with a bad boy who isn't good for you, then follow this expert dating advice about how to find a good guy sexy:

Related Link: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

1. Pre-qualify your dates so you can get to know him *before* you go out with him.
2. Shift your focus from want to need. Define your needs in a relationship and love – things like communication, respect, mutual adoration, shared core values, and trust.
3. Change your perspective of what a good guy is and focus on the positives rather than the negatives.
4. Communicate! Let him know you want him to take control; let him know your boundaries; let him talk dirty to you; and let

him know it's annoying when he texts or calls too often.

5. Don't mistake nice for annoying. Then, you'll end up wondering why you dumped a guy for a stupid reason when you see him get married and live happily ever after with someone else.

For more expert dating advice from House, click [here](#).

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

Are you usually attracted to the bad boys and want to find a good guy instead? Tell us in the comments below!

New Celebrity Couple Alert? Find Out About Dianna Agron and Nicholas Hoult's Casual Relationship





By [Katie Gray](#)

Jennifer Lawrence has moved on with her boyfriend Chris Martin of Coldplay, and her ex-boyfriend Nicholas Hoult has been dating *Glee*'s Dianna Agron. According to [UsMagazine.com](#), "The *Warm Bodies* actor, 25, and Agron, 28, have been casually dating since this past October." Apparently, the [celebrity couple](#) are enjoying themselves, but Hoult isn't looking to get too serious just yet. Time will tell what the future holds!

This celebrity couple is keeping things casual. Why is it smart to keep a relationship low-key at first?

Cupid's Advice:

A reason relationships and love sometimes fail is because things are rushed. Keeping a relationship casual – like this celebrity couple – can be a fantastic idea, especially when

it's new. Cupid has some love advice to consider:

1. No pressure: When people are dating, they often feel unnecessary pressure from their partner, their family and friends, and even themselves. There is no need to rush into marriage though; you should go at your own pace!

Related Link: [Nicholas Hoult Breaks Silence Regarding Jennifer Lawrence Leaked Photos](#)

2. No drama: Nobody likes drama, but sometimes, it's unavoidable. Still, when you're just starting to date a person, it should be light and happy. Go with the flow! There is no need for stress. Enjoy getting to know one another, and let yourself be happy in their company.

Related Link: [Jennifer Lawrence and Nicholas Hoult Are Back Together](#)

3. No strings attached: One of the best things about keeping things casual in a relationship is that there are no strings attached. You and your partner get to create your own rules and guidelines. This takes away the unnecessary stress that relationships tend to have when things get too serious, too soon. Go at your own pace, and decide how you want things to be!

What were the benefits of keeping your relationship casual? Share your stories with Cupid below.

Relationship Advice Video:

Three Things Women Don't Know About Men



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and [relationship author](#) Robert Manni about what women don't know about men.

Related Link: [Robert Manni Reveals How to Talk About Being Exclusive with Your Partner](#)

Dating Expert Reveals What Women Don't Know About Men

According to this relationship advice video, there are three

things that women don't know about men. First, men are not that complicated. The dating expert says that they are very simple creatures – what you see is what you get! Second, they don't pay attention. They're consumed with their own lives and often forget to focus on the details of their relationship. If you want him to open up, you have to ease him into it; otherwise, you might scare him away. And finally, men aren't mind readers. If you feel a certain way, you need to tell him because he probably won't figure it out on his own. Armed with this love advice, you'll be ready for your next 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](#).

Anything else women don't know about men? Tell us in the comments below!

Reality TV Star Lea Black Says, “Once You Find the Right Person, You’ve Really Got to be Committed to Having Equal Power”





By [Sarah Batcheller](#)

The ever-glamorous Lea Black has appeared on *The Real Housewives of Miami* since season 1. Her charm and sass – not to mention her whirlwind lifestyle among Florida’s elite – have drawn audiences in. With a steady celebrity marriage and beloved thirteen-year-old son, the reality TV star has also balanced a cherished domestic life with all the glitz. She hosts an annual charity gala to raise money for troubled teens and, in addition to her philanthropic efforts, is the president and CEO of The World of Lea Black, a multi-brand company that offers everything from jewelry and handbags to beauty products.

Now, in her upcoming novel *Red Carpets & White Lies*, Black has penned a fictional depiction of the scandalous, unpredictable lives of Miami’s top socialites. In this [exclusive celebrity interview](#), we had the chance to speak with the newly-minted author about her book, the *Housewives*, and her best love advice.

Reality TV Star Discusses Her Glamour-Filled Upcoming Novel

The spunky Texas native believes that the city of Miami is one of the best in the world, so it's no surprise that she wanted to capture its essence in her novel. "Miami is a very complex city, and it's very international – there's a very diverse crowd," she explains. "So I think it is one of the most exciting cities in the world because it really is a gateway to Central and South America. It's so multi-cultural; you get everything from the really serious intellectuals to the people who came here wanting to live the American Dream to the riff-raff who come and go and sort of reinvent who they are."

Related Link: [Bethenny Frankel Calls Money 'the Root of All Evil' in Split with Celebrity Ex Jason Hoppy](#)

Of course, the best people to inspire the characters in Black's novel were none other than herself and her intriguing social circle. So we had to ask: Are her characters based off of real people? "They all are in a way," she confirms. "But they're compositions of people. I would take the personality traits of one person along with the character of another and kind of camouflage them."

Whether or not we'll see the *The Real Housewives of Miami* stars, whom readers may be able to identify in *Red Carpets & White Lies*, grace the small screen again is still up for debate. The reality TV star says, "Bravo continues to say they haven't made any decisions, and I think that's totally true. Our ratings were certainly close to some of the other shows that were renewed, so they *could* justify bringing the show back."

The network may be rethinking the cast too. "I think that some of the personalities on the show weren't as well-received by the audience as they would've hoped...and that may include me!"

she adds. Having formed friendships with other *Housewives*, including Lisa Vanderpump, whom she did business with in Los Angeles, and Kathy Wakile, it's safe to conclude that Black won't be falling off the radar anytime soon.

Related Link: [Top Ten Most Down-To-Earth Celebrity Wives](#)

Despite her busy career, her number one focus is always her family. Not only do the jewelry designer and her husband Roy love to have date nights when they travel, but they work to raise their son to be a respectable young man. "It's funny; I've sent my son twice now to etiquette and charm school! As for my husband, he does good and bad, so I point it out to my son when he does something that's not acceptable!" she reveals with a laugh. "I put a big effort into teaching my son manners. I think if you don't have an ounce of manners, then later in life, people will view you differently." As for their summer vacation plans, the family of three are planning to travel to Los Angeles, something they do each year.

Lea Black Shares Best Love Advice

The reality TV star's happy celebrity marriage can be attributed to her commitment to working at her relationship every day. She believes that communication is key. "You should communicate *before* things escalate, not after," she insists. "And you need to be on the same page in life. If you focus on the 'me' instead of 'we', then that relationship is not going in the right direction."

The beauty guru believes that, after you find the right person, you need balance. "Once you find the right person, you've really got to be committed to having equal power, an equal balance," she asserts. "That's why I'm so against guys who make girls sign prenups – because it situates the guy to have more power through money. You have to go in expecting both people to have an equal say."

Related Link: [Celebrity Couple Gabrielle Union and Dwayne Wade Signed a Prenup](#)

Black also thinks that, if you're facing disapproval from your friends and family, you need to make a decision about who's worth keeping in your life. "You have to tell your friends to support you unconditionally. If not, you can be friends with them at a distance and be amicable, but they can't be in your daily life," she believes. "If they're judging your relationship, then it'll just cause problems. If they're going to be in your life, they need to be supportive. They don't get to criticize your spouse unless it's something very serious that requires an intervention."

Keep up with Lea on Twitter [@leablackmiami](#) and [www.facebook.com/LeaBlackMiami](#). Don't forget to pick up a copy of Red Carpets & White Lies on May 5th!

Dating Advice: The Psychology of Online Dating





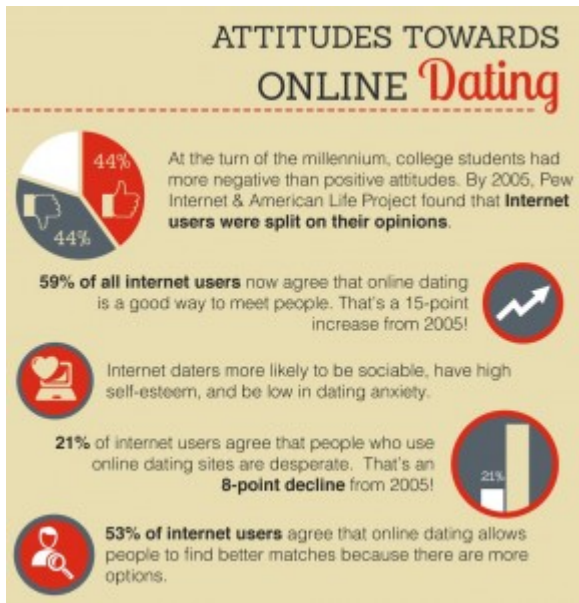
By Jill Kapinus

Have you ever wondering just who, outside of the people you know, is using online dating to meet potential partners? And whether people actually think it works? We can't quantify love—heck, we can't even define it!—but we can look at some relationship advice and the statistics of online dating.

What makes a person reach out or respond to a virtual stranger? What about the stigma that has lurked in the shadow of online dating since its outset? Let's reveal some dating advice below.

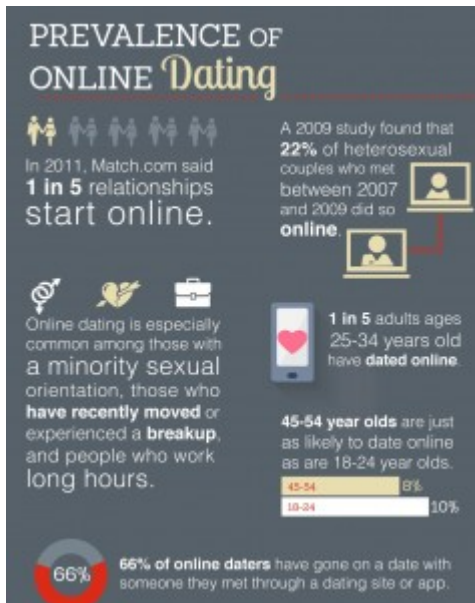


The Pew Research Center has conducted surveys that look at these aspects of online dating and how they've changed from 2005 to 2013. Back in 2005, 44% of respondents thought that "online dating is a good way to meet people." In 2013, that number rose to 59%—a pretty positive climb.



The stigma around online dating seems to also have taken a positive turn as well, as 53% of internet users agree that online dating allows people to find "better matches" because there are more options.

Related: [Relationship Advice: Social Tips from Ben Franklin and Other Maxims Masters](#)

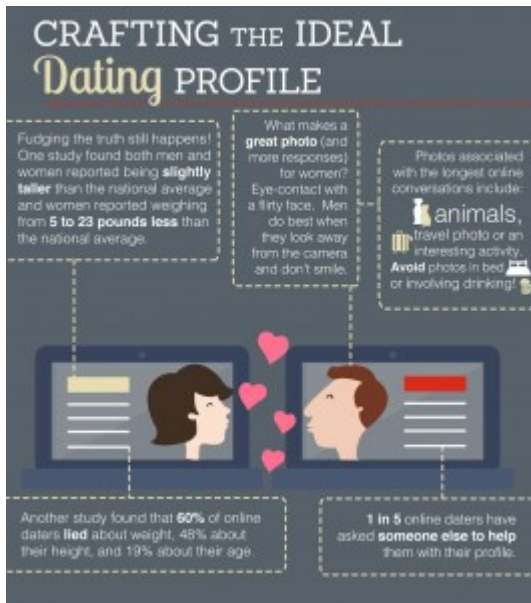


One thing that may always be consistent is that people tend to embellish the truth when it comes to self-describing. One study found that on average, men listed their height as being slightly taller than the national average and women listed their weight as 5 to 23 pounds less than their actual weight. And while women whose profile pictures that featured eye contact and a “flirty face” garnered more responses, men who looked away from the camera and didn’t smile received more replies.

Related: [Relationship Advice: 3 Ways to Handle Unmet Expectations in Marriage](#)



No matter what draws someone to online dating, it seems that the popularity is increasing, with new online dating apps and websites popping up all the time. So, take our love advice. If you feel like branching out of your typical dating comfort zone, you’re not alone! Take this dating advice and take a fun photo of yourself, ponder what your “type” is, and give it a whirl!



What are some other pieces of psychology behind online dating? Share your thoughts below.

A native of northern New Jersey, Jill works as a copywriter in the education industry. She has also written for the healthcare, home mortgage, and home furnishing industries.

Robert Pattinson's Celebrity Love FKA Twigs 'Really Wants Kids' Says Source





By Meranda Yslas

First comes [celebrity love](#), then comes... kids? For famous couple [Robert Pattinson](#) and FKA Twigs, a bundle of joy may be in the near future. The two recently celebrated a celebrity engagement and Pattinson's celebrity love is reportedly ready for kids. A source told [People.com](#) that Twigs "really wants kids." Although not confirmed, the couple may possibly tie the knot this coming summer.

We can't wait to see if this famous couple has kids soon! What do you do if you aren't on the same page with your partner regarding children?

Cupid's Advice:

Having kids is a big step to take in relationships and love;

it's an emotional decision filled with excitement and fear. If you and your partner aren't on the same page of when or if to have kids, this decision can be harder to make. Here are Cupid's relationship advice for couples who have different opinions about kids:

1. Respect their decision: There are some things about your partner that you can't change, either it's something as small as them snoring at night or something as big as not wanting to have kids. Either way you should respect their decision rather than forcing them to change.

Related Link: [Famous Couple Robert Pattinson and FKA Twigs Exchange Promise Rings](#)

2. Find a middle ground: If you and your mate both want kids, but disagree on when it should happen, try to find a compromise. If you want kids now while your beau wants to wait four years, try to agree on two years so that you both feel ready.

Related Link: [Hollywood Couple Robert Pattinson and FKA Twigs Pack on PDA on Miami Beach](#)

3. Patience: Sometimes your partner may not know if he or she wants kids at all- and that's okay! Allow them time to figure out what they want and prepare yourself for either answer.

How did you and your partner know you were ready for kids? Share below!

Expert Dating Advice: 5

Surefire Signs He's Into You...or Not



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

If you're having trouble deciding whether the new guy you're seeing is into you or not, you may be looking too far into it. In [relationships and love](#), guys are not as complicated as we make them out to be. In fact, it's relatively easy to tell if he's into you or not. We often allow our emotions to interfere with the reality of a situation. Consider our expert dating advice: Don't let your heart block your judgement and lead you to ignore the red flags that your man might be sending you!

Expert Dating Advice From Elite Matchmakers

This dating advice from Project Soulmate's relationship experts will help you determine if your man is into you or not:

1. Is he persistently pursuing you?: The bottom line is, if a guy wants to see you, he will. Don't make excuses for your man, thinking he's too busy with work or other commitments. If he's into you, he'll make time to see you, one way or another. He should be reaching out to you just as much – if not more – than you're reaching out to him. If you're constantly texting him first, this may be the reason that you are hanging out or talking frequently. Take a step back and wait for him to contact you instead. When a guy reaches out to you first, it means he's thinking about you and wants to see you again.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

2. How do you define your dates?: A date can tell you a lot about what your man's intentions are. If he frequently invites you over for a Netflix marathon or texts you late at night to meet up for a drink, he probably considers you to be his hook-up buddy more than anything else. If a guy is into you and sees a potential future with you, he'll court you, which means he'll make plans in advance for your date and take you to dinner or an activity that he knows you're interested in. He'll make an effort to impress you and pay attention to the type of things you like.

3. Do you believe his body language?: If a guy is into you, he won't be able to keep his hands off you. He'll send you obvious signs during your date. He'll make slight gestures, like putting his hand on your leg, putting his arm around you, or holding your hand in public. You can also tell a lot by

looking into his eyes. If his eyes light up when he sees you and he keeps eye contact when you are talking, he's into you.

How a Guy Will Show That He's Into Your Relationship and Love

4. Does he pay attention to you?: If a guy is interested in you, he'll take the time to get to know you. He'll not only ask about your family, work, hobbies, and interests, but he will actually *listen* to your answers. For example, he'll remember your favorite food or hobbies and make a date involving your interests to show you that he cares in a personal way.

Related Link: [Don't Just Drop Hints When You Want Commitment](#)

5. Does he subtly show you off?: Nothing says a guy is into you like introducing you to his friends. Pay close attention to the way he introduces you and how he acts towards you in front of his pals. If he is flirty and kisses you in front of his friends, that means he's proud to show you off. You can also tell how he feels about you by the way that his friends react to the introduction. If they seem to know about you already, that means that he talks about you, which means he's interested. If a guy is interested in you, he wants to become a part of your world and meet your friends as well.

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.

'The Bachelor' Star Chris Soules Is Happy Celebrity Love Whitney Bischoff and Runner-Up Becca Tilley Are Friends



By Meranda Yslas

When two women are fighting for the same guy, it doesn't always end peacefully. However, *The Bachelor* runner-up Becca Tilley and Chris Soules's celebrity love, Whitney Bischoff, have been able to do just that. According to [UsMagazine.com](https://www.usmagazine.com), the two have kept their friendship and Soules is happy for them. He shared, "I'm just glad they were

able to keep their friendship, because they're great girls." As for his relationship with Tilley, the former bachelor explained, "I mean, it's not like we talk or communicate on a regular basis," but "she's a great person."

No animosity can be found in this *Bachelor* relationship! What are benefits to being friends with your partner's ex?

Cupid's Advice:

Although it may feel like an unusual situation, being friends with your lover's ex can be a good thing. You two will have shared understanding that most friendships don't have. Much like in the style of Soule's celebrity love, Bischoff, here are some benefits of having a friendship with your partner's ex:

1. Common understanding: Exes know a lot about each other and know what worked for their relationship and love, and what didn't. If your beau's ex is your friend, he or she can give specific relationship advice and tips.

Related Link: ['The Bachelor' Chris Soules on First Night Jitters](#)

2. Shows confidence: Keeping a friendly relationship with a mate's ex shows that you aren't the jealous type. You will appear confident and sure of you and your partner's love.

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo](#)

3. Brings you closer: At one point, your lover's ex meant a lot to them. By having a friendship with the ex, you can learn

a lot about your mate and have a stronger and closer relationship and love.

Are you friends with your beau's ex? Share below!

Expert Love Advice: Is Your Partner Lying? Use These CIA Tricks to Find Out!



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

Ever feel like your partner isn't telling you the whole truth?

From Bill Clinton's "I did not have sexual relations with that woman" to [Brad Pitt](#) and [Angelina Jolie](#) swearing that no funny business was going down on the set of *Mr. and Mrs. Smith*, single celebrities and famous couples alike are infamous for stretching the truth. Everyday pairs struggle with lying as well. In a *Reader's Digest* poll, 96 percent of Americans admitted lying to those close to them. But it's also worth noting that 50 percent of lies are told by only 5.3 percent of the people. Consider this expert love and dating advice below!

Dating Advice to Help You Determine if Your Partner is Lying

A recent *Huffington Post* article identified four ways to tell whether someone is lying:

1. Look for nasal engorgement and itching: When a person lies, specific tissues in the nose usually engorge, says Dr. Alan Hirsch of The Smell & Taste Treatment and Research Foundation in Chicago. This nasal engorgement, which Hirsch calls the "Pinocchio Sign," causes cells to release histamine, which in turn causes the nose to itch.

Related Link: [Find Out What Kristen Stewart's Body Language Reveals About Her Cheating Guilt](#)

2. Notice negation and aversion cues: Look for negation cues, such as covering or blocking the mouth and covering or rubbing the eyes, nose or ears, and aversion clues, such as turning the head or body away when making a crucial statement.

3. Beware of religious rhetoric: Religious phrases like "I swear on my mother's grave," "God, no," or "as God is my witness" are ironic red flags.

4. Call out the denial phrases: Denial phrases including "trust me," "honestly," and "to be perfectly honest" are evasive. Evasion is about trying to change a perception,

and these phrases repeated over and over again are typical clues to lying.

Expert Love Advice From a Former CIA Officer

Phil Houston, former Central Intelligence Agency (CIA) officer and CEO of QVerity, takes it one step further in his recently published book *Get the Truth: Former CIA Officers Teach You How to Persuade Anyone to Tell All*. In it, he explains how you can persuade people – even a partner with something to hide – to tell you anything. Here are four steps to take to follow his expert love advice:

Related Link: [5 Red Flags to be Aware of In Your Relationship](#)

1. Make a transition statement: First, let them know that the lie isn't working. For example, we might say, "Honey, listen, I've got to tell you. I've got some problems with what you were saying about our credit card statement." Deliver it in a low-key manner without making it adversarial to help keep them calm.

2. Stop them from talking: Behaviorists explain to us that, every time you verbalize the lie, you become more psychologically entrenched in it. So step two is to start talking and give them reasons to tell you what's really going on.

3. Lower their defenses: Rationalize or minimize the problem so the risks of telling the truth seem smaller. "Hey, listen," we might say. "Everybody has trouble with their credit card statements." We can do it by monologuing as well, which means we are basically trying to tell the person lying that they can still win.

4. Switch to a presumptive question: After we lower their defenses, we should switch into a presumptive question, like,

“What did you really do with the credit card?”

If you want to find out even more about Houston’s method, check out the book on Amazon. I’m going to try the technique out on my teenagers and see what really happened to my last pair of work shoes!

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

‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”





By Jenna Bagcal

We've all heard the phrase "love at first sight," but the [reality TV](#) show *Married at First Sight* takes this concept to a whole new level. During the first season of the show, viewers saw Jamie Otis and Doug Hehner say "I do" on their wedding day – which was also the first time that they met each other. The "social experiment" takes six singles and matches them up with their perfect partner with help from a team of experts, including a sexologist, a spiritualist, a psychologist, and a sociologist. In this exclusive celebrity interview, the married celebrity couple discusses their experiences on reality TV and give us the inside scoop on their first year of marriage.

**Married Celebrity Couple Discuss
Their Experience on *Married at***

First Sight

The *Married at First Sight* alums recently celebrated their one-year anniversary by renewing their vows in St. Thomas, where they honeymooned, for *Doug and Jamie's Wedding Special* on FYI. Still, they remember their first wedding as if it were yesterday. "I was so scared before I got *Married At First Sight*," says Otis. "I've never been the one to believe in love at first sight, but I was hoping to have chemistry and butterflies – which, looking back now, I realize is so unrealistic. He was a complete stranger! I was hoping to find my soul mate – and honestly, I believe I have."

Related Link: ['Bachelor' Alum Jamie Otis Marries Doug Hehner on New Reality Show](#)

Hehner adds, "I usually go into everything with an open mind, no expectations, and a positive energy. I was hoping to find my soul mate too."

Before they embarked on the marriage social experiment, they had to share their big plans with their loved ones. "When I first introduced the idea to my parents, they kind of brushed it off as another one of 'Doug's Ideas and Adventures' that would eventually play itself out. When I told my friends about it, they all had the same reaction," Hehner explains. "However, no matter how random or bizarre I get, my family and friends have always been super supportive, and they really do trust my judgment enough to just be there for me, no matter what."

Otis says that it was getting the approval of her siblings that mattered most to her. "They said I was crazy, but they'd support me if I believed in it," she reveals. "And then they instantly loved Doug – so much so that they encouraged me to give him a chance when I began to doubt it. I was shocked to hear them encouraging me!"

Otis is no stranger to the world of reality TV: Fans may recognize her from *The Bachelor* season 16 with Ben Flajnik and *Bachelor Pad* season 3, where she had a short-lived relationship with Chris Bukowski. “If you saw *The Bachelor* and *Bachelor Pad*, then you know I am pretty miserable at dating,” she says with a laugh. “After *Bachelor Pad*, I had no intention of ever being vulnerable on TV again.” But despite her negative dating experiences on these shows, she was willing to give reality TV dating another try after she received a phone call that changed her mind: “When *The Love Experiment* called me (that was the original name of the show) and told me there were four experts who would help me along, it definitely caught my attention.”

Related Link: [‘The Bachelorette’ Contestant Chris Bukowski Wants His “Fairytale Ending”](#)

Hehner, who describes himself as “a leap of faith type of guy,” elaborates, “After meeting the experts and trusting that they were taking this experiment as seriously as if they were arranging a marriage for their own child, I had peace of mind knowing that, if they did match me with someone, it was going to be someone that I dreamed about. That is why I was very specific and honest about what I wanted in a mate!”

Reality TV Stars Jamie Otis and Doug Hehner Share Best Love Advice

Their first year of marriage has been full of surprises, and it only makes sense that the celebrity couple says they “still feel like they’re dating.” Hehner shares, “I think that, with any relationship, a strong foundation is key. So building a solid friendship was first on our list, and then, we needed to quickly learn how to be great roommates.”

Otis adds, “Although it’s been an emotional roller coaster, it’s also so awesome to have a teammate in life. It’s amazing

to have someone you can count on.”

The reality TV stars obviously know a thing or two about maintaining a healthy and happy marriage, no matter the circumstances. “I attribute the success of our relationship to taking the time to learn about each other and also being open and honest about everything from day one,” says Hehner. “In my opinion, you should never stop dating your spouse. That’s what keeps your relationship and love for one another fresh and exciting.”

Related Link: [‘The Bachelor’ Winner Courtney Robertson Says Her ‘Reality TV Days Are Over’](#)

The pair believes that “it definitely takes a special kind of person to get *Married At First Sight*,” and they have some valuable love advice to share with the three couples participating in the second season of the show. “There are a lot of variables. If you don’t tell them exactly what you’re about and who you want, then they can’t do their job right,” Otis explains. “After they pair you, it’s really up to you to be open to it. It’s easy to be scared and feel weird about it because it’s the most bizarre feeling, but you have to trust the experts and trust the process.”

So what’s next for the adorable celebrity couple? They hope to one day have children but share that they have some things to work on before that happens. “Doug has a ‘Before Becoming a Daddy’ bucket list, and I want to really focus on my relationship with my mom and learn to forgive and heal,” Otis divulges. “Also, I want to be patient for Doug. We won’t have babies until we’re *both* ready.”

You can keep up with Jamie and Doug on Twitter @jamienotis and @DougHehner! Check out Married at First Sight: The First Year.

Single in Stiletto Show: Dating Advice for Attracting an Alpha Male



On this week's [Single in Stiletto](#) video, relationship expert Suzanne Oshima and WingGirlMethod.com founder Marni Kinrys share their best [dating advice](#) for attracting an alpha male.

Related Link: [Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!](#)

Relationship Experts Share Reveal Dating Advice for Attracting an Alpha Male

While Kinrys has worked with a lot of alpha males who are attracted to strong women, the dating expert believes that all men still want to feel needed by their partner. If they don't, they won't stick around. So ladies, no matter how independent you are, you need to let the man take the lead when it comes to your relationship and love life!

Watch the video above for more great dating advice!

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](#).

Tell us your best tip for attracting an alpha male in the comments below!

Online Dating Site Celebrates Birthday: Match.com Is Turning 20!





This post is sponsored by Match.com.

By Meranda Yslas

The way people find relationships and love has been constantly evolving because of technology, and Match.com was one of the first companies to help with this change. After 20 years, this well-known online dating website has created over a quarter of a billion matches, started more than 10 million relationships, and helped “make” more than a million babies. If these numbers don’t convince you of Match.com’s reliability, then maybe a few online dating success stories can.

The First Successful Relationship and Love Story on Match.com

In 1995, at the start of the dating site, Bill and Freddi logged in online, not realizing they were going to be the first couple to meet on Match.com. The two had previous marriages that ended, and they were looking for that special someone. “After ending a five-year relationship, a friend told me I had to go on Match.com and meet someone my age and

eventually think about getting married again. I met many men and was just about ready to give up before I saw Bill's profile. He was exactly what I was looking for," shares Freddi.

Related Link: [Match.com Studies Singles in America](#)

After about a week of emailing and talking on the phone, the two finally met for a lunch date. But it was during the beginning of their second date that Freddi knew Bill was The One. She greeted him at the door with a paper bag over her head after getting a bad perm. "He laughed and loved it, and that was it! It was a done deal," she says.

After a few years of dating, Bill proposed to Freddi, and the two had their wedding on January 1, 2000. They have been married ever since.

Three Times Is a Charm: Persistence is Key When It Comes to Online Dating

Of course, Bill and Freddi are not the only success story from Match.com. CupidsPulse.com Founder and Executive Editor [Lori Bizzoco](#) also met her husband on the famous online dating site. Lori first tried Match.com around 1997 after a long-term relationship and love had ended. Although she met several men online, this type of dating was so new and unfamiliar that she didn't pursue it further. Around 2003, Lori's younger sister convinced her to try Match.com again and helped her set up a new profile. The site had grown tremendously since Lori had used it last, and she went on date after date. But when she still wasn't finding that special someone, she gave up on the online dating world for a second time.

Related Link: [Match.com Singles in America Study Breaks Down the World of Modern Relationships and Love](#)

It wasn't until 2006 when she and a friend took a trip to South America that she had a spiritual awakening and premonition that she would meet someone as soon as she got back from the trip and that they would be married the following year (needless to say, the friend she was traveling with thought she had completely lost it). As soon as Lori got home, she made a commitment to enter the process of looking for love with an open mind, and she threw away the long checklist that had been holding her back from finding Mr. Right.

Once again, Lori uploaded a new photo of herself to Match.com and updated her profile. She got dozens and dozens of messages. Within two days, she received a message from a man who she had gone on a date with three years prior but never returned his call when he asked her on a second date. She remembered that he was very successful, good-looking, and nice, but at the time, she wrote him off as not her type. She decided to give him another chance – and it's a good thing she did. They got along great, and NINE WEEKS later, he proposed! Today, Lori and her husband are still married and have two beautiful daughters.

Lori says, "Match.com is a great way to meet someone if you just open your heart to the opportunity and live in the moment. You may need to go on several dates, and it could take kissing a few frogs before you find someone special, but all it takes is just ONE person for a happily ever after."

Congratulations to [Match.com](https://www.Match.com) on 20 years of matching couples and creating romantic relationships!