

# Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game



By [David Wygant](#)

For a guy, one of the most important steps in any [relationship and love](#) is getting to know her friends. Her pals are what I call the defensive coordinator, offensive coordinator, special teams coach – the list goes on. Basically, until you get their approval, her BFFs are going to be ripping you apart. They're going to be evaluating each and every move, almost like going through the game tape after each date. As a relationship expert, here is my best advice for winning her friends over.

# Relationship Expert David Wygant Compares Relationships and Love to a Football Game

The defensive coordinator is the one who thinks her friend is going to get hurt. She is going to break down the date when the girl about it. She's going to say, "He actually did that at that moment? So did that other idiot four and a half years ago – do you remember that?"

**Related Link:** [David Wygant's Book 'Naked' Teaches Us How to Reveal Ourselves When Dating](#)

Her next friend is going to be a hopeless dreamer. She's the offensive coordinator. She's the one that desperately wants her friend to fall in love because she still believes in love. So everything this new guy does is going to be sweet and amazing.

The special teams coach is the woman that will break down all your bad habits. The conditioning coach is going to take a look at you and think, "Boy, he could dress a little bit better. Can you believe the shirt that he wore? He's still a project." The secondary coach is going to notice how you touch and look at her friend. She'll comment if you have too many hands on her, not enough hands on her, or not enough eye contact with her.

## Expert Love Advice on How to Sway Her Friends' Opinion of You

That's what you're up against. It's literally an entire football team of coaches, and that's why it's so important to get to know her friends. So what do you do to impress them? You act like the perfect gentleman. A little PDA is fantastic. A few kisses are great. A compliment here and there is

amazing. Being in tune and paying attention to your girlfriend's stories is good.

My expert love advice is to listen carefully to *everything* her friends tell you. Be the life of the party that night. Talk to every one of her pals and get to know them. They need to see the amazing guy that your girlfriend sees. Remember that they're coming in with a checklist of things that they already do or don't like about you. So be nice to them, engage them, ask them about what they do for work. Be interested in who they are. Maybe even set them up with one of your friends if you see a potential match!

**Related Link:** [4 Ways To Know You're Dating a 'Man-Boy', Not a Man](#)

Expressing your feelings for your girlfriend in front of them is even better. Something like, "That's why I like her so much – it's the way her mind works. God, I love listening to her." Ding, ding, ding! They already know that you're into her sexually. They want to know that you're into her emotionally too, that you're going to support her dreams and aspirations.

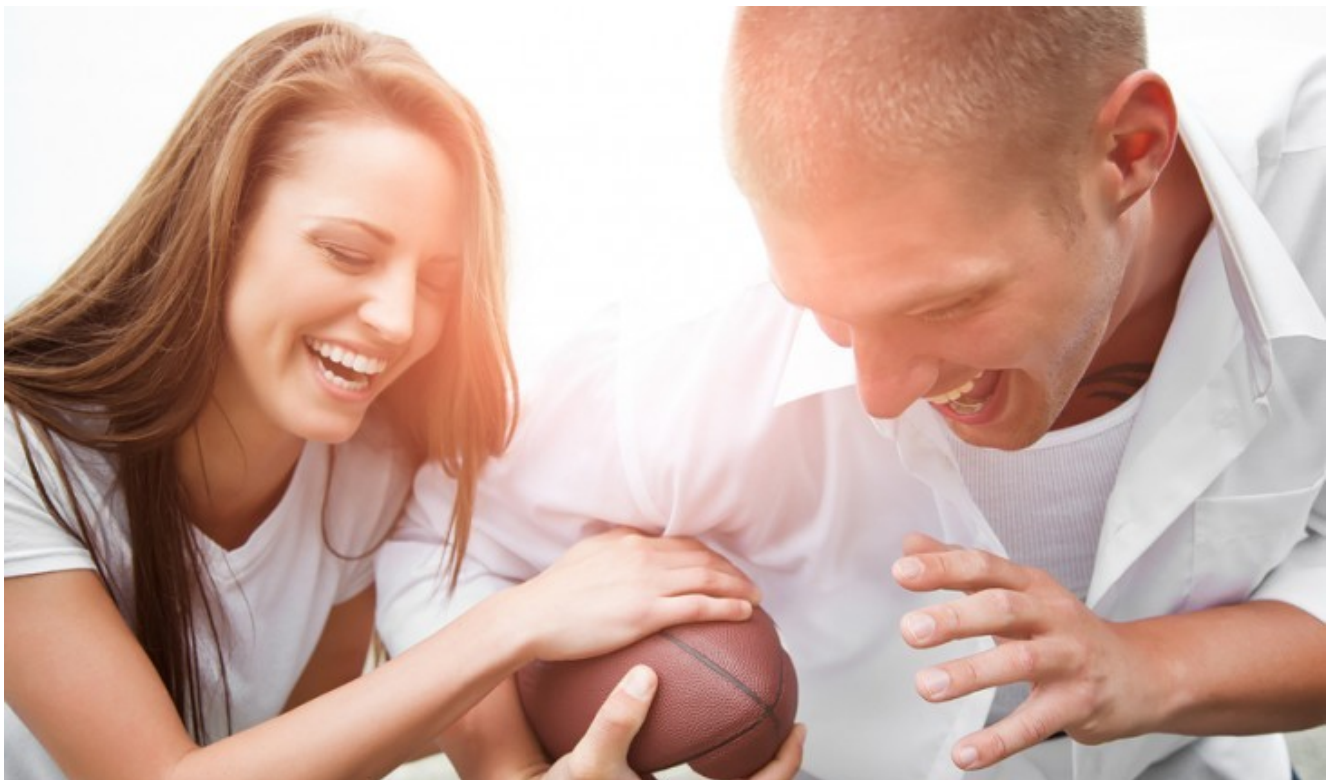
This expert love advice can save your next relationship and love. Think of it as a football game: You're going to meet all of her friends, all the coaches. You're going to be pulled aside. You're going to need to be affectionate but not overly affectionate. When you leave, you're going to need to give each of them a big hug and tell them that you absolutely enjoyed your time with them. Meeting her friends is the ultimate four-quarter game that you're going to play, and you need to be able to do it really well. It's that simple. It really is.

*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 advice has transformed the dating lives and relationships of*

*hundreds of thousands of people from every corner of the globe.*

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## **Date Idea: Around the World in 80 Minutes**



By Emma L. Wells

This weekend date idea will have you and your sweetheart traveling the world without ever leaving your couch. It's perfect for a night when you might be a little tired but still want to spend some quality, fun time together. All you need is a good appetite and some takeout menus!

# Travel the World Without Leaving Your Couch on This Date Idea

Find some tasty, authentic cuisine in your neighborhood that you and your honey can order in. If you don't know your area that well, check out Yelp for some suggestions and reviews. You'll be able to get a taste of China, Italy, Mexico, and more – all in the same night. Order a small dish or two from every restaurant and set up a buffet at home so you both get to try a bit of everything.

**Related Link:** [Date Idea: Have a Dinner Date at Three Different Venues](#)

At the end of the night, vote on your favorites. Follow this dating and [relationship advice](#) to find out how well your tastes match. You might even come up with a new favorite restaurant for your next date night. If he mentions a particular dish that he likes, make a mental note to make a home-cooked version in the future; you should be able to find the recipe you need on Pinterest.

Make this a date idea a themed night by renting movies to enjoy with dinner. You can pick out some travel-themed rom-coms like *The Holiday*, *Under the Tuscan Sun*, *Eat Pray Love*, *French Kiss*, or *Roman Holiday*. Or watch food-themed movies like *Ratatouille*, *Chocolat*, *Chef*, *The Hundred Foot Journey*, or *Charlie and the Chocolate Factory*.

**Related Link:** [Mexican Cooking Classes: Spice Up Date Night](#)

After having a blast on this weekend date idea, you and your partner might consider doing the night all over again for a party with your friends. They'll be bound to notice how close and cute you two look while playing host together. Plus, takeout is really easy for a party set-up and clean-up! Or if one of you is a particular good cook, try recreating some of these yummy dishes for your pals. Spending time together in

the kitchen can certainly add some spice to your relationship and love.

Have you ever had a cultural food extravaganza with your significant other? Tell us about it below!

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**Author Ellen McCarthy  
Discusses 'The Real Thing'  
About Relationships and Love:  
Find "Someone Who Appreciates  
Your Whole, Quirky,  
Imperfect, Wonderful Self"**





By [Sarah Batcheller](#)

The day a bride walks down the aisle is magical not only for the lovebirds but for all those in attendance. Family and friends gather to gaze upon this unforgettable event. Weddings make us all ponder the intricate weaving of a lasting relationship and love and what it takes to create one. Having covered over 200 ceremonies as a wedding reporter for *The Washington Post*, relationship author Ellen McCarthy has crafted a warm, insightful book based on the couples she has had the privilege of interviewing. In her new book about love, titled *The Real Thing: Lessons on Love and Life From a Wedding Reporter's Notebook*, she shares her findings on what it takes to reach this ever-magical day and make it last forever and always.

## **Love Advice From Wedding Reporter and Relationship Author**

**What did you want to capture in this book about love that you couldn't have in an article?**

The articles I wrote during my time on *The Washington Post* weddings beat were really about each couple's story – how they met, fell in love, and decided to walk down the aisle. But during so many interviews, I came away with little gems of relationship wisdom that didn't seem to fit into the story. These were the things I found myself thinking about later and relating to my friends over drinks. I wanted to collect all of those insights into a single book so that they could be passed on to others.

**Related Link:** [Celebrity Interview: Event Producer Cheryl Cecchetto Says, "Nothing is Traditional Anymore" at Weddings](#)

**How did your break-up on the day you began as the wedding reporter for *The Washington Post* impact your views on relationships and love? How did it affect your work?**

Ha! I wasn't sure how that was going to work out – interviewing happy couples who were about to walk down the aisle as I was licking my wounds from a break-up. In the beginning, it was just surreal. But as I did interview after interview, I found that the reporting gave me a great deal of hope. It was a reminder that people find love all the time, in all kinds of ways. So in that regard, it had a really positive effect on my life.

I'm not sure that being newly single affected my work, but it did create some awkward moments when couples would ask about my relationship status after I'd learned everything about theirs. Then, the nice ones would usually try to set me up!

**What would you say is the most powerful piece of love advice you learned by reporting on weddings?**

The most important thing I learned is that you actually *can* learn to be good at love. You can give yourself tools and skills and perspectives that will increase your chances of finding and maintaining a successful relationship. A lot of people don't want to hear this because they think it takes



away from the magic of love. But you know what really takes away the magic of love? Divorce.

**In your story about Lynne and Jud, you discuss how meaningful it is to find someone who is “wholly and transparently good.” What do you think makes it so difficult for women to separate the good guys from the not-so-good?**

All of life is a learning experience. I’m not looking forward to it, but someday, my 14-month-old daughter will touch something hot – a stove, a curling iron, a heater – and she will learn what it feels like to get burned. Hopefully, she won’t do it again. I think the same thing can happen in relationships. It takes getting burned before we realize we don’t want to go through that again. And we learn to protect ourselves. The trick is being willing to honestly look at what happened in the past and ingest the lesson from that experience, so we don’t just repeat it again.

## **Ellen McCarthy Dishes on Relationships and Love in New Book**

**Do you think that, because of the daunting divorce statistics, people are believing in marriage less and less?**

I realize that the statistics show that marriage is on the decline, and I know there are some people who choose not to marry, but I think, as a society, we believe in it as much as ever. There’s a reason people have fought so hard for same-sex marriage. Civil unions don’t quite cut it. We still think of marriage as the ideal. And if anything, we expect more from it than ever before. I think that’s why people are waiting longer to get married today. They want to have all their ducks in a row – a career, finances, a road-tested relationship and love – *before* they walk down the aisle.

**Related Link:** [Single in Stilettos Show: What Makes a Man See](#)

## [You as Marriage Material](#)

**Finally, what is your best dating advice for a first date with a longtime crush?**

Be yourself. Be yourself. Be yourself. It can be tempting to put on a façade with a crush or any first date, but it's not worth it. If this person isn't into the real you, then it's not worth pursuing. Order another drink; enjoy the conversation; and then go forth in search of someone who appreciates your whole, quirky, imperfect, wonderful self.

*Check out The Real Thing on Amazon! For more from Ellen, follow her on Twitter @EllenMcCarthy and be on the lookout for her feature in The Washington Post titled This Life.*

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## **'Snap Strategies for Couples' Offers Efficient Relationship Advice for Busy Pairs**





By Emma L. Wells

Relationship experts Dr. Lana Staheli and Dr. Pepper Schwartz are taking their dating advice to a new level of efficiency in *Snap Strategies for Couples: 40 Fast Fixes for Everyday Relationship Pitfalls*. In their new book about love, they offer quick, clear, practical fixes – or snaps – that couples can use to improve the day-to-day problems that often occur in relationships and love. The authors have identified 40 different situations that many couples face and 40 specific strategies for dealing with them. It's the do-it-yourself marriage counseling book that we've all been waiting for! This relationship advice covers issues ranging from small, everyday squabbles to larger disputes that emerge over the course of a long-term love, offering couples an alternative to expensive discussion-based therapy.

## Helpful Relationship Advice in New Book About Love

**Being that you both are seasoned writers, what relationship trends made you realize that this book needed to be written?**

In our experience, couples often get stuck on small issues that become the focal point of their relationships and love. They will have the same argument repeatedly with the same outcome...and still they continue. This circular banter undermines the trust and intimacy between them. Lengthy therapy is often simply not an option; it can be costly and time-consuming. We are offering simple strategies that we have both tested and found effective and efficient.

**Related Link:** [Dr. Karl Pillemer Interviews Hundreds of Americans for '30 Lessons on Loving'](#)

**You write about everyday relationship pitfalls. Can you give us some examples?**

Some pitfalls include: not keeping the relationship front and center in your life; letting the relationship become "routine"; giving your partner advice that comes off as criticism and is unwanted; forgetting good manners; and believing you can say anything to your significant other because that's what you are feeling. These are all damaging behaviors and attitudes.

**Out of the 40 fixes you offer in your book about love, what is your favorite one?**

We think the first chapter, "Redundant Conversations," is the most important because it is a widespread pattern and couples don't realize how damaging it can be. Consider the snap: "If there is no new news, why are we talking about this again?" Rehashing old wounds and wars will only create more stress and teach your partner to tune you out. If you think you are going to change your their mind by repeating old conversations, think again.

## **Experts Discuss Common Problems and**

# Solutions in Relationships and Love

**What are the biggest difficulties that newlyweds face in their relationships and love?**

Many of the newlywed issues are the same ones that couples will encounter throughout their relationship – primarily keeping the relationship fresh and lively. Sex drops 25 percent in the first year of marriage, and as the relationship ages, it can decline even further. We think an annual upgrade is important; it is easy to fall into patterns over time that make the relationship nothing special.

Putting your relationship ahead of other responsibilities and obligations is difficult, but it needs to happen. Sharing new experiences, planning regular sex dates, and creating new memories together keep a relationship fresh and dynamic. Another great resource for couples of all ages is Dr. Schwartz's recent book, *Places for Passion: The 75 Most Romantic Destinations in the World*.

**Related Link:** ['Messy Beautiful Love' Author Darlene Schacht: "True Love Doesn't Happen By Accident"](#)

**As people who give a lot of relationship advice, what is the best relationship advice you have ever been given?**

My mother-in-law once told me, "The things that drive you crazy about him are the same qualities you admire in him. He is focused, intense, creative, and independent, and he likes change. That's who he is and always will be."

**Can you give us an example of a celebrity couples that seems to have it all figured out? What about a famous couple that could benefit from *Snap Strategies*?**

Brad Pitt and [Angelina Jolie](#) are a great couple. Obviously, they have passion for each other, and they treat their relationship and love with respect. Perhaps equally important

is a shared passion: to help others. They use their fame to draw attention to world issues; they have shared values, and they walk the walk.

Recently divorced pair Mandy Moore and Ryan Adams just didn't seem to have enough time for each other. The more couples have in common, the easier it is to find a common path. We can imagine that this Hollywood couple could have benefitted from our chapter, "Neglecting 'US'," and the snap, "Think of it as a threesome: you, me, and us." An intimate relationship between partners is something bigger than each of you as individuals. Who you are, what you do, and the things you say—all of this changes when you commit to someone.

It is no longer just your own beliefs and experiences or just your partner's. Now there is an "us" that has to be bigger than you or me. As Aristotle wrote, "The whole is greater than the sum of its parts," and that concept applies here. Together, you are more than you are separately. That is what the "us" does; it creates synergy or the increased effectiveness that results when two (or more) people work together. As you've probably guessed, creating the "us" is neither quick nor simple.

**Related Link:** [Mandy Moore and Ryan Adams File for Celebrity Divorce](#)

**Do you have any other upcoming projects you'd like to share with our readers?**

We would like to explore alternatives to traditional marriage, considering that more than 50 percent of new marriages end in divorce and nearly 70 percent of remarriages do. In my practice, couples have sometimes decided not to live together full-time, especially if they are over 50 and have been married before. Women say they don't want to take care of a man, and men want to do their "thing" and don't want someone to take care of them. They want someone to have fun with,

travel with, and share enjoyable experiences – not a housemate. Others have decided not to marry, especially women who have enough economic resources on their own and value independence more than marriage.

*Pick up your copy of Snap Strategies for Couples: 40 Fast Fixes for Everyday Relationship Pitfalls today!*

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# Gaiam Product Review: Stay Fit During Pregnancy with Desi Bartlett!



*This post is sponsored by Gaiam.*

By [Rebecca White](#)

Learning how to listen to your body is of the utmost importance, especially during pregnancy. While you're waiting for your bundle of joy to arrive, prenatal yoga will calm your mind, relax you, and build your endurance to prepare you for the journey of motherhood. To help pregnant women everywhere, Gaiam has teamed up with renowned yoga expert Desi Bartlett to create a new workout DVD called [Prenatal Yoga Workout with Desi Bartlett](#). With our product review, find out how you can stay calm throughout your pregnancy and learn some helpful love advice for you and your honey during this time!

## Product Review of Prenatal Yoga DVD

Prenatal yoga can be very beneficial for your relationship and love life by keeping you stress-free, fit, and centered. However, it will be even *more* beneficial for your baby as he grows in your belly. "Prenatal exercise, including prenatal yoga, is associated with more efficient oxygen exchange for the baby as well as less clinical interventions during labor and delivery," Bartlett shares. "It helps with easier labor and delivery as well as recovery time after birth. A sense of calm, security, and trust in our bodies allows mama to remember that her body was designed for this."

Bartlett, who has over 20 years of experience and has worked with many celebrities, designed the prenatal yoga workout in two sequences so that women would be able to practice yoga in safe, effective segments while achieving inner tranquility. The first sequence is Strong Mama Yoga Workout, which is perfect for increasing strength and endurance, both of which are needed throughout pregnancy and labor. The second sequence is Cool Mama Sequence, which is a great way to maintain



flexibility and connect to a deep sense of center and tranquility. Together, they take just over an hour to complete.

The DVD, which currently sells for \$14.98, includes modifications for all three trimesters and allows for adjustments based on energy levels. It also features a warm up and cool down session as well as a Mommy and Me workout for after the baby is born – a quick, six-minute workout designed for new moms to connect with their baby.

Bartlett leaves us with three pieces of advice for staying fit during pregnancy: Don't forget to breathe; workout for five to ten minutes and see how you feel; and squat! "Enjoy your strength and work with it. If you are feeling more mellow, then allow for that, and take it down a little bit to accommodate your body's needs that day," she explains. "If there is a feeling of weakness, extreme fatigue, or nausea, it's time to stop and consult your medical professional."

Staying fit during pregnancy won't just make your labor and delivery easier. It'll help you bond with your baby and also ensure that you continue to feel sexy for your partner, improving your relationship and love life in amazing ways. You'll be surrounded by good energy before you meet your newest addition!

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**Relationship Author Daisy  
Buchanan Shares Her Dating**

# Advice For 'Meeting Your Match' Online



By Jenna Bagcal

Daisy Buchanan knows that online dating can be overwhelming for some people, but she wants to show readers that love can be found on the Internet. In her new book about love, *Meeting Your Match: Navigating the Minefield of Online Dating*, the relationship author teaches people how to get the best results when venturing into the virtual world to find a mate. She provides a comprehensive guide of [love advice](#) that includes how to find the best site for you based on the website's "personality," how to make your profile appealing to potential partners, and even how online dating should be approached by first-time users. In this exclusive interview, Buchanan, who met her fiancé online, shares her firsthand

dating advice with readers interested in finding a relationship and love in the age of the Internet.

## **Relationship Author Discusses Dating Advice In Her New Book About Love**

**First, what inspired you to write *Meeting Your Match*?**

I've been online dating, on and off, since 2009, and I've been amazed to see how the technology evolved but humans basically stayed the same! I love to laugh, and I think that, if your date isn't a romantic adventure, it will probably turn into a funny story. Whenever a group of single women are gathered together, the bad date tales will flow! I wanted to make daters laugh and show them that, even though the process can feel a bit lonely, you're not alone.

**Related Link:** [10 Tips to Being Successful With Online Dating](#)

**Do you have any love advice for someone trying online dating for the first time? How should they approach it?**

This makes me sound like an especially nerdy teacher, but just have fun! I think this is especially important for people in their twenties and thirties who think it's time to settle down. If you focus on finding the person with the great job and savings who wants kids in the next five years, you might miss your actual match.

Also, remember that it's a two-way process. Prepare yourself for some rejection but know that you'll have to do the rejecting too. Make sure a helpful friend is there for back-up and screening – ideally one who has done it before and knows when the messages are too good to be true or when there might be more to a profile than you initially think.

**You describe the “personalities” of different dating sites in order for people to choose which one is best for them. Why is it important for people to use the right site when looking for a relationship and love?**

The Internet is overwhelming, whether you're looking for love or pizza. If you're new to online dating and want a lot of choices, the bigger sites might be better for you, but there's something to be said for narrowing the field. Think of it as searching a smaller haystack. Also, if you're just out of a relationship and you're fairly sure you're not ready for something serious, a casual, free site or app will suit. If you're sure you want to meet The One, you're more likely to find someone with similar intentions on eHarmony than Tinder.

**Let's talk a bit about online dating profiles. If there was one piece of information you'd recommend that online daters always include in their profiles, what would it be?**

Always use a picture. Various studies confirm this idea; no one will click or look at anything if there's a big blank space where your face should be. Other than that, you should name the one, super specific thing you're really passionate about. It doesn't have to be niche – it can be a kind of wine or a particular movie – but “For a great night in, I need a bottle of Margaux and *Anchorman* on DVD” is much more exciting than “I like watching films with a glass of red!”

## **Daisy Buchanan Talks About Staying Safe During Online Dating**

**To shift gears a bit, this book is aimed at young women who are online dating today, and safety is always a concern when strangers are involved. What are some tips for staying safe when meeting someone new for the first time?**

I think that a big thing is not to mix your social networks.

If you met them on Match, don't add them on Facebook yet. Obviously, this doesn't apply if Facebook is where you've been communicating, but we give out so much information online without realizing it. Also, if you swap e-mail addresses, set up a separate dating one instead of giving out your personal one. Hopefully, it's an unnecessary precaution, but safety first! Remember that it's easy to feel like you've known someone forever when you've been talking online a lot, but they're still a stranger, even though they don't seem like one.

**I had never heard of apps like "Grouper" before, where groups of friends can connect with other groups of friends of the opposite sex. I'm sure this really helps people feel safer! What date spots would you recommend as being ideal for group dates?**

It is great for safety.

I think it depends on the group! If you're all quite confident, I say go to a karaoke bar. Going bowling or planning a picnic might be fun too. A lively bar may make you all feel at ease, but if it's too lively, you won't be able to hear each other.

**Related Link:** [5 Red Flags in Online Dating Profiles](#)

**Is there anything else you'd like to share with our readers?**

Ultimately, online dating is just like traditional dating. The technology exists to make it easier and more fun and to give us more choices. But it's only as good as the people doing it. I think it's incredibly effective as long as you're patient, open-minded, and willing to see the funny side of any situation!

*To read more online dating advice, get your copy of Meeting Your Match on Amazon. Follow Daisy on Twitter @NotRollergirl.*

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# 'Married at First Sight' Relationship Expert Dr. Joseph Cilona Says, "Each Day Is A New Learning Experience"



By [Rebecca White](#)

The cart comes way before the horse on the reality TV show, *Married at First Sight*. This series takes a social experiment to the extreme: Six people agree to be matched by experts and get legally married before ever meeting, seeing a picture, or having a conversation with their future spouse. Four experts –

a sexologist, a spiritualist, a psychologist, and a sociologist – complete scientific experiments and extensive research to pair up each couple. The show then documents their wedding days, their honeymoons, and the next six weeks of their marriages. After six weeks, each couple must decide whether to get divorced or stay together. In our [exclusive celebrity interview](#) with psychologist Dr. Joseph Cilona, he shares his expert relationship advice and reveals the methods used to determine compatibility on the psychological level.

## ***Married at First Sight* Expert Shares Best Love Advice**

Dr. Cilona's love advice will help any relationship as it progress from just dating to fully committed. "It's important for each partner to really discover their needs and wants," Dr. Cilona shares. "Recognize that each day is a new learning experience to get to know your partner and get closer to each other."

**Related Link:** [Jennifer Lopez Isn't Giving Up on Marriage](#)

However, for the couples on *Married at First Sight*, things may be a little different. The first step in making this social experiment successful is putting in some hard work. "Their relationships and love will obviously be different from a traditional marriage, as they didn't meet until they said 'I do,'" Dr. Cilona explains. "They need to be willing to put in the effort to learn from and grow with one another, communicate, and try to understand each other."

The relationship expert adds, "We're eager to see how these partnerships play out as they continue to get to know each other and build a marriage going from strangers to true spouses."

# Dr. Joseph Cilona Opens Up About Reality TV Show

Dr. Cilona confesses that he had no interest in participating in the series when he first heard about the concept. “I thought it was utterly absurd and politely declined to even discuss the possibility of being a part of a show like *Married at First Sight*,” he tells us in our exclusive celebrity interview. “I was eventually convinced to review the original Danish TV series. I was enthralled by it – it was poignant, touching, respectful, and very well executed. I really felt that it had depth and value.”

During the research phase, the four experts on *Married at First Sight* evaluate each individual and set them up with the most compatible person. If all four experts don't unanimously agree, then a match isn't made. “As the psychologist, I am primarily looking for ways that two individuals might be compatible, complementary, or both,” Dr. Cilona reveals. “My assessments examine over two hundred different facets of personality. The questionnaire explores things like deal breakers, personal history, needs, values, physical preferences, relationship dynamics, and more. It's a very thorough, intense, and detailed process.”

**Related Link:** [How to Know When It's Time to Get Hitched](#)

While this type of matchmaking seems extreme and uncommon, Dr. Cilona is confident in the process but admits that it might not be for everyone. “The data yielded by my assessments of the finalists for season two was over 3,800 pages,” he says. “I had information on each individual that averaged about 150 pages each. It took me almost 400 hours to go through that research to come up with my recommendations for matches.”

It's no surprise that the experts love watching the magic unfold between the matched couples; it's exciting to see their



hard work come to life. “It’s important to remember that our job is to use scientific tools to try and find individuals who have the highest potential for romance. Just because a potential exists doesn’t mean it can (or will) ultimately be realized,” Dr. Cilona divulges. “This is what makes the show and science behind it so exciting: to watch how these couples work together, really get to know each other, and hopefully make their marriage last.”

*You can tune in to FYI or A&E at 9/8c on Tuesdays for season two of Married at First Sight! Keep up with Dr. Cilona on Twitter @DrCilona.*

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## **Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now**





By Meranda Yslas

Sorry ladies, it seems that Justin Bieber isn't looking for a new girlfriend anytime soon. As told in [UsMagazine.com](http://UsMagazine.com), Bieber is happy being a single celebrity. The singer shared, "At this point in my life I'm so focused on myself that I'm not looking for a girlfriend. I'm just trying to make sure I'm 100 percent so I can add to the person I want to be with. I want a girl I can trust, who I can lean on. This business is hard, and I want someone I can confide in." As the 21 year old star is concentrating on himself, his romantic relationships are taking the backseat.

**You won't find any romantic relationships here! What are some reasons to delay entering into a new relationship?**

**Cupid's Advice:**

Sure; relationships and love are fun, but they aren't always what you need. Sometimes the best love advice is to take time for yourself and figure out what you want. Here are Cupid's reason for holding off starting a new romantic relationship:

**1. Not willing to settle:** Don't get into a relationship for the sake of being in an relationship. If you're waiting for your Mr. or Mrs. Right, then you can keep waiting and not settle for flings that you know aren't going to last.

**Related Link:** [Justin Bieber and Selena Gomez Kiss Over Breakfast](#)

**2. Learning to be happy alone:** It's not always the best idea to constantly rely on other people to make you happy and feel good about yourself. This is something you can do on your own! Being single will allow you to learn about yourself and learn how to make yourself happy.

**Related Link:** [Daniel Radcliffe Loves the Single Life](#)

**3. Guilt free fun:** Nothing is more exciting than seeing someone cute and giving them a wink or a smile as you walk by. If you were in a relationship you may have to second guess these small flirtatious acts. Being single allows you to dance with whomever you want without the guilt of hurting your partner.

**What are some benefits of the single life? Share below!**

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## **New Celebrity Couple Alert!**

# Ryan Adams is Dating Amber Heard's Sister, Whitney



By Meranda Yslas

Hollywood has a new [celebrity couple](#)! Singer Ryan Adams is now dating singer Amber Heard's younger sister, Whitney Heard, according to [People.com](#). Just two months earlier, Adams and actress Mandy Moore officially announced their celebrity divorce. Although the celebrity couple had been married for almost six years before the split, they were going their separate ways beforehand. One insider shared, "They really were just two very different people. He's such an introvert, and she may not want her life out there every day, but she's so sweet and friendly and social. Total opposites."

# It looks like former celebrity couple Ryan Adams and Mandy Moore are going their separate ways! How do you know when you're ready to move on from a past love?

## Cupid's Advice:

Moving onto a new relationship and love is exciting! However, if you find yourself constantly thinking about your ex, maybe you're not quite ready to start something new. If you need some reassurance that you're over your old fling, here are some signs:

**1. Thinking of the future:** What do you imagine your life being like in the next three months? Year? Five Years? If in these fantasies and future goals, your ex partner isn't in them, it's safe to say that you've moved on from him.

**Related Link:** [Mandy Moore and Ryan Adams File for Celebrity Divorce After 6 Years of Marriage](#)

**2. You've stopped talking about them:** It's a tell-tale sign that you aren't over your ex if you find any excuse to bring up their name. Some simple relationship advice: if you want to forget about a past love, don't constantly remind yourself of it.

**Related Link:** [Mandy Moore and Ryan Adams Celebrate 5-Year Anniversary](#)

**3. Excited for love:** If you can picture yourself in a new relationship with different people, then your ex isn't a problem anymore. You are free from any lingering feelings that may have stopped you from grabbing fro-yo with your cute coworker.

How did you know you were ready to move on from a past love?  
Share below!

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## Expert Dating Advice: Why You Should Talk About Your Ex on a First Date



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

Other relationship experts may discourage you from talking about your ex on a first date, but in this week's [dating advice](#) video, relationship expert, and E!'s *Famously Single* dating coach, [Laurel House](#) says otherwise. "More than

revealing your past, it can also set the standard of expectation for your future,” she explains. “It can even make him feel good about himself!”

**Related Link:** [The Best Dating Question to Ask on a First Date](#)

## **Laurel House From E!’s *Famously Single* Shares Expert Dating Advice for Your Next First Date**

The *Screwing the Rules* relationship author elaborates, “The key to ex talk is that you *both* reveal. Once you bring up your ex, encourage him to chime in about his too.” Before discussing your past relationship and love, consider this expert dating advice:

DO talk about the most interesting men you’ve dated, but don’t go on and on.

DO express regrets but explain that you learned from those mistakes.

DON’T sound bitter, broken, jaded, or angry.

DON’T talk as though you’re still in love with him.

DON’T mention things that no guy wants to hear about (like your sex life) or things that you wouldn’t want to get back to your ex.

The relationship author then shares her best tips for *how* to bring up your ex. “Do it strategically. Don’t go on and on. Don’t talk about them for more than 20 minutes total. Don’t make it a sob session, a therapy session, or a show-off session,” she says.

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

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

Have you ever brought up an ex on a first date? Tell us your story in the comments below!

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# Josh Murray Has Moved On After Celebrity Break-Up from Former 'Bachelorette' Andi Dorfman



By Emma L. Wells



It's only been two months since his sudden celebrity break-up with [Andi Dorfman](#), but Josh Murray seems to be doing just fine. At the iHeartRadio Music Awards, [E! Online](#) asked him if he missed his celebrity ex, and he said no. "We're friends and everything like that," he responded. "But at the end of the day, when you're very different from somebody else, it just doesn't work out." He also said that, while eventually he wants a relationship and family, he's not dating right now. When asked if he would consider returning to [The Bachelorette](#) to find that special someone, he replied, "It was a great experience, but I did that already, and I'm kind of moving on from that specific part of my life." Still, he hasn't ruled out the possibility of being the next *Bachelor* if asked.

## **The winner of *The Bachelorette* seems happy without his celebrity ex. What are some ways you can cope with a break-up and move on too?**

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

Breaks-ups, no matter the circumstances or the length of the relationship, are tough on everyone. Following *The Bachelorette* winner's lead, Cupid has some dating and relationship advice to help you cope after a split:

- 1. Everything happens for a reason:** Murray is more equipped to move on from his celebrity ex because he understands why their relationship and love didn't last. Knowing the cause behind your break-up will help you deal with it for many reasons. First, once you identify the issues, you can stop wondering what went wrong. And second, it will help you avoid similar situations or mistakes so you'll have more success in the future.

**Related Link:** [‘Bachelorette’ Season 10 Couple Andi Dorfman and Josh Murray Call it Quits](#)

**2. Forgive and forget:** It’ll be hard to move on if you’re still harboring negative feelings for your ex. This is easier said than done, but once you’re able to let go of your hurt and stop placing blame, you’ll be in a much healthier and happier place. You’ll know you’ve truly dealt with your break-up when you can look at your ex and say that you only wish them well.

**Related Link:** [‘The Bachelor’ Host Chris Harrison Says He “Had No Clue” Andi Dorfman & Josh Murray Would Break Up](#)

**3. C’est la vie:** While it’s upsetting and disappointing when a relationship ends, try to remember that, if it was truly meant to be, then it would have worked out. Spend more time thinking about the exciting opportunities of your future than you do worrying about the mistakes in your past.

**What have you done to move on from a breakup? Tell us below!**

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## **Relationship Advice Video: How to Tell If Your Man Will Cheat**





In this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima and [relationship author](#) Duana Welch reveal how to know if a man is a cheater.

**Related Link:** [Love Advice About What You Need and Don't Need in a Man](#)

## **Relationship Author Reveals Dating Advice for Determining if a Man is a Cheater**

First, the dating experts share a piece of good news: Most men are *not* cheaters! To help you figure out if your guy will cheat, here are five types of men who are more prone to infidelity: Mr. History follows a pattern of cheating – not once but multiple times; Mr. All That has women at his beck and call and just can't resist the constant temptation; Mr. Highly Experienced is used to dating numerous women and doesn't want to commit; Mr. Globe Trotter attracts ladies with his wealth and adventurous spirit; and Mr. Personality is a

narcissist who doesn't see anything wrong with getting "some" on the side.

*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](#).*

**How can you tell if a man is a cheater? Share your love advice in the comments below!**

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## **Love Advice: Can Jennifer Lawrence and Bradley Cooper's Work Marriage Work?**





By Dr. Jane Greer

The on-screen chemistry shared by actors Jennifer Lawrence and Bradley Cooper is so true to life, it's hard to believe it isn't real. The two can be seen everywhere from *Silver Linings Playbook* to *American Hustle* to their upcoming project, *Serena*. Both admit to being each other's work spouses, but insist there is no sex in their faux celebrity marriage. Having a close relationship with someone at work can happen to anyone, not just celebs. You don't actually have to be "playing" husband and wife on screen to feel like you are just that, to an extent. It can happen in any job setting.

**The love advice question is, how entangled can you become with a work spouse, and where do you draw the line so the relationship**

# doesn't negatively affect other parts of your life?

## **Define Boundaries**

Defining the boundaries and being clear about how far and where you can take the connection can, in fact, make the friendship better and allow you to fall into the zone where flirting can be fun, but safe. It also makes room for your chemistry to kick in because it eliminates the constant question of whether or not you're going to take this relationship to the next level. You know the answer is "no," so that gives you room to express yourself more freely.

## **Attraction is Good**

Many friendships between men and women are punctuated by attraction which is never acted on, but keeps the relationship exciting and alive. In the end, though, it isn't just about that energy and flirtation. It is more about knowing each other well, working well together, having each other's backs, and especially experiencing the security of the trust you share. While people often joke that the relationship has the dimensions of a marriage, it is, in fact, really about the camaraderie.

## **Know the Limits**

The most important piece of love advice when it comes to work marriages is if you aren't in a romantic relationship outside of work, knowing the limits of your "work marriage" is important so you won't end up disappointed if it never goes beyond what it already is. If you are dating or married to another person, knowing those limits is even more important so it doesn't spill over the walls of the office and create jealousy or a perceived threat to your partner. With that in mind, if you are spending time with your "work spouse" outside

of work, invite your significant others to join you. That way they will feel included in your friendship instead of excluded. Along those lines, if you spend personal time together, make sure it is work-related, rather than simply going out to have a good time, so that there is no question about what you are doing when you're together.

As “work spouses” and actors, Jennifer and Bradley might be put in more questionable situations than most who are close and share an office because of the specific roles they are playing. Even so, as long as they hold onto the agreed upon boundaries, they will be able to leave their “work marriage” on the set and live their personal lives without complications.

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## **Dolly Parton Shares Love Advice for a Happy Marriage**





By Jenna Bagcal

In Hollywood, there are few married celebrity couples who stay together, and an increase in celebrity divorces and break-ups. With that thought in mind, it's so refreshing to see Hollywood couples who are successful in their relationships and love, like Dolly Parton and her husband Carl Thomas Dean. In recent celebrity news from [People.com](https://www.people.com), Parton, who has been married for 49 years, discusses her relationship and shares her [love advice](#) for a successful marriage. "They say that opposites attract, and it's true," the country crooner says. "We're completely opposite, but that's what makes it fun. I never know what he's gonna say or do. He's always surprising me."

**After 49 years of marriage, Dolly Parton has valuable love advice to share! How do you continually work on strengthening your marriage?**

**Cupid's Advice:**



You have probably heard people say that marriage is hard work, and they are absolutely right! You and your partner must put in a conscious effort to have the best relationship and love life possible. Consider Cupid's love advice for a long-lasting partnerships like this married celebrity couple:

**1. Keep communication strong:** Communication is one of the most important factors in a healthy relationship, and the lack of it can be a couple's downfall. Whether it's telling your beau about the high and low points of your day or discussing an issue that you might have with the other person, communication helps to keep relationships strong and prevents unresolved issues from cropping up and creating resentment.

**Related Link:** [Sofia Vergara and Joe Manganiello Reveal Fall Celebrity Wedding Plans](#)

**2. Maintain the intimacy:** After being in a relationship for a long time, you may be extremely comfortable with your partner, so much so that you forget about intimacy. However, keeping the passion alive will help to ensure that your needs and the needs of your partner are being satisfied. Talk to each other about what you want, both in and out of the bedroom.

**Related Link:** [Olivia Munn Supports Boyfriend Aaron Rodgers at Every Green Bay Packers Home Game](#)

**3. Do something new:** Keep your significant other on their toes by doing something out of character. You may have developed a routine that has gotten quite boring and stagnant over the years, especially if you've been married for a long time. Book a trip to an exotic place or just try a new foreign cuisine. Sharing these experiences will give you and your partner something to talk about and might even inspire you to participate in other things outside of your comfort zone.

**What advice do you have for continually strengthening your relationship? Leave a comment!**

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# Relationship Advice: 5 Small Things You Can Do To Increase Generosity in Your Relationship



by Molly Jacob

It's a fact that generous couples are happier couples. Experts are finding that love advice for stronger relationships can be just as simple as increasing the generosity between the two of you. Being generous in the realm of relationships and love doesn't always have to do with money, but can even be

something as simple as helping your partner unload the groceries.

## **Cupid has relationship advice for how to increase the generosity in your relationship!**

**1. Be generous first:** This piece of relationship advice is super important. If you want your relationship to be more generous, you need to set an example of what that looks like! From offering to pay for dinner to giving your partner a foot rub after he or she has had a long day, give as freely as you can. Because you love your partner, you should desire to treat them well even if you expect nothing in return. A common rule of thumb about how to treat other people, and something that can also be applied to love advice, is to treat others how you would want to be treated.

**2. Be forgiving:** We all make mistakes sometimes, and often these have to do with relationships and love. Relationship advice: don't hold grudges. Give out your forgiveness freely if your partner ever does something that warrants an apology. Sometimes, it's hard to accept an apology for something that your loved one did. But think about how hard it is to ask for forgiveness in the first place, especially if it's a mistake they made in the area of relationships and love. Put yourself in your partner's shoes, and you will be able to add more generosity to your relationship.

**Related Link:** [Are Chris Martin and Jennifer Lawrence Getting Back Together?](#)

**3. Let go of the little things:** Even in healthy relationships, we can get hung up on petty disagreements or fights. Let your honey pick the restaurant or change the television channel. Your sweetheart will be grateful, and next time you're going

out to dinner or sitting in front of the T.V., they may remember how generous you were the last time and will reciprocate the good deed.

**4. Share with your partner:** Just like that saying, “What’s yours is mine and what’s mine is yours,” be more open to sharing in your relationship. We should have independence and autonomy in our relationships, but we should also let our partner into our lives. Whether it’s as simple as sharing your food or sharing a meaningful aspect of your lives, be generous with your love.

**Related Link:** [Sharing May Not Always Be Caring](#)

**5. Express your feelings:** Even after you do many generous acts in your relationship, your partner may still not be getting the message. If this makes you upset, say it! Bottling up feelings of resentment or like you are doing all the work is never good in any situation involving relationships and love. Communication is essential in a relationship, so sharing your thoughts with your partner is always good love advice.

**What other ways do you increase the generosity in your relationship? Share in the comments section below!**

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**‘Bachelorette’ Star Emily Maynard Enjoys Her Celebrity Pregnancy While Taking a Boat**

# Ride with Family



By Emma L. Wells

Lucky for fans, former *Bachelorette* Emily Maynard is keeping the world up-to-date about her [celebrity pregnancy](#) via Instagram. Last week, the blonde beauty posted a picture of herself with husband Tyler Johnson and daughter Ricki with the caption, “Spring break on a boat.” In it, the reality TV star is glowing, and her baby bump is growing! [UsMagazine.com](#) reported that she recently celebrated her celebrity baby shower and shared a sweet photo of the gender reveal cake. Unfortunately, Maynard didn’t let out any secrets about her celebrity pregnancy, writing, “The cutest gender reveal cake I ever could’ve imagined...I’ll let you all know once I tell all our family first ☐ Any guesses?”

# This *Bachelorette* star is having fun during her celebrity pregnancy! What are some pre-baby activities you and your partner can do to make this time special?

## Cupid's Advice:

Pregnancy is amazing and exciting for you and your significant other, but it can also be hectic and overwhelming. It's important for you to take some time to enjoy this moment! Cupid has some relationship advice to help you do so:

**1. Plan a babymoon:** Babymoons are quickly becoming more and more popular, and it's easy to see why. Like a honeymoon, you and your sweetheart can get out town for a few days and spend some quality time together. Even if you do a staycation, it can be beneficial for your relationship and love to just relax and enjoy each other's company before there's a new addition to your family.

**Related Link:** [Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting!](#)

**2. Take lots of pictures:** You're going to want to document this time in your relationship! It can go by fast, and you two will enjoy having pictures and video to look back on. They'll also be great to show your little bundle of joy when they're all grown up. You may even consider getting professional photos taken for you to frame and hang in the nursery.

**Related Link:** [Former 'Bachelorette' Emily Maynard Marries in Secret Wedding](#)

**3. Throw a party:** Your pregnancy is a special moment to be shared with everyone you love. Though baby showers are fun,

why not throw a party to celebrate you and your partner? Invite your friends and family over and have a great time reminiscing about the past and getting excited for the future. It's also a good opportunity to get some advice from other parents!

What are some pre-baby activities you and your partner have done together? Tell us below!

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# Alternatives to Couples Therapy: Save Your Relationship and Love Life





By Keith Miller

For many couples, there's no substitute for the dedicated attention of a qualified couples therapist to breathe life into your relationship and love life. For others, an intensive weekend retreat, relationship coach, self-help educational product, or online program can be very effective.

**You may want to consider alternatives to couples therapy, or some combination of both, if your situation warrants it.**

If one of the following applies to you, an alternative to couples therapy may be for you:

- You're preparing for marriage or have no serious concerns about your relationship, but want to stay on a good course together.
- Your experiences with couples therapy were so bad that



you aren't ready to start the process again.

- You can't afford to pay for couples therapy.
- You want to enhance your couples therapy with complementary educational experiences.

There are vast resources available which are excellent alternatives to couples counseling. Below are a few options:

**1. Educational workshops for couples:** There are dozens of educational workshops focused on relationships. How do you sort through an overwhelming number of choices to select a reputable workshop and presenter? One time-saving and effective strategy is to search for the three most popular "brands" of couples therapy today and get information about educational workshops based on these approaches in your area.

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

**2. Relationship coaching:** Coaching in the United States is not regulated by state boards of health as psychotherapy is, and it therefore has a reputation for being a less formal method of getting love advice and help for your relationship. One way relationship coaching is distinct from therapy because a coach is like a personal consultant who assumes you and your partner are generally healthy and capable of making changes if given guidance and information.

**Related Link:** [Cameron Diaz: Is Sex the Answer to Relationships and Love?](#)

**3. Online self-help for relationships:** Proceed wisely. When you turn to the web for advice about your relationship and love life, know that your search results may vary. To assist you in weeding out the far-out from the outstanding, three great websites are [www.SmartMarriages.com](http://www.SmartMarriages.com), [www.talkaboutmarriage.com](http://www.talkaboutmarriage.com), and [www.familydynamics.net](http://www.familydynamics.net).

*Keith Miller, LICSW, is the director of a large DC*

*psychotherapy private practice and the author of Love Under Repair: How to Save Your Marriage and Survive Couples Therapy.*

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# Role Reversals in Relationships and Love



By [Melanie Mar](#)

[Relationships and love](#) have progressively changed over recent decades, thanks in large part to women's rights. Today, there are more independent working women than ever before, and with that comes significant changes within the dynamics of romantic partnerships.

# Top 5 Signs You Should Take the Lead in Your Relationship and Love Life

Ambition and masculine energy have become synonymous in society. Women find it beneficial to partner with a man who is supportive rather than competitive; that way, a peaceful home will be created that will help her achieve her goals. However, not all personality types are best-suited for these masculine and feminine role reversals in relationships and love. So how do you know if a role reversal relationship is right for you? Ladies, below are five signs that you might actually be happier if you take the lead in love:

1. You are a natural born **leader** in the relationship and instinctively guide the path that it takes.
2. You enjoy **setting goals** and reaching them in your personal life.
3. You enjoy achieving **success**.
4. You are **ambitious** and driven.
5. You are more **decisive** than indecisive.

**Related Link:** [Jennifer Garner Says 'It's My Turn' to Work After Supporting Celebrity Love Ben Affleck](#)

Now that you've decided that this type of relationship is for you, you may need some love advice on how to maintain a healthy, harmonious romance. Understand that, for every "pot," there is a "lid," and the key is to find a man with the opposite energy of your own. Know what role you want to take romantically, and stick with it. There are men who prefer stronger women to take the lead. They are usually the artistic, creative types who have no desire to compete, conquer, or control.

Women are still pre-conditioned to want a man who has the outward characteristics of a leader – someone who is decisive, self-confident, and aggressive. These types of traits are considered masculine. If your honey doesn't possess them, that doesn't mean he is weak or incompetent; he simply has a different set of dominant personality traits.

The man who is right for you is successful in his own career, desires a dominant women, and enjoys having you take charge at home. He loves to be your head cheerleader and devotes himself to making your life easier and more comfortable. Relationship experts say you may have already passed over this type of man, not realizing that he was a perfect partner for you. If you keep picking a man who always wants to take charge – because society or your loved ones tell you that's how it should be – then you will be in a combative, volatile relationship, which is not fulfilling for either partner and is ultimately very destructive.

**Related Link:** [The Smarter Way to Meet New People and Actually Enjoy It!](#)

## **Expert Love Advice For Role Reversal Relationships**

It might be difficult to accept that you prefer to be the leader in a marriage or relationship. It may mean giving up your childhood fairy tale wish of Prince Charming arriving on his white horse. Listen to my expert love advice because the fact is, traditional marriage roles simply do not work for everyone. Role reversal relationships are on the rise as more men and women discover that there is another path to happily ever after!

*[Melanie Mar](#) is a relationship expert and life coach as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT*

*Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association.*

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## **Dating Advice: Create The Person You Want To Be**



By Janeen Diamond for [Hope After Divorce](#)

*“There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life.”*

These days, we all seem to talk a lot about our kids or our

friends or our spouses going off to “find themselves” when things aren’t going quite right for them. But the truth of the matter is, it isn’t really possible to “find” ourselves. If we are going to be successful in our relationship and love life, we must “make” ourselves into the person we want to be. Consider these two pieces of [dating advice](#): First, remember to have realistic expectations, and second, know that you can *choose* to be happy with yourself. I love the following quote by psychiatrist Thomas Szasz: “People often say that this or that person has not yet found himself. But the self is not something one finds. It is something one creates.”

**Related Link:** [Kindness No Matter What](#)

I have had experiences with a few loved ones who seem to bounce around, waiting for life to suddenly make them happy or turn into something that will completely surprise them. But, in my opinion, they will wait a lifetime. If we want certain things in our lives, we have to go after them. We can’t expect something magic to happen or believe that, if we wish for something to happen, it will eventually just appear. This is especially true when it comes to dating.

## **Expert Love Advice About Realistic Expectations**

Along those same lines, getting married and expecting the other person to turn your life around for you is completely unrealistic. My expert love advice is to remember that marriage is about two healthy people bringing their best selves into an important relationship and love with the plan to contribute in every way possible. I am of the mindset that we are each responsible for our own happiness and for the things we accomplish in this life. If you are friends with or married to a person who drains you and drags you down, only you can do something about it. Here’s some dating advice for

how to decide what that something is going to be:

- Give as much as you can to the other person; it will facilitate your own happiness and help you enjoy life on a higher level.
- Keep a positive attitude and try to encourage your partner or friend to get outside themselves.
- Keep working on the person *you* want to be – your own happiness and security will make all the difference in the world.
- If nothing changes and you are still feeling drained, consider letting go.

**Related Link:** [Is Your Life Working?](#)

## **How to Have Positive Relationships and Love in Your Life**

I have reached a point in my life where I am willing and able to move on from relationships that are negative. I once told a friend that I could no longer be her friend because it was simply too difficult. It was an amazing experience to be able to kindly release myself from something that wasn't right for me. I became a stronger person at that point and someone who has been able to be more selective about the people I let into my life.

There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life. I believe we can help those who need guidance without letting them influence us in a negative way. If you have relationships in your life you need to reconsider, take some time and think through what needs to change. Part of creating the person we want to be is surrounding ourselves with like-minded people who can influence us in the way we want to be influenced. Don't be afraid to do a little housecleaning!

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



Janeen Diamond, author of *Save Your Marriage in 30*, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, *Your TV Spot*. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [DivorceSupportCenter.com](http://DivorceSupportCenter.com), [FamilyShare.com](http://FamilyShare.com), and [CupidsPulse.com](http://CupidsPulse.com). Follow her on Twitter @janeendiamond and [www.facebook.com/janeen.diamond](http://www.facebook.com/janeen.diamond).

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## Relationship Advice: 3 Reasons Not to Break Up Via Social Media







By [Courtney Omernick](#)

Relationships and love are never easy roads to navigate. However, when you know you've hit a dead end and it's time to move on, it's natural to feel scared at the prospect of taking a new path. Sometimes letting your significant other go via social media can seem like the ideal situation. But, it isn't the best option.

**Cupid has a few pieces of relationship advice below as to why you should not break up via a social media channel.**

**1. It doesn't bring closure:** The abrupt "we're over" via a Facebook or Twitter message feels impersonal. The person you're breaking up with is going to have some additional questions beyond 140 characters. They'll be able to find more closure if they're seeing and hearing your feelings rather than reading them via the internet.

**Related Link:** [Bradley Cooper and Suki Waterhouse Become Celebrity Exes After Two Years of Dating](#)

**2. It makes you look cowardly:** It's been said that it's easier to express our feelings via the internet because the computer screen is a "wall" between us and the other person. Breaking up via social media makes you look like you'd rather hide behind a wall than confront your true feelings.

**Related Link:** [Bethenny Frankel Sparks Celebrity Gossip: 'I Will Never Get Legally Married Again'](#)

**3. It shows that you don't care:** Granted, if you're breaking up with them, you might not "care" about them anymore. However, breaking up via social media makes it seem like you would rather not treat the other person as a human being with actual feelings. If you're breaking up with them via social media, it gives off the vibe that you're just checking another item off of your "to do" list.

**Why do you think people shouldn't break up via social media? Comment below!**

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**Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip**





By Emma L. Wells

Like many *Bachelor* and *Bachelorette* couples that have come before them, famous couple [Chris Soules](#) and Whitney Bischoff are facing a spinning rumor mill following the announcement of their celebrity engagement. But this pretty pair is determined not to let the celebrity gossip ruin their happiness! Both [reality TV](#) stars have posted recent photos to Instagram to prove that their relationship and love is as strong as ever. According to [Wetpaint.com](#), this weekend, Soules shared a heartwarming photo from filming with the message, “She brings me happiness.”

Bischoff also took to Instagram, posting a snap of the famous couple cuddling on the couch together. When recently asked about the celebrity break-up rumors and tabloid drama, she responded, “You can’t read it. You really just can’t. There’s so much outside noise out there.”

**This famous couple clearly isn’t**

# Letting celebrity gossip damage their relationship and love. What are some ways to stay strong despite rumors?

## Cupid's Advice:

Just because you're not a celebrity couple doesn't mean you don't have to deal with rumors and gossip. Thanks to social media, news travels fast and people talk. But you can't let other people's opinions cause problems in your private relationship. Cupid has some tips on how to rise above the gossip:

**1. Turn the other cheek:** Ignoring what other people are saying about you is easier said than done. Sometimes, it can be downright impossible, and you'll start to wonder if there's any truth to what's being said. If you're feeling insecure, you need to approach your partner with your concerns in an honest and non-accusatory way.

**Related Link:** [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

**2. There's power in numbers:** There are only two opinions in your relationship that matter. It'll be easier for you and your significant other to fend off rumors when you stick together and remember that the only voices you should listen to are each other's.

**Related Link:** [Celebrity Couple: Chris Soules Kisses 'Bachelor' Winner Whitney Bischoff on Romantic Date Night](#)

**3. Sticks and stones...:** If your mother ever told you that words can't hurt, she lied. Words, especially negative ones, can carry weight and cause damage, and pretending that gossip

doesn't bother you won't make things any easier. Once you recognize this truth, you need to remember that, while words can be painful, you can definitely be stronger than the people who run the rumor mill.

**How have you and your beau handled negative rumors? Tell us in the comments below!**

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## **Expert Love Advice: The #1 Thing a Man Wants in a Woman**



On this week's [Single in Stiletto](#)s show, founder and matchmaker Suzanne Oshima talks to [dating expert](#) David

Crowther about the number one thing a man wants in a woman.  
**Related Link:** [Single in Stiletto Show: Relationship Experts Discuss Why He Didn't Call](#)

## Expert Love Advice About What Men Want

The relationship experts first clarify that beauty is not an option. As Oshima explains, "Ladies, physical looks are the number one thing, but I'm talking about the number one *quality* a woman should have in order to get a man." Crowther then responds with his expert love advice: It's going to vary from guy to guy! "Some men love to be challenged, while some men love to be nurtured or taken care of," he shares. The dating expert encourages you to figure out what part of you is most important for a guy to accept; if he's not okay with that piece of your personality, then he's not the one for you. It's that simple!

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

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

**What do you think men want most when it comes to their search for love? Tell us in the comments below!**

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## Rachel Brathen Shares Love

# Advice in New Book 'Yoga Girl': "Each Moment is New and So Full of Potential!"



By [Sarah Batcheller](#) and [Whitney Johnson](#)

In Rachel Brathen's new book *Yoga Girl*, you'll not only find the key to a successful harmony of body, mind, and spirit, but you'll also discover how to utilize this balance to achieve a fulfilling relationship and love life. The book is about more than just twisting on a mat; in it, Brathen shares her own life journey and how the physical and emotional healing process of yoga led her to understand the importance of living in the moment and appreciating all the good that surrounds us. *Yoga Girl* takes readers on an unforgettable journey from a place of uncertainty and insecurity to one of wholeness and

happiness. In our exclusive author interview, we uncovered the mysteries of all the gifts that yoga has to offer.

## **Rachel Brathen Shares Inspiration for *Yoga Girl***

**What inspired you to put your experiences and your yoga teachings into one book?**

I have been writing for as long as I can remember, and I'm lucky to have an audience that's excited to listen to what I have to say right now! I wanted to share my journey in-depth – not just the life I have today, but the obstacles and hardships that brought me here.

**Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

**In the introduction, you write that “we do not love ourselves enough.” How can yoga help someone find the self-love that's missing from their lives?**

Aside from the physical benefits we get from the practice, one of the most important things that yoga teaches us is how to listen to the body. Body awareness – learning how to feel the body and be grateful for what it does for us every day as opposed to judging ourselves – is a huge step when it comes to finding love for ourselves. Yoga brings us moments of complete presence and a break from the constant labeling and drama that's created by the ego on the daily.

**Can you talk a bit about acting instead of reacting? How does this behavior relate directly to relationships and love?**

Whenever we find ourselves in a tricky situation, we often react to it right away, which usually means judging the situation from similar experiences we might have had in the



past. Reacting with fear from past experiences is what causes us to become aggressive or insecure. It brings out jealousy and other qualities that might not correctly represent who we actually are. Looking at the situation with fresh eyes of the present moment – acting instead of reacting – allows us to take things for what they really are without tainting our experience with emotions from the past.

In terms of romantic relationships, it's important to know that just because a past love hurt you doesn't mean a new one will. There is no need to play games or be afraid of commitment. Let go of whatever patterns you may have that separate you from love, and remember that each moment is new and so full of potential!

**We loved the chapter titled "Love Over Fear." What's your best tip for someone struggling with choosing love and overcoming their fears?**

Most of the time, we are the ones standing in our own way. The mind tends to look for worst-case scenarios, and before each big step in life, we automatically see all of the things that could go wrong. By focusing on the negative, we hold ourselves back and try to create in a space of fear. Instead, focus on all the things that could go right! There are infinite amazing experiences waiting for you. Manifest those by living in a space of possibility and love!

**You moved to a tiny island with a man you only knew for five days...who eventually became your husband! How'd you know that he was The One?**

I just knew right away. I can't explain it... He made me nervous, and I'm never nervous! That's how I knew the first time I met him that there was something special there – he stirred something in me that I couldn't pinpoint. When I got to know him, I felt so comfortable and at home that five days may as well have been five months! Moving in was easy.

# Newly-Minted Author Gives Love Advice

**Now, we'd love to get some love advice from you! How do you believe that yoga can improve our relationships with our self and our loved ones?**

We need to make peace with who we are and feel whole on our own before we can commit to another person. Yoga can help us get there by teaching us how to become present in the moment so that we let go of a lot of the judgment that keeps us from living a life we truly desire.

**Related Link:** [How to Be Mindful When It Comes to Relationships and Love](#)

**What can couples gain from practicing yoga together?**

So much! A yoga practice is a very intimate thing, and it gives us a routine to stick to as couples. Watching each other grow, learn, and have breakthroughs on the mat is very rewarding. Also, have you ever held hands with your partner in Savasana? Best. Thing. Ever.

**Finally, can yoga help someone heal after a break-up?**

I think so. If we do it right, we can create lots of emotional release on the mat. Much of the tension we hold in the physical body is created from our inability to truly let ourselves feel and experience pain. By not expressing and releasing pain, it gets stuck. If it has nowhere to go, that tense, negative energy goes into the body. That's why the older we get and the more we experience emotionally, the tighter and stiffer our bodies become. By moving into poses with long holds and focusing on releasing tension, we can open up emotionally.

*You can purchase Rachel's book Yoga Girl on Amazon. You can*

*also check out her new yoga programs on Gaiam.com!*

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# Product Review: Help Your Friend Move On After a Break-Up With the Bounce Back Box



*This post was sponsored by [NeverLikedItAnyway.com](http://NeverLikedItAnyway.com).*

By Shirley Leung

Is your BFF going through a rough break-up? Is she struggling to give away that diamond necklace her ex gave her four years ago? Help her kick her break-up blues

goodbye with NeverLikedItAnyway.com, a new and innovative way to let go of your past and move on after heartbreak. Getting rid of those things that remind you of your ex is a great piece of love advice, but it's easier said than done, which is where this site can help. In our product review, discover why NeverLikedItAnyway.com is just what your girlfriend needs for a fresh start! It's the new eBay... but for break-ups.

## **Product Review: How to Get Over Past Relationships and Love**

With the option to buy or sell used items – whether it's as small as a t-shirt that smells like him or as big as a sparkly engagement ring – users can finally get rid of items that are haunting them. For instance, following a divorce, a ring retailing for 6,000 dollars is being sold for nearly half the price at only 3,400 dollars. Not only does the site help ease people of their woes post-split, but it also acts as a marketplace to score items at awesome deals (or “break-up priced”).

Even without her ex's “stuff” laying around, a failed relationship and love can be hard to recover from, so the website also includes their [Bounce Back Box](#) to make the process easier for your pal. The box includes over 100 dollars worth of items but sells for only 40 dollars. It's a great gift if you want to support your newly single friend and can be a good complement to all the love advice you've been giving her! Your BFF is sure to start feeling fabulous again with several of the pick-me-up items found in the box, including Elizabeth Mott mascara, Buxom lip gloss, Kitsch hair ties, and online dating passes from Match.com.

Help your friend say “take that!” to her break-up with NeverLikedItAnyway.com and the Bounce Back Box, and be prepared to see her smile again!

~~**GIVEAWAY ALERT:** One lucky reader will receive a Bounce Back Box to help her recover from a broken heart or to share with a friend who needs a pick me up! To enter our giveaway, complete the form on our Contact Page BEFORE 5 p.m. EST on Monday, April 6th. Pick "Giveaways" in the dropdown box and include your address as well as "Bounce Back Box Giveaway" in the message field. You may enter the contest only once. Good luck!~~

*Open to US residents only.*

**This giveaway is now closed. Thank you to all who participated!**