

# 'Game of Crowns' Reality TV Star Lori-Ann Marchese Shares Love Advice: "You Can't Expect One Person to Do Absolutely Everything"



By Jenna Bagcal and [Whitney Johnson](#)

Thanks to the popular Bravo show *Game of Crowns*, fans have been introduced to feisty personal trainer [Lori-Ann Marchese](#). She believes in the concept of fitness by women, for women and proudly shows off the results of her hard work. As viewers know though, there may be a change to her fitness routine if the series is picked up for a second season: "We're definitely

trying to have a baby,” she confirms. “We’re just having fun with it and hoping to get pregnant very soon.” In our [exclusive celebrity interview](#), Marchese shares her fitness expertise and also opens up about her relationship with husband John.

## ***Game of Crowns* Star Shares Workout Tips in Exclusive Celebrity Interview**

Her personal experience and belief system is what led her to open up Body Construct LLC, a training facility that focuses on the specific health needs of women. “Before I started Body Construct, I actually was training with male trainers, and I just didn’t like how they were training me. They were training me as if they were training themselves,” she explains. “I wanted to share my experience with women because I understand a woman’s body. If you want to look good, you have to eat right. You shouldn’t be taking away carbohydrates from your diet; that’s just not a healthy way of living. You’ll still lose weight and gain muscle with good exercise and by eating your fruits and vegetables.”

**Related Link:** [Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support from Their Partners Do Better Overall”](#)

When training her clients, Marchese believes in combining cardiovascular efforts with weights. “With exercise, I usually tell my clients to train three times a week. That’s going to show results, and that’s going to burn the most calories,” she shares.

Of course, she knows that many women find it hard to go to the gym or find time to exercise while having a full-time job and a family, so she always keeps that in mind. “I give my clients

an exercise program that's going to help them burn fat and help them burn it fast," she says in our exclusive celebrity interview. "You're pretty much out of breath for that hour in the studio, but that's all that you need!"

If you're like many women and hoping to get fit for bikini season, the beauty pageant queen has three simple tips to consider. First, if you have a hard time focusing and motivating yourself, get into a group training program. Second, eat very clean and fresh. "Stay on the outside of the grocery store. Everything on the inside isn't good for you because it's packaged," she advises.

And third, find something that motivates you. "Whether it's a new swimsuit, some short shorts, or a tank top, buy it and hang it in the front of your closet," she shares. "Try it on each week until it fits."

**Related Link:** [Date Idea: Warm Up By Exercising This Winter](#)

## **Bravo Reality TV Star Lori-Ann Marchese Gives Love Advice**

Given her fast-paced life, it's no surprise that Marchese finds it difficult to make time for her marriage, business, television show, *and* social life. Still, the reality TV star offers the following love advice: "You and your significant other have to find a middle somewhere. For me and John, I work a lot, and he works a lot, but whoever comes home first cooks that night. You can't expect one person to do absolutely everything – that's impossible."

Although both she and her husband are active, the fitness guru reveals that they don't usually work out together. "I think it can be motivating to work out with your partner, but for me, when I exercise with my husband, he distracts me. All I want to do is sit on his lap, poke him, or make fun of him!" she

says with a laugh.

With that thought in mind, she believes that the best workout partner to have is someone who motivates you *without* being a distraction. “If you want to stay focused, you need to exercise with a partner who has the same goals,” she shares. “Try to go to the gym or on a run with a girlfriend. That way, you’re both there to work out and do your thing.”

Although they may not head to the gym together, Marchese is incredibly thankful for her husband’s support in other aspects of her life. “He’s there for me every step of the way. He’s my biggest fan, my everything,” she gushes. “He’s the one who keeps me going.”

**Related Link:** [Exclusive Celebrity Interview: ‘Revenge’ Star James Tupper Opens Up About His Love Life and Playing David Clarke](#)

So what’s next for the reality TV star? To help her fans achieve their fitness goals, Marchese recently came out with a line of meal replacement shakes. She is also developing a Body Construct workout video system. “It’s going to include four workout DVDs and also have nutrition plans, grocery lists, and an evaluation. Somebody can buy the system, and they’ll have everything they need,” she explains.

*You can keep up with Lori-Ann on Twitter @LoriAnnMarchese. Learn more at [bodyconstructfit.com](http://bodyconstructfit.com).*

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## Relationship Advice: Social

# Tips from Ben Franklin and Other Maxims Masters



By Vicky Oliver

Eons ago, long before the invention of Facebook and Match.com, our ancestors grappled with social conundrums. Before Twitter sent out its first tweet, or anyone had heard of an RSS feed, our forebears asked themselves questions. Namely, how does one overcome social alienation, win friends, and build a richly rewarding social life?

**Consider these three social,**



**relationship advice gems that have withstood the test of time. Their insights may help form the foundation of a richly rewarding social calendar that leads to new opportunities for success:**

**1. “Early to bed and early to rise makes a man healthy, wealthy and wise:”** Benjamin Franklin noticed in the late 18th century that good sleeping habits made him feel better and think more clearly. If our overextended, hectic lives leave us too sleep-deprived and grouchy to pursue a rewarding social life, it’s time we take Ben’s advice. Shut off the computer in favor of shut-eye. Friends and business associates will enjoy their interactions with us more, which may lead to more opportunities.

**Related Link:** [Q&A Should I Be Concerned About My Man’s Social Network Activity with Other Women?](#)

**2. “A rolling stone gathers no moss:”** What Latin writer Syrus, circa 100 BC, may have foreshadowed regarding our 21st century lifestyle is that many of us move too fast (“rolling”) to gather much moss (“a social life”). Think about places where we fritter away our time, such as planes, trains, and automobiles. Then, make a point of engaging fellow travelers in conversation. These individuals may have access to all sorts of insider tips, connections, and other perks that will make the road well traveled more interesting.

**Related Link:** [Celebrity Couples Who Let Social Media Run Their Relationship](#)

**3. “Birds of a feather flock together:”** To find our flock,

it's often helpful to turn solitary activities into social opportunities. Those who like running or painting might use [www.meetup.com](http://www.meetup.com) to find a running buddy or an artist's colony, writers may consider organizing a monthly writers group, and divorcees can create support groups. Forming groups over shared activities helps us break out of our individual silos and find like-minded individuals.

*Vicky Oliver is a leading career development expert and the multi-best-selling author of five books, including her newest, Live Like a Millionaire (Without Having to Be One) (Skyhorse, 2015). She is a sought-after speaker and seminar presenter and a popular media source, having made over 700 appearances in broadcast, print, and online outlets. For more information, visit [vickyoliver.com](http://vickyoliver.com).*

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## **Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?**





*Question from Elissa B.: I've been seeing this guy for a few months now, and anytime we're not together, he always texts me and never calls. Whether he's seeing how my day is going or we're trying to arrange our plans for the weekend, he only texts. What does this behavior say about our relationship and about him?*

Read on for love advice from our [dating experts!](#)

## **Love Advice: What to Do If a Guy Only Texts**

[Suzanne K. Oshima, Matchmaker](#): Thanks to the ever-present use of technology, unfortunately, texting has become the norm with the way a lot of people communicate. That being said, it doesn't make it acceptable that he communicates with you solely in this manner. The issue is you've already set the standard for what's an acceptable way to reach out to you. So it's going to be harder to break him of this habit...but it's clearly not impossible!

Next time, he texts you to plan a date, reply with something



like, “Great! I’m tied up right now, so give me a call later and we can make a plan.” Or if you’re so bold, instead of texting him back, you can just pick up the phone and call him. It may take a few tries to get him on the phone, but don’t give up!

**Related Link:** [Q&A: Is It Appropriate to Play Hard to Get Via Texting?](#)

Paige Wyatt, Reality Star: Most guys prefer to send a text rather than pick up the phone and talk. Women like to chat, but men want to get straight to the point. In that case, it’s about his personal preference and isn’t a reflection of your relationship or his feelings for you.

If he doesn’t answer your calls though, that’s a different story. There’s a chance he’s just busy. However, if he immediately send you a text with some strange excuse about why he can’t call, that’s a red flag. Be honest with him about your feelings and just tell him it would mean a lot to you if he’d call you every once a while. Give him the chance to explain himself, but if it seems fishy, he might not be a very honest guy – and definitely not the guy for you.

**Related Link:** [Q&A: What to Do If Your Boyfriend Texts His Ex](#)

[Robert Manni, Guy’s Guy](#): When it comes to dating, technology can be our friend or foe. Sure, a guy can score dates while sitting at home in his tighty-whiteys. While this man’s over-reliance on texting is expedient, it lacks intimacy – and that’s a real issue. Maybe he’s busy, but don’t let his dependence on texting dominant the relationship’s lines of communication. You’re worth more than that. To build a relationship, men and women have to be at their best, and that means communicating in a real way. Follow this love advice: Insist that he calls the next time he wants to see you and be willing to stick to your guns if he falls back into this lazy behavior.

To find out more love advice and information about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).

How do you handle a partner who always texts instead of calls? Share your dating advice with us in the comments below!

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# What to Do When Religion Conflicts In Your Relationships and Love Life





By Molly Jacob

In our modern world, interfaith couples are becoming increasingly common. That being said, for some people, dating someone of another religion may be a deal-breaker just because religion is such a huge part of their identity.

**If you're willing to work with your partner to find a balance between your religious views and your relationship and love life, Cupid has relationship advice for you!**

**1. Educate each other:** It's always good love advice to get to know all about your partner during your relationship and love life, but what about their religious background? Tell each other a little about the beliefs, traditions, and meanings of your religion, and you'll begin to understand each other's perspective. Do some research on your own, too, so you can

understand where your sweetheart comes from. As with anything involving relationships and love, better understanding of one other can lead to a stronger relationship. It also shows you care.

**Related Link:** [Brad Pitt and Angelina Jolie Are Scheduled to Meet the Pope](#)

**2. Attend services:** Dating someone of a different faith can be difficult during the holidays, but you can make it easier if you attend each other's important religious services! Not only will you be showing support by attending a service at a church, mosque, synagogue, or wherever your significant other may worship, you can also continue to educate yourself about his or her religion. This also can appease potentially disapproving in-laws. Getting your significant other's parents to like you is always great relationship advice, but some may be wary of their son or daughter dating someone of a different religion. By attending a service of your honey's faith, you can show that you're both supportive of him or her and interested in learning more about their religion.

**Related Link:** [Celebrity Couples Keeping the Faith Alive](#)

**3. Find shared values:** While religion may not have been the factor that brought you two together in the first place, you two may have more in common than you think. You may realize that there are certain values or even beliefs that you two share, even if you come from different religious backgrounds. These might include love, loyalty, and honesty. Love advice: when you two encounter rough times in your relationship, reflect on what you two share, not how you two differ. This will bring you two closer together and help you resolve your relationship problems.

**Do you have any other relationship advice for people in interfaith relationships? Share in the comments section below!**

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# Screwing the Rules Video Dating Advice: 5 Lies Guys Tell on Facebook



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](#) shares the  
five most common lies that guys tell on Facebook.



# E!'s *Famously Single* Dating Coach Laurel House Shares Dating Advice for Facebook

**1. His relationship status:** Be wary of an “undeclared” status. “It means nothing, and it’s the go-to for many guys who are playing the field of this free dating site called Facebook,” she says. She also warns you not to trust a guy who says he’s “single” on his profile; he may keep it that way for business purposes despite being married or in a committed relationship.

**Related Link:** [Dating Red Flags Revealed on Facebook](#)

**2. Your shared connections:** He may have a friend or two in common with you, but remember that he can request *anyone* to be his friend. Don’t let your common connections give you a false sense of comfort and trust.

**3. His age:** “Age is one of those hidden facts on Facebook that is revealed on other online dating sites,” the relationship author explains. If you’re unsure, check out his friends, education history, and favorite activities to determine if they all add up and make sense with what he told you.

**4. His occupation:** It’s easy to use vague titles like CEO, entrepreneur, or producer. “People can assign themselves pretty much any fancy label despite the fact that they have nothing to show for it or back it up,” House shares.

**Related Link:** [Laurel House on Her New Book: “I’m Pretty Nervous for My Ex-Boyfriends to Read It!”](#)

**5. His lifestyle:** Don’t completely trust his photos and locations. Instead, ask his specific questions about a particular restaurant, gym, or hotel. After all, he may be strategizing and promoting a lifestyle that he doesn’t actually live.

Don't let these common lies scare you off of Facebook. As the dating expert says, "Just like you do in everyday life, be aware of your environment and your surroundings and who you let get close to you. Facebook isn't a place to drop your guard."

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

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

**How do you avoid falling for deception on Facebook? Tell us in the comments below!**

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## **Relationship Advice: Add a Little "Luck O' the Irish" to Your Wedding Day**





By Meghan Fitzgerald and Molly Jacob

Irish wedding traditions are very strong. When an Irish bride begins to plan her wedding, it can be fun to center it around that culture and tradition, which essentially means planning to tie in good luck and shun as much bad luck as possible. There are many superstitions within the Irish outlook on marriage. Did you know that some believe the saying “tying the knot” comes from an Irish wedding custom? Adding an Irish tradition to your wedding is great relationship advice, and it can make your important day even more special!

**Check out these Irish wedding traditions and learn how you can add a bit of luck o’ the Irish to your day of relationships and love:**

1. If the sun is shining on your face the morning of your wedding day, good luck is present amongst you and your mate!

2. In no circumstances should you get married on a Saturday; it is the worst of luck in Irish traditions.

3. Marry during a growing moon and a flowing tide for eternal luck.

4. It is very lucky to hear a cuckoo on your wedding day and it is especially lucky if you see three magpies. Your luck will triple for three of them!

5. The lucky horseshoe! Brides used to carry horseshoes down the aisle for good luck. Carrying a heavy piece of iron might sound unappealing, which is why brides now buy porcelain and fabric ones for their special day.

**Related Link:** [Desiree Hartsock and Chris Siegfried Announce Their Wedding Date](#)

6. As obscure as it may sound, it is bad luck for a caterer to break a glass or cup on the wedding day. Don't have your day of relationships and love ruined by a clumsy waiter!

7. For the bride to be followed by good luck, it is essential for a guest to throw an old shoe over her head as she exits the church.

8. It is very lucky to be married on the last day of the year. The beginning of the year symbolizes the beginning of their life of relationships and love together.

9. In Ireland, it is luckiest for a couple to be married on St. Patrick's Day!

10. Chiming of bells is said to keep away any evil spirits attempting to ruin the couple's love and future.

**Related Link:** [Love Advice: 10 Ways to Meet Someone on St. Patrick's Day](#)

11. Irish brides wear blue on their wedding day, not white. In

ancient times, blue symbolized purity. It was actually during Victorian times that white became the go-to color for brides.

**12.** It is said that if the bride's mother-in-law smashes a piece of cake on her head as she enters the house after the ceremony, they will be friends for eternity. Staying on the good side of your mother-in-law is always good relationship advice!

**13.** Have the bride and groom toss a handful of coins to their guests, it is said to bring them prosperity and good luck forever.

**14.** It is good luck for a happily married woman to put on the bride's veil, not the bride herself.

**15.** After the wedding ceremony, it is important for a man to wish the bride joy, not a woman.

**Did you have any luck on your wedding day? Share below!**

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## **Single Celebrity Meghan Trainor Auditions Husbands in New Music Video**







By Maggie Manfredi

Another hit from Trainor! According to [People.com](http://People.com), Meghan Trainor released her new music video for pop song “Dear Future Husband” on Monday. The song from this single celebrity features Trainor herself, competing bachelors, a suburban backdrop, all set to her upbeat song. The songstress also announced she will begin her tour, MTrain, starting in July. The question is, will Trainor be a single celebrity for much longer?

**Single celebrities face challenges “auditioning” for the right partner, too. What are three ways to measure your future dates?**

**Cupid’s Advice:**

Finding the right match can be a tricky thing, even for single celebrities like Trainor! Cupid has some dating advice on how

to evaluate your potential matches:

**1. What are you looking for?:** It's not only about the things that attract the eye, but also what your futures hold. Are you both single and looking for something casual, or is one of you thinking you'd like to settle down and start a family? These are some things to figure out early on in your relationship and love life with someone.

**Related Link:** [Single Celebrity Meghan Trainor Says She 'Hasn't Kissed A Boy In Forever'](#)

**2. Etiquette early:** It may be a bit old fashioned, but there's nothing wrong with simply being polite! Does your date have manners and treat you with respect? Perhaps he or she even holds the door for you? Take these moves into consideration, because if your date is rude, that is a quick deal breaker in Cupid's eyes.

**Related Link:** [Justin Bieber Confirms He's 'Super Single'](#)

**3. If you want to be my lover...:** Yes, it is the Spice Girls special, and as they say, "You gotta get with my friends." Make sure your date is not only compatible with you, but is also compatible with the people you care about most in your life. If this person is going to be your partner, you need the support of your friends and family. Trainor sings, "Don't leave me lonely and know we'll never see your family more than mine."

**Do you have a first date horror story? Share with us below!**

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# Expert Dating Advice About the Secrets of Meeting Men



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Des O'Connor about the secrets of meeting men.

## Relationship Experts Reveal Where and How to Meet Someone Special

According to O'Connor's expert dating advice, you have to remember that you can meet men anytime, anywhere! It's something you should always be doing to increase your chances of success. The relationship expert reveals that you can meet a man while you're walking down the street, running errands,

or even standing in line at the grocery store. Just keep your eyes open!

**Related Link:** [Des O'Connor Shares Love Advice for Winning Him Over](#)

They also encourage you to go where men like to hangout. They enjoy sporting events like basketball, hockey, or boxing. And while they may not *like* to shop, the men's section of a department store is another good option! Once you spot a potential match, all you have to do is smile and strike up a conversation.

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

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

**Cupid wants to know: What's your best piece of love advice for meeting someone special?**

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## **Julie Andrews' Relationship Advice: How to Survive the Death of a Loved One**







By Dr. Jane Greer

Actress Julie Andrews revealed that she is still dealing with the death of her husband, Blake Edwards, who passed away in 2010 at the age of 88. They were married for 41 years, and it “was a love story,” according to Andrews. Some days she gets along just fine, but others the loss of this relationship and love hits her like a brick, and she finds herself missing him and wishing he were still with her. This is common when one is dealing with grief, especially the death of a spouse.

**When you spend decades with the same person, and form hundreds of habits and routines that include them, it’s devastating when they are no longer with you.**

Very often when someone is mourning the loss of a loved one, it is hard for the people around them to understand why they



haven't gotten over it already. As a result, the person who is grieving may have unrealistic expectations of themselves, and could worry that there might be something wrong because they haven't yet been able to let go. Consequently, they may stop sharing their feelings either because people aren't asking anymore, or because they think people might no longer want to hear it. With that in mind, the fact that Julie is able to talk publicly about her sadness and not bottle it up is a positive action.

In addition to the normal course of processing the death of someone close to you, there is another piece of relationship advice that helps with coping that I wrote about in my book *The Afterlife Connection: A Therapist Reveals How to Communicate with Departed Loved Ones*. I was compelled to write it after my mother died.

### **Recognize signs and messages.**

In my book, I identified the ways to recognize the signs and messages that are coming your way from your loved one who has died. I also talk about the power of transcommunication, whereby rather than just waiting for those signs, you can initiate contact by directly asking for them.

### **Utilize the power of experience.**

Through the power of the experiences you share, it is possible to remain spiritually connected to the person you lost even after they cross over. It is another way of coping with your grief, and can be a tremendously helpful tool in alleviating the anguish of their death. Although you will always miss your loved one on a physical level, knowing their energy lives on and feeling their presence can help you buffer the pain of their departure. For many people, myself included, you may now





By [Sarah Batcheller](#)

[Kailen Rosenberg](#) is one of the nation's most highly-acclaimed matchmakers. Known as "The Love Architect" and owning a company under the same name, the dating expert helps her clients discover the strong foundation within themselves so that they can then build a lasting relationship and love with their true soul mate. If you were to look at the world through her eyes, "love" would be more than just a four-letter word – it would be a way of life! After reading our [exclusive celebrity interview](#) with Rosenberg, you're bound to feel empowered in your search for The One.

## Dating Expert Kailen Rosenberg Shares Relationship Advice

Rosenberg's matchmaking services are elite and one-of-a-kind. She gets to a person's core in order to find just the right

person to ignite them. The mission of The Love Architects, who have clients ranging from your next-door neighbor to your favorite celebrity, is to help people authentically find love in whatever way, shape, or form they require. “We connect true soul mates who have been waiting forever to finally meet, and we help those who are married and struggling fall madly in love with each other either again – but in a healthier way or even for the very first time,” Rosenberg explains. “Every potential client starts with a deep, spiritual, therapeutic, get-to-know-your-true-self assessment.”

**Related Link:** [Relationship Expert Kailen Rosenberg Shares Dating Advice on Experiencing the Love We Deserve](#)

Those who participate in a “Love Design” session with the relationship expert are first asked to answer a few head-on questions. The matchmaker wants to know “who you are, who you believe you are, and why” before asking why you ready for love and what kind of partner you desire. Rosenberg continues, “From there, we get to the truth about what has kept them stuck, away from the love that has been waiting for them their entire lives, and then, we go get it!”

Once their clients have completed the first portion of The Love Architect’s process, it’s time to look for someone special! “Next, a personal love and life blueprint is used as a custom map to build, heal, tear down, or do whatever is necessary to bring the most amazing experience of love into our clients’ lives,” the love guru divulges.

## **Exclusive Celebrity Interview With “The Love Architect”**

Before you find someone else to love though, the life coach urges you to love yourself. Sharing an important piece of relationship advice, she claims, “If we have no real clue who we are, we then spend our entire lives not really knowing our

authentic selves and therefore ending up on a treadmill going nowhere but on a habitual track of unhappy, unsuccessful, unfulfilling relationships. That in turn changes our energy, which in turn affects the planet we live on.”

Of course, falling in love isn't always smiles and butterflies; it can lead to heartbreak too. To those who are trying to move on after a rough split, Rosenberg offers the following dating advice: “Realize that your break-up was one of the greatest gifts you could have ever received. It was raw and real. It tugged at your ego and your heart and gave you the chance to see something in yourself you perhaps have never seen or weren't ready to see until now.”

**Related Link:** [Dating Expert Kailen Rosenberg Constructs Celebrity Relationships From the Inside Out](#)

In our exclusive celebrity interview, she encourages you to take a look at your value and see what you have allowed into your world that shouldn't be there. “Life is here to love on you, to teach you, and to bring you love, and it won't allow you to be with the wrong person for too long,” she adds. “Your most recent break-up leaves you with a wonderful opening for the right person to finally come in.”

With the weather finally warming up, it's a popular time of year for “spring flings” – which are one way to get over a broken heart. You may be surprised that Rosenberg says to go for it! “There is no such thing as a failed relationship. Instead, look at it as an in-depth experience with yet another ‘love teacher’ who showed up to teach you about *you* and about love,” she insists. “So be smart and be a great student of love. Seek to find what more there is to learn about yourself when it comes to love, where your ‘blocks’ still might be, and where you have clearly grown.”

Real love comes in all shapes and sizes, which is why the celebrity matchmaker has partnered with Betsy Broyles Arnold



to recognize Alzheimer's disease caregivers. "I am honored to have been given the opportunity to join forces on such an important and inspiring campaign. As you know, my entire life-work focuses on teaching and bringing genuine love to this world, and we all know that love is far more than hearts and chocolates, so it couldn't have been a better fit," she says of the Unconditional Love campaign. "We all want to understand love, and we all know that there will come a time in our lives when love is challenged. Those truly forgotten, unrecognized heroes – the caregivers of those with Alzheimer's – give every bit of themselves, and *that* is when love becomes unconditional."

**Related Link:** [Relationship Author Kailen Rosenberg Gives Dating Advice for Finding 'Real Love, Right Now'](#)

Honoring these caregivers can be as simple as sending a card to show that you appreciate their work or offering to clean their home or cook them dinner. As Rosenberg explains, "They know in their hearts they have no choice but to be strong for their loved ones, to be present, and to love unconditionally in ways they never thought possible. We need to recognize them for their efforts."

*You can keep up with Kailen on Twitter @kailenrosenberg and [www.facebook.com/kailenrosenberglovearchitect](http://www.facebook.com/kailenrosenberglovearchitect). Also, be sure to pick up a copy of her book about love, Real Love, Right Now: A Thirty-Day Blueprint for Finding Your Soul Mate – and So Much More!*

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## Relationship Advice: 3 Ways

# to Handle Unmet Expectations in Marriage



By Jennifer Smith

I unintentionally entered marriage with a heart full of expectation of how life would be once I became a wife. I desired a perfect relationship and love, free of hardship and pain, and full of adventure and passion.

**Once we were finally married, I was blindsided by the circumstances we encountered and the conflict that**

**arose in my relationship with my husband. With each passing day, if my husband fell short of fulfilling one of my expectations, discontentment would grow in my heart.**

At the climax of our marital issues, when we both thought the next decision in our relationship would be divorce, God saved us! Among many things, God opened my eyes to the destruction of unmet expectations and how I had allowed them to cripple intimacy in our marriage.

I want to provide three ways to handle unmet expectations in marriage based on my experience:

**1. Joy:** We must cling to joy! Despite our circumstances or conflicts faced in marriage, we must understand that joy is more powerful and more necessary than happiness. If we pursue personal happiness we will never feel fulfilled, but if we pursue joy we find contentment!

**Related Link:** [Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day](#)

**2. Contentment:** This is the ability to be satisfied no matter what! It's important because there are many things we can complain about in life. However, if we are able to be content with what we have, including our spouses, than there will be no room in our hearts for bitterness to grow!

**Related Link:** [Divorce Attorney Jacqueline Newman Offers Relationship Advice: "You Want to Be Divorcing a Happier Spouse"](#)

**3. Thankfulness:** This is the seed that leads to contentment, which leads to pure joy. We must be intentional everyday to find things in life and in marriage for which we are thankful.

I hope my love advice encourages you today and inspires you to let go of your unmet expectations in marriage. I challenge you to embrace joy, contentment, and thankfulness. When I challenged myself with this task, my heart as a wife was transformed, and my marriage was saved!

*Jennifer Smith created Unveiled Wife, a web-based ministry for wives, in March 2011, where she publishes weekly marriage articles and encouragements all geared toward empowering and discipling wives. She shares more of her story in her new book, The Unveiled Wife. Jennifer and her husband currently live in central Oregon with their young son.*

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## **Expert Love Advice: What to Do If Your Job Intimidates Your Partner**





By [Sandra Fidelis](#)

Modern relationships and love can indeed be challenging. In the past, the purpose of romantic partnerships was to accomplish two things: to procreate and to preserve power. Over the past several decades, though, we have begun asking more of our unions. We now expect them to be deeply fulfilling and to provide us with a supportive partner, best friend, and perhaps even a soulmate. We expect to be with a partner who celebrates our wins and accomplishments as well as one who supports us when things aren't going as well as we'd like. But sometimes, we can be let down when he doesn't seem as supportive of our career or perhaps is even downright jealous of our success.

## **Relationship Expert Shares Dating Advice About an Intimidating Job**

So what can a driven career woman do when her job intimidates your partner? Well, take [celebrity couple](#) Jessica Simpson and husband Eric Johnson as an example. Even though Johnson has had a successful career in the NFL as a tight end, his wife is



indeed more well-known and has more irons in the proverbial fire in terms of her businesses and her superstardom. Here is my expert love advice about what can you learn from a seasoned career woman such as Simpson to help you cultivate a successful career and be supported by your partner:

**Related Link:** [Jessica Simpson Shares Five Wedding Vows for a Happy Marriage](#)

**1. Have an open and honest dialogue with your partner about your career goals:** Good communication is one of the keys to a healthy relationship. You've heard this dating advice a million times, but communication is indeed a skill that you must learn if you want to maintain a healthy and happy relationship. Start with a dialogue about your aspirations at work. Let your partner in on your plans and your dreams for the future. Tell him why you want to achieve so much. This conversation will allow him to understand you and your job on a more intimate level, and it will also give him a chance to become more emotionally invested in your goals.

**2. Make time for your partnership:** It's easy for your significant other to feel resentful of your job when they feel like they're less important to you than your career. In Simpson's case, she has taken some time out for her celebrity family and has slowed down when it comes to her acting and music career in order to dedicate more time to her husband and children. But you don't need to put your job on hold to make your relationship and love a priority. Setting some time aside each week to connect intimately with your guy will go a long way in making him feel like he's just as important to you as your job.

**Related Link:** [How to Balance a New Relationship and Love with a Booming Career](#)

## Use Celebrity Couple Jessica Simpson and Eric Johnson as an Example

**3. Include your partner in your career goals and support him in his endeavors:** Once you've communicated your career dreams to your partner, begin to include him in the attainment of these goals whenever possible. Does he have a complimentary job that could help you in some way? Could he provide some general help based on a certain skill he possesses? To follow this expert love advice, take a cue from Simpson: She recently released some sexy pictures of her and Johnson, and by doing so, she's *including* her man in her career instead of having him watch from the sidelines. Make him a part of your successes and be his cheerleader as well. Being invested in each other's accomplishments will leave little room for jealousy or resentment.

Juggling love and a successful career may be a new frontier that modern women have to face, but it's one that can be navigated successfully through open communication, understanding, and a focus on the achievement of both party's goals.

[Sandra Fidelis](#) is a relationship expert, best-selling author and speaker with a great talent for helping single women get off the dating merry-go-round and finally meet the right man.

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## Famous Couple Sean Lowe and

# Catherine Giudici Speak Out Against the New 'Bachelorette' Twist



By Meranda Yslas

The latest celebrity news is that two women, Katilyn Bristowe and Britt Nilsson, will be on the upcoming season of *The Bachelorette*. This announcement has left a lot of people puzzled and some even angry. According to [UsMagazine.com](http://UsMagazine.com), [famous couple](#) Sean Lowe and Catherine Giudici, who met on season 17 of *The Bachelor*, are not happy about this change. Lowe wrote on his personal blog that this decision is “downright degrading for the women” because it “transfers the power back to the men on the show specifically designed for the women.” He feels that the contestants on *The*

*Bachelorette* shouldn't be given the authority to choose which woman will stay and which will go.

## **Sean Lowe is against shifting the power back to the men on *The Bachelorette*. What are some ways that couples can have equal say in their relationship?**

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

An important part of any relationship and love is maintaining a balance of power between the couple. One person cannot be over controlling so that their partner resents them and one person cannot be too submissive where they get walked on. Cupid offers some relationship advice on how to find a middle ground:

**1. Sharing the bills :** Without a doubt, the idea of gender roles are constantly being challenged in our modern generation. No longer is it a 'wife duty' to clean the house, while the husband is the bread giver. Having one partner in charge of the bills will definitely cause some imbalance of power in the relationship. Splitting the bills in half will make sure one person doesn't feel too dependent on the other.

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

**2. Create an open environment:** Sometimes an unequal say in a relationship stems from one person in the couple being too scared or nervous to speak their mind about something. Instead, he/she will keep their mouth close while their mate continues doing something they don't like. Make sure the relationship fosters an open and honest environment so that

both people are free to speak their mind.

**Related Link:** [‘The Bachelor’ Sean Lowe Writes: ‘My Wife Is Hot and I’m in Love’](#)

**3. Make decisions together:** Making important decisions in a relationship should be the job of both partners, not just one. When deciding on something, like what school to send your kids or what car to buy, make sure this task isn’t in one person’s hands, but is considered by both people in the relationship.

How do you maintain a balance in your relationship? Share below.

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## Dating Advice: Three Ways Your Relationships and Love Could Be Killing You







By Amy Cook for [Hope After Divorce](#)

When is it okay to end a relationship and love? People differ in their reasons for staying or leaving, but most agree that partnerships should be over when they damage your physical and/or emotional well-being. While we don't know the reasons behind the surprising [celebrity divorces](#) of Patrick Dempsey, Hilary Duff, and Mandy Moore, we do know that there were longstanding issues that required these famous couples to make a change. If your relationship is giving you stress, depression, or a weakened immune system, it might be time to evaluate whether your love is toxic and needs a change too.

## How to Know When to End a Relationship and Love

**Stress:** Trying to maintain a relationship in a “fight or flight” state of being will surely break down your body's ability to function normally. Anxiety, high blood pressure, and added stress to your heart compromise your health.

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

## [Divorce After Six Years of Marriage](#)

In a June 2013 article titled “How Relationships Can Make You Sick” and published on Healthgram.com, the author references a study conducted at Ohio State University where researchers discovered married men and women who struggled with ongoing concerns about the stability of their relationships and love had higher levels of the stress hormone cortisol. The study also found lower levels of T-cells, which help fight infections.

The research concludes, “Those who were the most anxious about their marriages had 11 percent more cortisol and 11 to 22 percent lower T-cell levels than those who were less anxious. The lead researcher said the results are most likely linked since increased cortisol can reduce T-cell production.” Partnerships plagued with poor communication, jealousy, deceit, fear, anxiety, and conflicting goals all run the risk of creating a chronically stressful environment.

**Depression:** He may be “killing you softly with his song,” but he is doing some pretty serious damage with his words and actions too. A relationship clouded with mistrust or emotional abuse takes a toll on the partner’s emotional and physical well-being. When negativity leaves cracks in a person’s spirit, depression fills those empty spaces.

**Related Link:** [Hilary Duff and Mike Comrie Announce Their Separation](#)

In her article “5 Ways a Bad Relationship Can Make You Sick,” relationship expert Marcelina Hardy writes, “When you are arguing with your boyfriend and feeling sick, you don’t love your life. Your love should be something that enriches you. It should make you smile in the morning and feel grateful at night. It should be what lowers stress rather than create it. For these reasons, take steps to improve your relationship, so it doesn’t make you sick. If you’ve tried to solve the

problems and it's just not working, it may be time to consider how much you really need this person in your life."

If you are sustaining a relationship and love with a partner who is overly critical, constantly suspicious, possessive, or physically violent, it could be making you sick. An unhealthy relationship invites feelings of hopelessness, a fear of abandonment, and a feeling of loss for unfulfilled goals or any hope for happiness.

## Dating Advice: It's Time to Break Up

**Weakened immune system:** One of the advantages of being in a healthy relationship is a euphoric energy that fuels your day. When depression invades your enthusiasm for life, it affects your lifestyle choices. Exercise becomes a burden, and healthy eating becomes a distraction. Before you know it, you are facing high blood pressure, high cholesterol, weight gain, and a compromised immune system that is unable to ward off infections and disease.

"Unhealthy relationships can be like that," writes licensed professional counselor and registered nurse Suzanne Jones in her article "Is Your Relationship Making You Sick." She elaborates on this dating advice: "Sometimes, in an effort to be supportive and helpful, we find ourselves drowning in unrealistic and endless demands. We can't bear the thought of hurting this person or letting him down, so we try and try to make adjustments to salvage the relationship. We go to extraordinary lengths to keep this person happy. We sacrifice our peace and happiness for theirs."

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

"In an effort to be patient and helpful, we may be putting

ourselves in harm's way," she adds. "Like the rescue of a drowning person, we are at risk when we get too close and tangled up in an unhealthy person's problems and issues. These relationships can turn us into a physical and emotional mess."

Throughout the years, love has been blamed for a number of things. Sometimes, it stinks, hurts, and even bites. At times, people have been accused of giving it a bad name. However, a healthy, strong, solid, and positive relationship isn't like that. It enhances your life and improves health. If the love you have in your life contributes to stress, depression, or a weakened immune system, it's time to reevaluate and consider whether you need to make a change.

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

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## **Reality TV Host Chris Harrison Reveals Twist for Next Season of 'The Bachelorette'**





By Emma L. Wells

Fans were shocked last night when Chris Harrison named *two* women to be the stars of the upcoming season of *The Bachelorette*. According to the [WashingtonPost.com](https://www.washingtonpost.com), the producers of the reality TV show were divided on whether to pick Kaitlyn Bristowe or Britt Nilsson, both former contestants from [The Bachelor](https://www.fox.com) season 19, so they're going to let the men make the decision for them. This has never happened on *The Bachelorette* before, but it's actually not a first in franchise history: *The Bachelor* season 6 also began with two potential guys. It's no surprise that Bristowe and Nilsson seemed underwhelmed and unenthused by the announcement, both trying to stay polite during their joint conversation with Harrison.

**On the next season of *The Bachelorette*, Bristowe and Nilsson**



# will again be squaring off on their quest for a relationship and love. How can you use dating competition to your advantage?

## **Cupid's Advice:**

Competition in any area can make you work harder, but it also makes the situation tougher. It all depends on how you play the game! Cupid has some dating advice about how to make competition work for you when it comes to a relationship and love:

**1. Stand out from the crowd:** Normally, it's not very healthy to compare yourself to others. But in this case, you can make it work to your advantage. The key is to embrace and promote the qualities that make you unique. By standing out from the crowd, you'll draw his eyes away from your so-called opponents.

**Related Link:** [Desiree Hartsock Is the New 'Bachelorette'!](#)

**2. Be cool:** If you feel you're in a competitive dating environment, the best thing you can do is stay calm. You'll look confident and therefore more attractive if you can appear to be unbothered by any adversaries. Your future beau will notice you and want to know what makes you so self-assured.

**Related Link:** ['The Bachelorette' Season 8 Finale: Tips for Lasting Love](#)

**3. Embrace your uncompetitive side:** Believe it or not, even if you're the type who isn't interested in opposition, competition in dating can still help you, thanks to the process of elimination. By knowing you won't fit well with someone interested in engaging in dating contests, you've

saved your own time by excluding those types of people from the running. Think quality over quantity.

How have you handled dating competition in the past? Tell us in the comments below!

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## Tim Dowling's Experiences in 'How to Be a Husband' Provide Relationship Advice for All



By Emma L. Wells

Tim Dowling's latest book about love, *How to Be a Husband*,

won't be found in the self-help section of the bookstore, but that doesn't mean there isn't plenty of relationship advice to be learned from it! The author has written a brilliantly funny yet poignant memoir recounting his relationship and love over the last ten years. He's included everything from being a bachelor in New York to getting married and becoming a father of three in London. He has been disclosing the hilarious exploits of his family in his weekly column at *The Guardian* for years, and now, his newest book digs even deeper into his marriage and what the role of "husband" is like in the 21st century.

## **Tim Dowling Discusses New Book About Love**

**Can you tell us a bit about why you decided to share your experiences as a husband and father in your new book about love?**

"Husband" is one of the few official titles I possess. I have all the paperwork for it. You're correct in saying it's really a collection of experiences – mistakes mostly – rather than a book of love advice. It's not called *How to Be a Good Husband* or *How to Be a Better Husband*. It's basically about hanging in there.

**How do you think the role of husband has changed in recent years? What do you think this evolution will look like in the next ten years?**

I think it requires a lot more flexibility than it used to. Marriage roles these days – like who works and who stays home – are driven by economic imperatives. You might be a househusband one year, the sole breadwinner the next, and then back to a stay-at-home dad again.

I don't know what will happen in the next ten years. I'm just

going to try and stay married myself!

**Does your wife ever play the role of editor and give you feedback on your writing? How does she feel about you being so open about your family life?**

My wife is my first and most important editor. If she doesn't think something works, I go back and rewrite. She can be fairly blunt, but she's always right. She's always been sanguine about being written about, but the book was an intrusion of a different order, as delving back into the past is a bit sensitive. It's also amazing how differently two people can remember a significant romantic event from 20 years ago. She did approve the manuscript...eventually.

**Related Link:** [Balance Work and Love Like a Celebrity](#)

**What chapter was the most fun to write? Similarly, what chapter was the hardest to share?**

I enjoyed putting together the chapter called "The Forty Guiding Principles of Gross Marital Happiness," which was meant to be everything I'd learned about marriage in 40 digestible bullet points. Originally, I'd wanted 50. After two weeks, I'd only come up with three. Eventually, I hit upon another, then another; it took a long time, but it was very satisfying.

I dreaded writing the chapter about sex, but it seemed an unavoidable topic. I got through it.

## **Relationship Advice in *How to Be a Husband***

**What tips do you have for our readers who are trying to keep the passion alive in their long-term relationships and love?**

The basic strategies for maintaining a healthy sex life are

not, in themselves, sexy. It has a lot more to do with unloading the dishwasher without being asked than you might think. No one is sorrier about this than I am.

**Given the title, it sounds like the book is geared more towards men. However, what can female readers learn from *How to be a Husband*?**

They can learn what being married to me is like. It will almost certainly make them appreciate what they've got.

**What love advice do you have for our male readers who are ready to take the next step and propose to their significant others? Any tips you can share when it comes to preparing for the role of husband?**

Marriage is great, but getting married is a nightmare. Just try to look beyond the whole wedding part of it. Do as you're told and keep your eyes on the prize.

**Even though your book isn't a self-help book, are there any lessons readers can gain from reading about your experiences?**

Two things: First, go to bed angry if you want to. They say you're not supposed to let the sun set on an argument, but this is nonsense. Faced with a choice between a sense of closure and a night's sleep, you're almost always better off with the latter.

And two, being handy is still high on the list of "Things Women Want In A Man." Sensitivity is also good, but you can get away with being pretty emotionally stunted as long as you know how to put up a curtain rail.

**Related Link:** [Date Idea: Redecorate](#)

**What is the best relationship advice you have ever received?**

I once rang up a relationship counselor to get some tips for winning marital arguments, and he said, "Do you want to be



right, or do you want to have sex tonight?" He had a point: If you're going to succeed in marriage, you've got to learn to be wrong.

**Lastly, do you have any upcoming projects you'd like to share with our readers?**

I'm currently writing a book about fatherhood. Actually, I'm staring at the backs of my hands, but that's what I'm meant to be doing.

*Don't forget to pick up your copy of How to Be a Husband!*

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## **Love Advice: 10 Ways to Meet Someone on St. Patrick's Day**





By Krissy Dolor and Molly Jacob

You don't have to be Irish to be lucky in love on St. Patrick's Day. This day is traditionally about beer and the color green, but this year, it can be about relationships and love!

## **Cupid's Pulse has love advice for ways you can meet someone special this St. Patty's Day:**

**1. Dust off your "Kiss Me I'm Irish" button from college:** You're guaranteed to get a peck or two if you keep it on all day. But, be careful who you wear this around: this love advice could go sour if you get a kiss from someone you'd rather not get one from!

**2. Head to the parade:** Take the day off and indulge in the festivities. New York City's parade, which passes in front of St. Patrick's Cathedral on Fifth Avenue, is world famous and always filled with people of all backgrounds celebrating Irish

history. Put yourself in a new situation to meet someone new!

**Related Link:** [St. Patrick's Day: 10 of the Most Desirable Irish Celebrities](#)

**3. Forget to wear green:** By accident, of course. Pinching those who aren't wearing green is a holiday tradition that started in Boston. People thought that by wearing green you would be invisible to the leprechauns, who would pinch anyone they saw. Pinching others is a reminder that the leprechauns can see you! Hint to a cutie standing nearby that you need a pinch.

**4. Do some pinching of your own:** This mini-PDA gesture goes both ways, so nip an arm or a cheek – it's up to you to pick which one would be most appropriate! Dating advice: sometimes you need to make the first move if you're interested in that hottie at your office, so here's a perfect way to do so.

**Related Link:** [Date Idea: Bar Crawl Party!](#)

**5. Brush up on your history:** Everyone knows about the pinching tradition, but did you know that St. Patrick – whose real name was Maewyn Succat – wasn't even born in Ireland? Share interesting tidbits of your own and you're bound to get noticed.

**6. Test your Irish accent:** See how natural your fake accent sounds by asking the closest hottie if you could pass for a Celtic woman. Maybe he can give you a few pointers!

**7. Hit up a pub (or five):** There are tons of places that will be in the Irish spirit on St. Patty's day, so take advantage! Check out the New York Irish Pub Guide and Boston Irish Pubs for extensive lists.

**8. Go to bars that *aren't* celebrating the holiday:** If slamming multiple car bombs back isn't your idea of a good time, why not see if there are others who share your sentiment? Finding

someone who shares your interests is always good love advice.

**9. Throw a party:** You don't need to go out to have a good time! You could get started on making this day full of relationships and love by inviting your friends over to your own St. Patrick's Day party and having them bring their single friends as guests.

**10. Make holiday treats:** Any food can become St. Patty's Day-themed with a little green food coloring. If you're looking for recipes, check out Food.com's 35 Green Treats for St. Patrick's Day. Impress your crush by giving them a green cupcake on the 17th. Your mom gave good dating advice when she said the way to anyone's heart is through their stomach!

If you're shy, St. Patrick's Day is the perfect time to get out of your shell! And with these tips, who needs a lucky charm? Cupid wishes you luck on the road to your pot of gold!

**Have you ever met someone special on St. Patrick's Day? Share below!**

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**Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!**





On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima talks to dating expert Marni Kinrys about how to handle a bad kisser.

## Dating Experts Discuss What to Do About a Bad Kisser

The founder of the Wing Girl Method believes that, unlike women, men don't like to hear that they're doing something incorrectly or that they're turning you off in some way. "So there has to be a gentle way for you to say, "Yeah, you're the worst kisser in the entire world!" Kinrys explains. According to her expert love advice, the best way to do so is to take on a teacher role and show him in a fun and flirty way how you like to be kissed.

**Related Link:** [Marni Kinrys Discusses What Turns a Man On](#)

Afterwards, you want to reward him. "Say something like, 'That was so sexy the way you were kissing me,'" the relationship expert shares. "Walk him through those steps



again so it reinforces what it was he was doing that was correct.”

*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](#).*

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## **Cameron Diaz: Is Sex the Answer to Relationships and Love?**



By Dr. Jane Greer

In latest celebrity news, actress Cameron Diaz recently revealed her secrets to a healthy life: diet, exercise, and getting busy between the sheets! She credits sex as being her “fountain of youth,” what keeps her young despite the hectic and fast-paced lifestyle that comes with being a celebrity and constantly in the public eye. Cameron believes people need lots of sex in their relationship and love lives and that it’s a healthy, natural bodily function. She’s right.

**My love advice is that sex not only promotes intimacy between partners and strengthens their relationships and love on a physical level, but it also boosts self-confidence and increases happiness.**

While having lots of sex promotes health and well-being, making the time and being able to do it as often as you like can be challenging. A variety of responsibilities can get in the way, including work, children, making dinner, etc. So, what can you do to safeguard against this? Here are a few pieces of dating advice that can help you spend more time in the bedroom and less time worrying about getting there.

**Consider scheduling spontaneity.**

While it seems paradoxical to plan it, more often than not that spontaneity we all crave happens at the beginning of a relationship when you are falling in love and all you want to do is fall into bed, letting everything else fall by the wayside. But that moment in time can’t last forever when there are so many things you need to deal with. That is the tricky

part of sex; while it can alleviate stress, making it happen and not letting the stress of everything else on your plate get in the way can be difficult. Still, everyone wants that feeling of being swept away and leaving everything else behind. Considering what stands in the way of that, the reality is that it may not happen unless you plan it. We plan vacations, parties, dinners out – so many activities that we enjoy. Why not plan to be sexually spontaneous with your partner? If you decide that you will spend an hour together on Saturday afternoon, or on Tuesday morning right after you drop the kids off at school, then you can make sure all the things you absolutely have to do are done, and you can allow yourself to not think about them for that hour or so you've set aside. It also gives you an opportunity to look forward to being with your lover in the same way you looked forward to it when you were first establishing your relationship and love. Think of it as mental foreplay. And once you reach your planned date, don't worry about anything else – those dishes can wait!

**Related Link:** [Cameron Diaz and Benji Madden Visit Her Parents in Florida](#)

**Say “Yes” and take a rain check.**

But what happens when you really can't find the time? In that case, instead of saying “no,” say “yes” and take a rain check. It is so rare that two people want the exact same thing at the exact same time. Maybe you are hoping for a big pizza dinner, but your wife had a huge business lunch and just wants a salad tonight. When that happens, you probably compromise – maybe you'll have a salad tonight and plan for the pizza over the weekend. It's the same thing with sex – presumably you both want it at some point, but maybe not at the exact same time, or maybe one of you wants to do it more often than the other. Many times people just say “no” and leave it at that. But instead of saying you're not in the mood, and leaving your partner to feel undesirable, or to wonder if it is something they've done, say “yes,” but not tonight. How about tomorrow?

Or, maybe you can compromise, do a little something tonight and more over the weekend when you are both relaxed. Sex doesn't have to be the whole thing all the time.

**Related Link:** [Benji Madden Sends Celebrity Love Cameron Diaz a Cute 'Miss You' Message](#)

### **Embrace the moment.**

Finally, do your best to embrace the moment! How often has your partner come up behind you and given you a hug that makes you think: sex now, really? You know you haven't showered yet, or closed all the windows for the night, or responded to all those emails just waiting there for you. So you push off the advances, thinking you can get back to that later, after everything else is done. The problem is, not only is that moment of excitement long gone by the time you return to it, but your partner might feel unwanted and rejected in the meantime. Whatever you are doing to take care of things so you can relax better can be a put off to the other person. If you are at a party and your favorite song comes on, you wouldn't finish eating, carefully fold your napkin, take another drink, and risk getting out onto the dance floor with only the last notes of that song left. No, you'd jump up, grab your partner's hand, enjoy dancing to the song, and get back to everything else after. Sometimes life gets in the way of the moment, and in letting that happen you let the passion evaporate. The next time your partner gives you that romantic snuggle, go with the flow. Try to see if your sex doesn't sizzle a little more because you stepped into the passion while it was burning hot.

No matter what might work for you, it's helpful to keep in mind that the quality of the sex you have with your partner is as, if not more, important than the quantity, especially since everyone has different notions as to what seems like a lot or enough sex. As long as you and your partner can find a middle ground on how often you both want sex, you'll both be content.

We can thank Cameron Diaz for being so open and sharing her secret to healthy living with all of us!

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# Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen







Learn how yoga can benefit your relationship & love in this Gaiam product review. Rachel Brathen shares love advice through two new yoga programs. Photo courtesy of Gaiam.

*This post is sponsored by Gaiam.*

By Jenna Bagcal

One of the first steps of being able to love someone else is to learn how to love yourself. Yoga instructor, motivational speaker, and *Yoga Girl* author, Rachel Brathen, illustrates the importance of this love advice through her yoga programs. As she shares on her website, “My practice is all about self-love. I want people to come to their mat to be happy and to laugh.” In partnership with Gaiam, the fitness guru is offering two digital-only yoga collections: *Find Your Purpose* and *Release & Let Go!* With our product review, find out how you can become the best version of yourself in your everyday life as well as in your [relationship and love](#).

# Product Review of Rachel Brathen's Digital Yoga Collections

The first of the two collections is called *Find Your Purpose* and is meant to “leave you feeling empowered, energized, and self-aware.” The skills gained from this yoga collection can put you on the path to loving yourself while simultaneously benefiting your relationship and love life. There are five 20-minute Vinsaya flow practices that are included in this collection, including the *Everything is Ok* flow, which is a calm and nurturing start for your day, or the *Rise & Shine* flow to give you that much-needed burst of energy in the morning.

The second collection from Brathen is called *Release & Let Go!* This program, which also features five 20-minute flows, is designed to target areas in your body where you hold a lot of tension. The yogi encourages you to “listen to what your body is telling you” with *The Shoulder Unfolder*, which targets the shoulders, neck, and upper back. Or you can work up a sweat with the *Twist & Shout*, a series that stretches your body to leave you feeling refreshed. Releasing this stress is an important part of loving yourself and becoming a better you for your significant other.

Both of Brathen's programs are available to purchase on Gaiam.com for \$25 each or \$40 for both. They are available to use on a variety of platforms, including iOS, Roku, Chromecast, Mac, and PC. Since they're digital, you can practice yoga anywhere! So put on your cutest workout clothes, grab your yoga mat, and head to your sweetie's apartment to bond with him while doing these flows.

For more information about these two yoga programs, check out [Gaiam.com](http://Gaiam.com). Stay tuned for our interview with Rachel about her new book *Yoga Girl!*

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# Exclusive Celebrity Interview: 'Bachelorette' Couple Ashley and J.P. Rosenbaum Are Divided on Who Will Win Chris Soules's Heart!



Interviewed by [Lori Bizzoco](#). Written by Meranda Yslas.

The relationship between [J.P.](#) and [Ashley Rosenbaum](#) is a

celebrity love story come true. This [famous couple](#) met on *The Bachelorette* season 7, and since then, they've gotten married and welcomed a new addition to their family, son Fordham (Ford) Rhys. The adorable pair, who recently moved to Miami, are getting the hang of being first-time parents and opened up about their experiences as a family of three in our exclusive celebrity interview. Plus, we found out they're a house divided when it comes to this season of *The Bachelor*!

## 'Bachelorette' Celebrity Couple Talks About Life as New Parents

Raising a baby – whether it's for the first time or the fifth time – is by no means easy, but for the celebrity couple, Ford has been a blessing. "He's a model angel baby," the proud dad shares. So far, there haven't been any big moments that the duo couldn't handle, but like any first-time parents, J.P. admits that they "just roll with the punches!"

**Related Link:** ['Bachelorette' Celebrity Couple Ashley and J.P. Rosenbaum Talk About Life with Newborn Son Fordham](#)

At just five months old, Ford is already making huge progress in his development. "He rolls over and sits up. Of course, we have to put pillows around him, but he can sit up for a pretty extended period of time," Ashley gushes. "He's grabbing at things; he's eating semi-solid foods right now; and he's taking the packaging, putting it into his mouth, and trying to feed himself. It's a pretty exciting time right now!"

The celebrity mom has a prediction for an upcoming milestone in her son's life too: She thinks Ford's first word will be "Boo." She elaborates, "That's our dog's name, and he's always hearing us say 'Boo,' so we're pretty sure that's what he's going to say first."

Like most dads, J.P. is excited for his son to follow in his

footsteps and play sports someday. "I grew up playing basketball, soccer, lacrosse, and baseball, so we're going to let him try out everything," the former *Bachelorette* contestant shares. Noticing that Ford has been using his left hand more frequently, he adds, "We think he may be a lefty, so he may have an advantage as a pitcher. We're definitely going to get a baseball in his hand pretty early."

Now that Ford is a little bit older, the celebrity couple is feeling more comfortable with other people watching him so that they can have some alone time. "Ashley is going back to work soon, and we just hired a nanny about two weeks ago. We're easing into the 'leaving him with somebody else' phase so that we can go on date nights," J.P. reveals. "We're almost there!"

**Related Link:** ['Bachelorette' Stars J.P. Rosenbaum and Ashley Hebert Tie the Knot](#)

A few months before their son was born, the reality TV stars packed their bags and headed south. Fortunately, the move to Florida was a great choice for them. "I don't see us going back to New York. We've only been down here for about eight months, but we love it," J.P. shares.

Lucky for them, the winter in Miami hasn't been too severe, but just in case it gets blustery, the famous couple partnered with Puffs to make sure they're prepared. "We thought it was a cool partnership. We're just promoting staying healthy and putting your best face forward throughout the winter, Ashley explains in our exclusive celebrity interview. "What we love about Puffs is that it's a campaign to promote taking care of yourself and providing comfort to you during cold and flu season, especially with such a harsh one this year,"

Being that *The Bachelorette* season 7 stars have some experience under their belts, talk of another baby has come up. "I had so much fun. I had a great pregnancy. I really,



really enjoyed just having a baby and him being born,” the new mom says. “So who knows! Maybe we’ll go for a third, but right now, we’re really thinking two.”

## **J.P. and Ashley Rosenbaum on Chris Soules and *The Bachelor* Season 19**

**Related Link:** [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](#)

Given their celebrity love story, it’s no surprise that they enjoy watching *The Bachelor* together. With the finale of Chris Soules’s journey tonight, we had to ask their thoughts on the remaining two ladies. The former *Bachelorette* is Team Becca. “I love both Whitney and Becca, but personally, I think Becca would be better for Chris,” she reveals. “I feel like she is more genuine. She hasn’t had a lot of love in her life, and she moves a little bit slowly, but I feel like there can potentially be a more real relationship between them.”

J.P. disagrees. “I’m on the other side. I think his relationship with Whitney has progressed so much more than his relationship with Becca. I think he would be leaning more towards Whitney,” he shares.

When it comes to the next season of *The Bachelorette*, the famous couple agree that ousted contestant Kaitlyn Bristowe is the best pick. “We like Kaitlyn a lot,” Ashley says. “She seems like a cool chick. She’s got a little edge to her, so we like that.”

J.P. adds, “She’s funny too. I think she’d make a good *Bachelorette*.”

*You can keep up with the cute couple on Twitter @ashhebert and @JP\_Rosenbaum. Be sure to tune in for The Bachelor season 19 finale tonight on ABC at 8/7c!*



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# Exclusive Celebrity Interview: 'Revenge' Star James Tupper Opens Up About His Love Life and Playing David Clarke



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

[James Tupper](#) is famously known for his roles on shows like the ABC series *Men in Trees* and the NBC medical drama *Mercy*. Most recently, he has played David Clarke on ABC's *Revenge*. After a

month-long hiatus, season four is coming back on Sunday, Mar. 8, so buckle your seat belts for some unexpected twists and turns! In our [exclusive celebrity interview](#), Tupper opens up about his relationship and love with *Dig* star, Anne Heche, his family life, and his role on *Revenge*.

## James Tupper Shares His Celebrity Love Story and Gives Relationship Advice

It was love at first sight for Tupper and his longtime partner Heche. The celebrity couple met when they worked together on *Men in Trees*, but it wasn't as easy as you may think. Both stars were married at the time, and although he says that their marriages were dysfunctional, they didn't act on their attraction for each other. "Being married made it a lot worse because, for eight months, we didn't come together," the actor reveals. "But we had this incredible abiding friendship and, out of that loyalty, grew love."

The famous couple isn't married yet, but they do remain eternally engaged. "One of the really fun things we do is every year I ask Anne to marry me. She always says yes, and then we just never pick a date," he says with a laugh.

The Hollywood couple have been happily together for almost eight years and have son Atlas together as well as Heche's son Homer from her previous marriage to cameraman Coleman "Coley" Laffoon. They plan to celebrate Atlas's sixth birthday and Homer's thirteenth birthday this weekend in Beverly Hills with close family and friends. "We're renting a hotel room in Los Angeles and an adjacent hotel room," the actor shares. "Homer is going to have his best buds come, and then Atlas and his best friend's family are renting a room beside us. Our cousins and nephews are all going to come, and we're going to hang out

by the pool and celebrate.”

**Related Link:** [‘Revenge’ Star Josh Bowman Says People Shouldn’t Care About His Personal Life](#)

You may be wondering how the duo juggles their busy careers with a grounded family life, and you wouldn’t be alone. Tupper reveals that it’s essential to go after your passions. “Follow your dreams. Just do something little every day that makes you feel full,” the star advises. “Anne and I are both people that do that, and when we come home at the end of the day, there’s a feeling of fullness, and it makes our partnership stronger.”

Doing something that you love and really care about is some of the best dating and relationship advice you can receive. This is especially true when you’re in a celebrity relationship with a lot of pressure and scrutiny. “People who are pursuing what they love are providing nourishment for their relationship,” the actor adds.

## **James Tupper Talks Behind-the-Scenes of *Revenge* in Exclusive Celebrity Interview**

Although Tupper couldn’t give us any information on the upcoming episodes during our exclusive celebrity interview (no spoiler alerts here!), he did share a behind-the-scenes secret for fans of the show. As you may know, costars Emily VanCamp, who plays Emily Thorne, and Joshua Bowman, who played Daniel Grayson, are a real life celebrity couple. Although Bowman’s character was tragically killed off earlier this season, he still visits the set to see his girlfriend and provide laughs for the cast and crew. “Just the other day, he came to set,” Tupper divulges. “Me, Emily and Nolan Ross were having a scene, and behind us was this large yard. During the

scene, he wandered through it, and everybody started busting up laughing. He was like, 'I'm still alive!'"

**Related Link:** [Rumor: Are 'Revenge' Co-Stars Emily VanCamp and Josh Bowman Dating?](#)

Obviously, the cast and crew enjoy their time together, but as avid viewers of the series know, the show is not always fun and games. Tupper's character was actually presumed to be dead for the first few seasons. The drama only recently revealed that he was alive, providing one of the biggest shockers of the entire series. "Revenge is the only show I've ever worked on where, as soon as I get the script, I go right to the last two pages to see if my character is still talking," he says with a laugh.

You may have been surprised to find out that David was still alive, but the writers have actually been planning that since the beginning of the show; they just didn't know when it was going to happen. "In the history of television, it's the longest introduction to any character," the actor shares. "I would turn the show on during the second or third season, and in every scene, they'd be saying, 'David Clarke wouldn't have wanted that.' I was like, 'That's crazy – this power that's built around his memory.'"

Tupper says the cast and crew hope to continue for many more seasons. When asked how they keep coming up with story lines for these characters, he says he's wondered the same thing! The writers have assured him that they aren't done yet and have much more up their sleeves. It sounds like season five is just around the corner – stay tuned!

*You can keep up with James on Twitter @MrJamesTupper. Tune in for Revenge this Sunday, Mar. 8 at 10/9c on ABC!*

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# Expert Dating Advice: How to Spot a Man Who Only Wants One Thing



By [Jared Sais](#)

“How do I know if a man really likes me or if he just wants sex?” Does this question sound familiar? I’m sure it does because it’s one of the most popular questions I get asked as a relationship expert. Ditch the creeps and find your keeps with these non-verbal communication tips:



# Relationship Expert Talks About Non-Verbal Cues

To follow my expert [dating advice](#), here are three non-verbal cues to be aware of if you're trying to determine if a guy is *really* into you:

**His eyes:** Of course, elevator eyes, flirting eyes (not directed at you), and wandering eyes are a big no-no. Elevator eyes refer to when a man skips your eyes and is constantly engaged in your lips, hips, boobs, butt, or "strut" instead. He's clearly not respecting you for who you are and instead only focusing on what you offer in bed. Now, don't get me wrong! It's okay for a man to be physically attracted to you, but it shouldn't be his sole focus.

There have been multiple times that I have observed a man and woman on a date, and as they're talking, he will be flirting and sending seductive messages to other ladies around them. This is often done with nothing but the magical eyes. It's essential to make sure that the man you're with only has eyes for you; he shouldn't be planning his next pick-up. If he does have wandering eyes, he may be more sexually aggressive than other men. It may seem innocent at first, but then he quickly rushes into a physical relationship that you're not ready for. When you don't give in, he'll go straight for those other women at the bar!

**Related Link:** [What Chris Pratt and Anna Faris's Goofy Red Carpet Pose Says About Their Love](#)

**His facial expressions:** If you've read my expert dating advice before, then you know I'm talking about facial expressions that include microexpressions, which happen much quicker than regular facial expressions and are more genuine and real.

Two expressions to look for are true happiness and true sadness. Be aware that he may be faking these facial



expressions and emotions to trick you into sleeping with him. If he looks genuinely interested in what you are saying and falsely supplies you with the comfort you crave, enough to get you into bed...well, then, you just fell into his trap! Most likely, he was only half-listening and just knew the right time to smile and respond.

True happiness is often shown through a smile that takes up the entire face. The corners of the lips rise upward; the teeth show; and the mouth may open. Crows feet or wrinkles near the eyes form as the ocular muscles flex. Look for this expression in order to be confident that he is truly happy and not just faking it. A phony smile only happens with one part of the face, either the eyes or the mouth. Think about how you would smile in a picture (fake smile) versus how you would smile when seeing your significant other after an extended time apart (real smile).

True sadness also uses the entire face. The corner of your lips point downwards; the chin dimples; the eyes start to lose focus; and the inner eyebrows rise upwards. When someone is really sad, tears form and fall not only from the eyes but from the nose, as they share the same passage way. When you share a sad story with him, see if he can empathize with you and if he shows signs of sadness. Obviously, let's hope for no full-force tears and snot, but if he's listening and cares about what you are saying, you'll see a definitive change in his facial expressions. It's good to have a man who is a "rock" in your relationship and love, but you also want a partner who can feel his emotions and relate to you when you are sad.

**Related Link:** [John Legend and Chrissy Teigen's Body Language: More Intimate Than PDA](#)

Be aware that some men will pretend to be sad and care just to gain access into your arms. They may even use tears as a tool to manipulate your emotions and trick you into believing them

and their story. You can prevent this mistake by keeping a close eye on the details. See if his story changes or he gets very angry after becoming sad.

## **Expert Dating Advice to Improve Your Relationship and Love Life**

**His salesman personality:** I have heard from so many of my friends (usually women) that “men can be so stupid sometimes.” I am sure that you’ve had a boyfriend or guy friend say something so dumb that it caused a fight. Yet on a first date or second date, if a man acts like a man and says something stupid, you go running for the hills. It’s funny, really: In the beginning, men have to act like James Bond to gain your trust and your affection, but in reality, it is *those* guys that should have you running.

It’s the case of a player versus a genuine man. Someone who is more like a salesman – always saying and doing the right thing at exactly the right time – has acted this way time and time again. Their skill level is through the roof, and you should be on guard. Either this guy has more charm than most or he has a goal to get you into bed!

So what should you look for? According to my expert dating advice, look for a man who is willing to open up. Look for someone who can act a bit goofy and is able to have fun. Look for a man who is a gentleman and knows how to treat a woman on a date. Look for something called “class,” which has been almost extinct in recent years but *does* still exist.

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

Let’s play a game; we’ll call it “Class or Classless.” Opening the door for you? Class. Calling you beautiful when you first

meet? Class. Asking you back to his place on a first date? Classless. Being too touchy-feely and invading your personal space too quickly? Classless. Looking into your eyes as you speak? Class. Looking at other woman or at your assets rather than into your eyes? Classless. Paying on a first date? Class. Giving you a good night kiss? Class.

If a man is trying too hard to sell himself to you, it's a definite red flag. It's important to note that that some men are charming and genuine, but they are easy to spot, as they are not always "on guard." They are open and will answer any questions. They will share the good, the bad, and the challenging times in their lives. They listen and care about what you have to say.

The salesmen will be focused on themselves and try to show-off, either with what they do or what they have. It's a thin line between confidence and cocky. Confident men don't need to talk about themselves all the time, while cocky men do. Confident men put the emphasis on the company that made the night and the building of the relationship and love; cocky men put emphasis on what *things* made the night, such as the location or the bottle of wine.

A guy who is only interested in sleeping with you will try to make you feel comfortable and make you trust him quickly. He is doing so because he knows that, once you feel comfortable with him, you are more likely to sleep with him. A man who truly likes you won't rush these emotions from you, but a man looking to only sleep with you will. You want a man who looks at you with caring eyes and leans in and who is engaged with what you are saying instead of someone who comes up with lines to make you feel comfortable and in turn trust him.

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

Remember that a salesman has a designated time frame to "sell

you.” It can be a few hours or into the second or third date. The best defense is not sleeping with them right away. Wait it out at least four or five dates. This behavior will do three big things. First, if the man is truly into you, waiting for sex won’t be that hard for him. He will just be happy you’re still going out with him. Next, if the guy is looking for sex and sees that you are a “hard sell,” he will go for an easier target. And third, it gives you all the power and saves you from having to deal with a creep.

Once you’ve considered these three non-verbal cues, be aware of the gentlemen disappearing act. Think of it like *Cinderella*: Once the clock strikes midnight, the charade is over. He might become increasingly aggressive or repeat how beautiful you are as if that’s the only English he knows. Look for slip-ups or hints of his true goal. I bet either “I had a wonderful time and would love to see you again” or “Do you want to get out of here and go to my place?” will come out of his mouth.

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

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**Former ‘Bachelor’ Jason Mesnick Surprises Celebrity Love Molly Malaney for Fifth**

# Wedding Anniversary



By Emma L. Wells

It has always been a tradition for celebrated jeweler Neil Lane to offer a selection of engagement rings before the finale of *The Bachelor*. Jason Mesnick and celebrity love Molly Malaney met during season 13 of the reality TV show, but Malaney never received one of these coveted rings because she was technically the runner-up. Now that this famous couple has been married for five years, Mesnick wanted to rectify the situation by giving his wife a new engagement ring for their anniversary. Malaney told [People.com](http://People.com), "The past five years have been the most amazing years of my life because of Jason. Our relationship and love started all because of *The Bachelor* franchise, and Neil has been such a meaningful person within the franchise, so I am so honored to have a piece of that relationship...This is the most amazing gift I've ever

received!”

**This reality TV star gave his celebrity love a beautiful ring for their recent anniversary. What are some ways you can make sure your romantic surprise goes off without a hitch?**

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

While diamonds are always a great way to show you care, little romantic surprises are also beneficial for relationships and love. Cupid has some relationship advice to help you pull them off without any issues:

**1. Be unexpected:** Thoughtful presents are a wonderful way to demonstrate that you've been listening to your partner. Give them something they want but aren't expecting. If you pay attention, they are bound to mention something you can keep in mind!

**Related Link:** ['The Bachelor' Stars Jason Mesnick and Molly Malaney Share New Picture of Daughter Riley](#)

**2. Make it unique:** Malaney's ring was so romantic because her celebrity love had it made especially for her. Go the extra mile and give your significant other something unique and just for them. Even if it's homemade, they'll surely appreciate the effort.

**Related Link:** [5 Bachelor and Bachelorette Couples We Can Learn From](#)

**3. Ask for help:** Surprises can be very hard to pull off,



especially when you're excited about them. It doesn't hurt to ask a few friends to help you succeed. Also, make sure your plans aren't too elaborate it. Chances are, if you follow these guidelines, your surprise will be a success!

**How have you surprised your partner in the past? Tell us in the comments below!**