

# Exclusive Celebrity Interview: Antonio Sabato Jr. Shares His Best Relationship and Love Advice for Valentine's Day



By [Re](#)

[becca White](#)

Do you ever wonder what married celebrity couples do for Valentine's Day, especially if they're apart due to work obligations? Well, we got the inside scoop from one of our favorite stars! In an exclusive celebrity interview, Antonio Sabato Jr. shares that his relationship and love life is

better than ever and discusses what he'll do for his wife this weekend.

## Antonio Sabato Jr. Talks Valentine's Day Plans in Exclusive Celebrity Interview

In honor of the romantic holiday, the former *Dancing with the Stars* contestant learned how to cook for his wife Cheryl Moana Marie Nunes on *Flip My Food* with Chef Jeff Henderson. Although the actor won't be home for the special day, he plans to use the skills he acquired on the show when he returns and has "some surprises going to the house for her."

**Related Link:** [5 Celebrity Couples Who Celebrate Valentine's Day in Style](#)

When the reality TV star learned what Chef Jeff wanted to make for the famous couple, he couldn't resist the invitation to go on his show. "Everything was delicious, and the dessert was incredible," Sabato raves. "He makes everything taste amazing. I don't ever eat salmon, and the way he made it was amazing. I love his food, his recipes, and his show."

The actor not only learned how to cook the perfect meal for his wife, but he also took home some new cooking skills that he didn't have before. The *Fix It & Finish It* host shares that you need to "take your time; be careful not to overcook your ingredients; and put passion behind your food."

## Reality TV Star Shares His Best Relationship and Love Advice

If you are still unsure of how to spend your Valentine's Day and what to give your significant other, consider this dating advice to save your relationship and love life.

“Knowing what your significant other likes and what is special to her is the way to have a great Valentine’s Day,” the former model says. “Know her favorite restaurant, her favorite food, her favorite flower, or her favorite movie. Then, surprise her and be a gentleman about it.”

**Related Link:** [‘DWTS’ Star Antonio Sabato Jr. on Dancing with His Wife: “It Will Be So Special For Us Both”](#)

Or you can impress your partner on the dance floor this weekend. The actor may even showcase his dancing skills. “I get to dance with my wife all the time and have had many dances with her since the end of *DWTS*,” he reveals in our exclusive celebrity interview. “I always take my time with her to heart.”

If you’re still in a bind, use this celebrity couple’s favorite date night as your inspiration. Sabato divulges that they like to go to a theater where “you can order food and drinks during the movie in reclined seating and just have an amazing time.” Sounds like a good date to us!

*You can keep up with Antonio Sabato Jr. on Twitter @antoniosabatojr and his website, [www.antoniosabatojronline.com/](http://www.antoniosabatojronline.com/)*

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## **Celebrity Break-Up: Did Josh Murray Split with Former ‘Bachelorette’ Andi Dorfman**

# for More Reality TV Fame?



By

Emma L. Wells

Fans of *The Bachelorette* have been wondering why Andi Dorfman and Josh Murray called off their engagement. According to [HollywoodLife.com](http://HollywoodLife.com), these celebrity exes were more interested in reality TV fame than in each other. Apparently, Murray never even wanted to win *The Bachelorette* season 10! "During the filming of the show, the producers kept telling Josh that if Andi didn't pick him, he would be the next *Bachelor*," a source said. "So he has been resentful towards Andi because he knows he could have been in the limelight as *The Bachelor*, so now [that he's single] he is going to make a play to try to be the next *Bachelor*. Even though they are telling their friends [their split] was mutual, he ended it." The source went on to say that there was

an attraction between the reality TV stars, but in the end, they were more interested in being famous than being with each other.

## **Celebrity exes Andi Dorfman and Josh Murray may have put their reality TV fame first, costing them their relationship and love. How can you keep your career goals from getting in the way of your personal life?**

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

A fulfilling career doesn't mean you have to give up a relationship and love, and similarly, a healthy relationship doesn't mean you have to sacrifice your career. Cupid has some dating advice on how to achieve this balance so your love life doesn't turn out like this celebrity break-up:

**1. Include your partner:** If your career is a big part of your life, then you shouldn't hide it from your significant other. Tell them about your job and invite them to work functions. Your partner should be part of your support system.

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

**2. Be present:** Neither of you want your entire relationship and love to revolve around your job. When you're with each other, it's important to be in the moment. Giving your partner your undivided attention is the easiest way to show you care, so put your phone away and ignore those e-mails until tomorrow!

**Related Link:** [‘Bachelorette’ Andi Dorfman Hands Out Final Rose and Confronts Runner-Up](#)

**3. Sort out your priorities:** If work is your number one priority, then you need to be with a partner who understands. If your significant other can't see why you care about your job, then you clearly aren't clicking when it comes to some fundamental issues. It's important to have similar life goals and priorities.

**How do you balance your career and your relationship? Tell us below!**

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# Relationships and Love Are Overrated





By

Brian Worley

While “Virginia is for Lovers,” Valentine’s Day is all about celebrating your lover. However, relationships and love are overrated. Don’t stress out if you are among the more than half of the single population in the U.S. that will be celebrating this romantic holiday solo, because you are not alone. According to a report on Bloomberg.com, you are one of the 124.6 million single Americans that will not be contributing to the \$13.19 billion annual spend on roses, candy, candlelit dinners and stuffed cupids. Take this dating advice, and put love on hold, if not only for the amount of money you can save!

**The average consumer spends \$116.21 on Valentine’s Day, so pocket the cash and follow these sexy, single**

and ready to mingle tips that could potentially leave you with Cupid's arrow piercing your heart or a bunch of mental memories of another night on the town where you have the time of your life and can still keep searching for that relationship and love.

**Here are the 5 Ways to throw a Singles Party that Rocks:**

**1. Invitees:** It is all about the singles. Invite single friends only and each person needs to bring a new single friend. Make sure there are an equal number of guys and gals to mix up the fun. So where do you find these singletons? Your social network – Invite people in your social circle on Facebook or maybe you have common friends but you don't know them. Now, is your chance to branch out and invite them.

**2. Décor:** Forget about pink and red. A little played out isn't it? Well this year try turquoise and orange. Let's think a little bit more about that décor. A star is defined as a bright point of light in the sky or a five-sided drawing that is meant to resemble the points of light in the sky. So you can have star shaped sugar cookies – green with vanilla icing packaged up as a parting gift. Or, do the whole party around the opposites of what people think. For example, – Not roses...Rather thistle- Not chocolate...Bring out the steak.

**3. Playlist of music:** Just forget all those love songs and bring out the real fun jams! Such as "All the Single Ladies."

**4. Food / Beverages:** Keep it fun and flowing. The opposite of

chocolate is vanilla so why not add some vanilla touches. And, make sure the food is fun – Gourmet Grilled Cheese sandwiches are easy to make and always a big hit.

**5. Invitation:** And, don't forget about the invite. How about setting the theme in advance by sending the party goer a puzzle piece and they then have to find the person that has the other piece of the puzzle.

They say, 'the grass is always greener on the other side' which seems to be more accurate on Valentine's Day than any other holiday. As you throw yourself into the perfect singles soiree, think about all your couple friends in a relationship and love eating overpriced dinners because technically love is in the air. Follow these fun pointers and next Valentine's Day, you may just find yourself on the other side of the fence receiving a dozen of the 196 million red roses produced to show how much you are loved!

[Brian Worley](#) is the co-founder of Your-Bash and TV's favorite event planner and LA's man about town. Worley is known for his over the top and memorable style and has been the voice of everything from E!'s Party Monsters Cabo, to WE TV's Platinum Weddings, to The Style Channel's Big Party Plan Off. From American Idol Parties, to the Oscar Pre-Show and Grammy After Party, Worley says the key is to NOT go with tradition.

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**Famous Couple Sia and Husband  
Erik Anders Enjoy**

# 'Affectionate' Date Night



By

[Rebecca White](#)

Adorable famous couples make our hearts swoon, and this past week, married celebrity couple Sia and her husband Erik Anders take our award for cutest Hollywood couple. According to [UsMagazine.com](#), before penning a love letter for Shia LaBeouf to read before Sia's Grammy performance, Anders treated his wife to a special date night at her favorite vegan eatery. Anders even made sure to get the guacamole without cilantro, because that's the way Sia likes it. At the restaurant, they were very affectionate, kissing and holding hands.

# Famous couples like Sia and her husband pull out all the stops when it comes to romance. What are some ways to make an ordinary date night special for your partner?

## Cupid's Advice:

With Valentine's Day coming up, you may be in need of a few date ideas and wondering how to make that night special for your loved one. Your night will definitely be magical if you follow these tips from this famous couple and the dating and relationship advice we have for you:

**1. Go to their favorite restaurant:** Try doing something as simple as going to your partner's favorite restaurant, like this married celebrity couple did. You can even take a note from Ander's and order the food prior to arrival so that the entire meal is private and made exactly how you two want.

**Related Link:** [Sia Marries Filmmaker Erik Anders](#)

**2. Dress up:** For your relationship and love to really flourish you're going to need some special date nights that are different from the rest. One way to do this is to dress up! Make it look like you are going to your sister's wedding, go over the top. If you look like a queen, you'll feel like a queen.

**Related Link:** [Date Idea: Dance the Night Away](#)

**3. Surprise them throughout the night:** Whether you're requesting their favorite food made to order, dressing up, reading them a love letter, or just going to a movie, keep them on their toes and have surprises planned throughout the night.

How do you make an ordinary date night special for your partner? Comment below!

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# Expert Love Advice: The Perfect Excuse for a Valentine's Day Getaway



By

[David Wygant](#)

If you're thinking of traveling with your new woman, why not

plan a weekend trip for Valentine's Day? There are so many great deals during this special holiday. Don't make the classic mistake of looking to the countryside. Everyone thinks that's the most romantic place to go, but on Valentine's Day, those bed and breakfasts are swarming with couples.

## **Expert Love Advice for a Valentine's Day Vacation**

Instead, to follow my [expert love advice](#), consider the business districts in your local city. Some of the nicest hotels are situated in the business districts, and on Valentine's Day, those hotels are often empty. There will be a ton of weekend specials you won't be able to resist – I'm talking four or five star hotels for half the price! Yes, it might be a little quiet down there, but isn't that exactly what you're craving for you and your significant other?

**Related Link:** [How to Plan a Guy Friendly Valentine's Day](#)

For your romantic weekend, you'll have a big bed, room service, and easy access to recent movies. Usually, there is a great spa, a huge gym, and a top-notch restaurant in the hotel too. After all, they're geared towards the business traveler who wants to feel absolutely spoiled when they are away.

## **How to Use a Special Getaway to Learn About Your Relationship and Love**

After you book your room, what do you plan for Valentine's Day weekend? Well, that depends on what you want. When I travel with somebody for the first time, I'm taking a look at how spontaneous they are. How do we relate to each other in closed quarters? It's important to ask these questions because, up

until this point in your relationship and love, you've probably spent all of your time in a comfort zone.

Maybe she spent the night at your place, or you spent the night at her house, but either way, you've been in familiar territory. When you take somebody out of the familiar, you get an idea of how they are when their things aren't around. How much time does she spend with you? How much time is spent staring at her phone? Is she talking to or texting with her friends over the course of the weekend? These are things you don't really think about, but a lot of women are social media junkies – they're on it 24/7. I remember when I went away with this woman for the very first time years ago. We had sex, and it was great. I went to the bathroom. I came back literally 35 seconds later, and she was on Twitter.

**Related Link:** [Dating Advice: How Do You Make a Woman Feel Most Beautiful?](#)

The first time you “live” with a person – even just for a weekend – they reveal their true nature. Up until this trip, they've been on their best behavior, but they're about to expose themselves. Are they high maintenance? Are they low maintenance? Do they travel with a lot of things? Do they have trouble leaving their routine? You won't know these intimate details until you take them away.

I believe that, in order to have a strong relationship and love, you need to take somebody on a getaway as quickly as possible. So this Valentine's Day, invest in a weekend trip! Check out who she is and what she's all about. Get an idea of what your future's going to look like if you stay together.

*For more expert love advice from David, click [here](#).*

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# Expert Relationship Advice: I'm Divorced, But He's Married



By To

ni Coleman, LCSW, CMC for [Hope After Divorce](#)

*I recently received the letter below and offered my expert relationship advice in my response.*

## Expert Relationship Advice from Hope After Divorce

Dear Toni,

Somehow, I have fallen in love with a married man. I know what

you must be thinking: that if I knew he was married, and I walked into it anyway, I did this to myself and need to just accept the consequences. If so, you would be right, but I honestly didn't have the intent to go down this path. It more or less evolved from us being co-workers and friends. Ironically, he was the one who I leaned on a lot through my ex's infidelity and subsequent divorce. It was a time of great vulnerability for me, and he was just so great; in fact, he was everything my ex had never been. After hours of talking, long lunches, drinks after work and an increased frequency in texting, we shared a kiss. From there, it was too easy.

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

He is a good man, the father of three children and spouse to a nice woman. I know they have had their issues and problems, but he has never been unfaithful to her in the past because he is not that kind of guy. He has told me that he did not intend this either and feels guilty and torn about continuing, even though I know he values our relationship and love. He loves his family, is concerned about his children, and knows he would take a terrible financial hit if he were to divorce.

I'm hoping you can help us figure out what we should do next. Speaking for myself, I would love it if he could be free and we could have a life together. I know this is very selfish, but it's the truth. However, I am not exactly sure how he feels. He has told me he cares about me and has demonstrated this in many ways, but I know he is devoted to his family. I have considered just breaking it off, asking him to go to counseling with me, and telling him I can't remain in limbo while giving him a period of time to tell his wife and begin a separation or else. The last one is a bit of an ultimatum, but at least I could be sure of where he really stands. Any insights, suggestions or wisdom gained from your experience working with situations like this would be greatly appreciated.

– In Love's Limbo

**Related Link:** [Your Soul Needs Nourishment](#)

## What's Next For This Relationship and Love

Dear In Love's Limbo,

Wow, your ex did this to you, yet you have let yourself be a part of doing this to another wife. You mention the irony, but I don't sense much remorse on your part, and that is a bit troubling. You also say "he" is married to a nice woman and that he has never done this before because he is a nice guy. What does that make you?

My intent is not to dump a lot of guilt or criticism on you; I am instead asking hard questions in order to get you to step beyond your present perspective and take a larger and more brutally honest view of the situation in which you now find yourself. This did not just happen – it is the result of a series of steps taken over time, each of which could have been different if either of you had made a different choice. Seeing this as a choice is very important, as you are not a helpless victim here, and that means you can make choices that will help you to work towards what is best for all involved.

I get the sense from several things you have written that your lover has been expressing ambivalence and has suggested that he does not want to continue. It also seems apparent that you do not share these feelings and would have no hesitation to move this relationship and love forward once his marriage is out of the way. The reason these impressions are important is that, if I am correct, your letter might be motivated by a desire to find a way to convince him to remain involved with you and end his marriage because his reluctance to do so is becoming very apparent to you. If this is the case, any

suggestions I might offer would not be addressing the real issues and dynamics and would not help either of you in the long run.

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

Therefore, I recommend that you begin with an honest discussion about what both of you want. This will require that you create the right environment and give him the space to share his feelings honestly and without fear of backlash. After all, would you want to be with a man who feels ambivalent or pressured to be with you? If his heart is with his family, what of any real value would be left for you? There is also all the collateral damage that would result if he were to break up his marriage and family life. Would it be worth it to him if he only has a half-hearted desire to be with you? Do you really want a future with someone who isn't fully committed to you and the relationship?

The truth may be very painful to accept, and you would be left to grieve if a decision is made to end your affair. I suspect you are feeling a bit desperate to avoid this pain, and that is understandable. But weigh that against a possible lifetime of resentment on the part of your partner and continued grief over never having the relationship and love you had hoped for. Somehow, a quick and clean cut seems like the better option. However, you will need to really listen to what he has to say before you will know what you need to do.

*For more information about expert relationship advice from Hope After Divorce, click [here](#).*

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# Match.com Singles In America Study Breaks Down the World of Modern Relationships and Love



*This*

*post is sponsored by Match.com.*

By Katelyn Di Salvo

Modern dating has a set of new rules along with new gadgets and online dating apps. With the click of a button or the swipe of a finger, you could make a night of ice cream and Netflix into one filled with wine and gourmet food. It's no secret that technology has changed the dating game in so many ways. As if being single wasn't hard enough, now there's even

more to know when you're searching for a relationship and love!

## **Match.com Reveals Statistics About Singles Looking for a Relationship and Love**

In collaboration with The Second City Communications, Match.com and Singles In America (SIA) set up an afternoon of cocktails, food, and fun. In the Cutting Room in New York City, Match.com had a live streaming of their fifth comprehensive dating survey. The study, conducted by Research Now in association with renowned anthropologist Dr. Helen Fisher and evolutionary biologist Dr. Justin R. Garcia, polled the attitudes and behaviors of 5,675 U.S. single men and women between the ages of 18 and 70+. Their findings shed some light on how to date in the digital world and the ways in which technology is impacting courtship, sexual behaviors, gender roles, and hot-button issues.

This year's results indicate that there is an "etiquette for a new era," meaning that new technology and media lead to new habits and rules for dating. SIA found that both single men and women (54 percent of women and 33 percent of men, to be exact) find misspellings and incorrect grammar to be the biggest text turn-offs. Another thing to keep in mind is many singles find too many selfies to be a bad sign.

Interestingly enough, emojis found their way into the study as well. 51 percent of singles say they use emojis to give their texts "more personality." The most popular emoji's among singles are the wink (53 percent), the smiley (38 percent), and the kiss (27 percent). During the live streaming of the results, Dr. Fisher stated that singles who used these emojis to flirt as well as kiss emoji users were more sexually satisfied.

Another interesting point that came from this year's study was what SIA called "The Clooney Effect." Like George Clooney, men were starting to seek "the new woman": someone who is smart, powerful, and self-sufficient. 87 percent of single men stated they would date a woman who makes "considerably more" money and who is better educated. Similarly, 78 percent of women want their own bank account, and 90 percent want more personal space. Does this mean men are getting lazier? According to Dr. Fisher, that's not the case. "It just means we are seeing the end of the macho man," the relationship expert explains.

As the Match.com Singles In America survey revealed, dating in the modern world means looking for a relationship and love with more technology at your finger tips. Finding someone special is easier than ever before!

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## **Discover 'The Old Fashioned Way' in Ginger Kolbaba's Newest Book About Love**





By

[Sarah Batcheller](#)

Ginger Kolbaba believes in the power of old-fashioned romance, which is why she's written her latest book about love, *The Old Fashioned Way: Reclaiming the Lost Art of Romance*. Setting itself apart from many other self-help relationship books, it's a helpful guide to a timeless, everlasting love. It's based on the screenplay *Old Fashioned* by Rik Swartzwelder, which is being released in theaters over Valentine's Day weekend. In a world where relationships are consumed by ambiguity, pride, and various shades of gray, Kolbaba enlightens readers to the ways lovers thrived in simpler times. As a result, her fascinating book about love details how you, too, can achieve an old-fashioned romance.

## Love Advice from Self-Help Relationship Author

You encourage readers not to constantly long for "the good old days" because for all we know, these days could be even

**better! So what do you think is unique to today's dating scene that older generations may not have experienced back in their 20's and 30's?**

We have access now to different organizations that give us information about potential partners and help us connect with other people in a positive and healthy way. That's a big one – because a hundred years ago, everyone lived on farms or in small communities, so basically, who you went to school with was who you connected with...unless it was someone's cousin's cousin's friend who was visiting from out of town. We have a larger ability to meet people from all over the world.

**Related Link:** [Date Idea: Live Out Your Fairytale](#)

**How do gender roles play into relationships, whether positively or negatively?**

Well, first of all, let me say that I am, at heart, a feminist. I remember once that my mother-in-law said that women were great as companions or as people to step alongside men. She said women should never be doctors; they should be nurses, teachers, or any other supportive role to the real roles that were for men. She and I really bumped heads on this idea.

In relationships, there are significant differences that we can't ignore. We were created in a certain way, and a lot of times we try to push against that instead of flow with it. Science shows that men and women view situations differently. Men tend to be more visual, whereas women tend to be more relational; men tend to compartmentalize more than women do. If something isn't on their screen in that moment, they're not seeing it. But with women, if they get a speeding ticket that day, that means their dress doesn't fit and they're too fat and they're a failure at their relationship. If we understand these differences in relationships, then we don't try to make the other person exactly like us.

Furthermore, a woman's response in an argument is typically to get angry right away and then calm down a little bit after looking at the whole situation from a discerning point of view. The man, though, can deal with a situation immediately, but then, after he processes it emotionally, he gets angry, which is when the woman can step in and be there for him.

## **Ginger Kolbaba Discusses Her New Book About Love**

**You mention that statistically speaking, couples who live together before marriage are more likely to divorce. Why do you think that is?**

This goes so much against the grain of what we think is rational. Wouldn't you think, "If I move in with this person, then I'm really going to get to know them and make a wise decision about whether I want to be with them for the rest of my life"? But statistics and research have shown over and over that there is more divorce and even more abuse that occurs for couples who cohabitate before they get married. I think that, when we decide to try it out and give ourselves this test, we're putting divorce on the table from the get-go. We may not transition over mentally. Basically, we go from a commitment to a covenant; we feel like there is no out, and we're all in. When we're living together, we think we can get out, so a lot of times, we carry that same mentality into our marriages.

**To shift gears, the movie *Old Fashioned*, whose creation led to the writing of your book, is being released alongside *50 Shades of Grey* over Valentine's Day weekend. In your opinion, what does having these two movies side-by-side say about relationships and love today?**

Well, after I saw the screening of *Old Fashioned*, I realized that the movie leaves you with this sense of hope and this

feeling of, "Oh my gosh, that's how I want to be treated!" This movie shows what love is. Now, I haven't seen *50 Shades of Grey*, but I've read the book, and I know it doesn't make you say, "Oh, that would make me feel like someone really cares for me." So what these two movies going head-to-head has to offer is that people can see two different viewpoints of relationships and love. Now, both show very extreme versions of love, but *Old Fashioned* is closer to the way people actually *want* to be treated.

**Related Link:** ['50 Shades of Grey' Star Jamie Dornan Shares Unsexy Secret](#)

**Speaking of Valentine's Day, what is your love advice for couples looking to celebrate the holiday in a fun and romantic, maybe even old fashioned, way?**

People should let go of the expectation that it has to be perfect because it's Valentine's Day. I want to be treated like that every day! I've known couples who have gotten into huge arguments because of trying to plan big, romantic dinners and buying huge gifts instead of just enjoying each other's company and doing something wonderful with each other. People set the expectations too high.

My friend Jonathan got married a couple of years ago, and for the first Valentine's Day, he went all out. He got her a huge present and took her to an expensive dinner and did all these things. The next year, he did all these things, except he didn't get her a present, and what did she decide to focus on? The missing gift, of course. He came into my office and said, "I don't know what to do. I almost don't want to celebrate it anymore!" Don't end up focusing on a misplaced expectation instead of each other.

*Learn more about Ginger on her website, [www.gingerkolbaba.com/home.html](http://www.gingerkolbaba.com/home.html) and pick up a copy of The Old Fashioned Way today. Be on the lookout for future self-help*

*relationship books from the author!*

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# Relationship Expert Shares Hot Valentine's Day Gifts



By

Kris Schoels

*6 million – The number of people who expect or are planning a marriage proposal.*

*1.9 billion – The amount people will spend on flowers alone.*

*53% – Women who would end their relationship and love if they*

*didn't get something for Valentines Day*

With these statistics, it's no wonder we get crazy about a seemingly harmless day in February. As a relationship expert, I think Valentine's Day should be about managing expectations and making sure you both are on the same page about gifts and celebrating.

## **Here are some ideas for Valentine's Day presents...and a few things you should never get for the girl in your life!**

### **1. Gym membership or workout gear: Is that ever a good idea?**

I say yes, but only if your partner is already into working out in the first place. Have a Pilates lover? Get her a class pack to her favorite studio. Significant other running in a marathon late this year? Buy her some running clothes. Dating someone who is not into the gym or fitness at all? This is not the time to introduce them to the fitness scene. I can guarantee it will cause some hurt feelings and self-doubt.

**Related Link:** [Dating Advice for How to Manage Valentine's Day Expectations](#)

### **2. What about jewelry (or any item that isn't a ring) in a small box?**

I am just going to put this out there: If they do not already have a ring on their finger, girls want to be engaged! You don't have to be a relationship expert to figure this one out. If you have been together a while, they will probably (even if you have told them you are not going to) think that you are going to propose on Valentine's Day. Do NOT, under any circumstances, give them a gift in a small box *unless* it is an

engagement ring.

### **3. Go the traditional route and give flowers.**

Maybe some people will disagree with me, but I feel like you can't ever lose with flowers. All girls love flowers, and it doesn't matter to me if they are straight from the grocery store or arranged by the best florist in town. Flowers bring a smile to anyone's face.

### **4. What about lingerie?**

I'm on the fence about lingerie, as I think it's more of a gift women get for the men in their life. I say, if you are a guy, stick to a nice silk robe instead of a lacy and racy underwear set. Robes are safe – they're pretty, useful, and appreciated.

**Related Link:** [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

### **5. Avoid a gift certificate.**

These are not personal enough and seem like a cop out. Save them for other occasions, even birthdays – but not the most romantic day of the year.

### **6. Don't have money to spend?**

Cook a nice meal for her (or together) and give her a sweet love note. You don't have to spend money to make a girl happy; just some time together and attention is enough for your relationship and love.

*Founder, blogger, wife, Kris Schoels began The Chic Wife based on the idea of creating an ongoing dialogue inspired by the unique juxtaposition of her peanut farm-life upbringing to her now married, everyday city lifestyle. Beyond her blog, Schoels has been seen on The Today Show, Insider Edition, Access Hollywood, Dr. Oz, Hallmark*

Channel, Fox&Friends, The Better Show, just to name a few while also having been featured in Shape, Self, Martha Stewart and OK! Magazine with her chic tips and budget tricks.

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# **‘The Bachelor’ Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game**



By

Emma L. Wells

You know what they say: Two's a party, but three's a painfully awkward and quiet crowd. Kelsey and Ashley I. weren't exactly audience favorites on [The Bachelor season 19](#), but it certainly was enjoyable to watch them face-off on a two-on-one date during last night's episode of this popular reality TV show. Rather than using their alone time with Chris Soules to grow their relationships and love, the ladies complained and gossiped about each other. According to [Fox News](#), *The Bachelor* star saw through their games and took their accusations seriously, ultimately sending both women home.

***The Bachelor* season 19 contestants Kelsey and Ashley I. played Chris Soules like a prize to be won during their two-on-one date. Why can playing games cause more harm than good to your relationship and love?**

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

Dating can often feel like a game; after all, there's players and a field, scores and a strategy. But it can be harder to reach your goal and find a relationship and love if you get too wrapped up in the sport. Here's why you should take Cupid's dating advice and stop playing games when it comes to love:

**1. It's not a competition:** If you're out to win the game like these two contestants from *The Bachelor* season 19, you'll never win his heart. Ask yourself what winning would even look like to you. If you're always focused on the final outcome, you can't enjoy the here and now properly. You'll end up

missing the best parts of your own relationship!

**Related Link:** [Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating](#)

**2. You don't need a strategy:** While there are some helpful tips to playing the field, the most important rule to follow is trusting your heart. Make moves based on your own emotions and don't feel like you have to play hard to get. You can't expect to have a real partnership if you're not acting like your true self. Remember that if it doesn't work out, then it's not meant to be.

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

**3. The stakes are real:** If you're out to just play the field, you'll never find something serious, and you'll most certainly end up hurting someone along the way. When dating, the stakes are high. You should have some idea of what you want in a relationship before you dive into it, and you should be honest about your priorities as you go along.

**How do keep from playing games in your relationship and love? Tell us in the comments below!**

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# **Single in Stilettos Show: Love Advice for Winning Him Over**



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and dating expert Des O'Connor share their best love advice for how to win him over.

**Related Link:** [Des O'Connor on Why You Keep Attracting the Wrong Men](#)

## Relationship Advice Video: How to Win Him Over

According to O'Connor, finding a relationship and love shouldn't be hard for women. If you understand how men think and what they want, you can capture his attention. Consider this love advice from the dating expert and make yourself aware of these three things: Know what makes him tick; understand his relationship with his mother; and

remember that food is really important to a man. Other than that, just show him that you're thinking of him. It really is *that* easy!

Watch the [relationship advice video](#) above for the rest of O'Connor's great dating tips!

*For more 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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## Relationship Advice: The 8 Best Budget-Friendly Valentine's Gifts





By

Jude Bijou MA MFT

Lots of us, particularly males, fret about what to do for Valentine's Day. Need some relationship advice? Chocolate and roses are nice, but not exactly creative or even heartfelt.

## **Sexy lingerie or a romantic dinner may be fun, but is this what she really wants?**

I talk to many clients who express genuine anxiety about Valentine's Day, and this is what I tell them: Don't get caught up in peer pressure or commercialism associated with Valentine's Day. Instead, think of it as a time to honor your love partner, and to let this person know you value, respect, and admire him or her. With that as your intention, giving the "gift" is actually very easy. Best of all, it won't cost you a cent.

# Take some relationship advice and use these 8 gifts that will win the heart of your Valentine.

**1. Put it in writing:** Write a list of qualities that you appreciate about your loved one, and put those words in a card, poem, or a short video of you reading the list.

**2. Stir up memories:** Jot down 5 or so of your favorite, most precious memories of your partner and the time you've spent together, and convey them verbally.

**Related Link:** [‘Single Ladies’ Star Denise Vasi Shares Her Valentine’s Day Plans](#)

**3. Grant a wish:** Put yourself in your lover's shoes and think of a chore or an activity that would bring a smile or ease some stress. Then make it happen.

**4. Spend some time:** Arrange an outing to a favorite place you share, maybe a hike or a stroll around a special neighborhood. Or just take the evening off from your normal routine and cook a favorite dinner.

**5. Be emotionally generous:** Refrain from making negative jokes about Valentine's Day or your loved one's views about the day. Regardless of how you feel, only say positive things.

**Related Link:** [Valentine's Day Advice: Nine Gift Ideas for the Frugalista](#)

**6. Lend an ear:** Set up a cozy place to talk and ask your loved one questions about life, dreams, wishes, and feelings. Offer to "just listen" while he or she talks and shares. Don't interrupt.

**7. Clean the slate:** Valentine's Day is as good a day as any to let go of any grudges you're holding and to accept your loved

one, flaws and all. This will help you genuinely say, “I love you just as you are.”

**8. Fall in love anew:** Allow yourself to fall in love again. Conjure memories and feelings of a time you were full of feelings of love for your Valentine, and keep your focus there. Recall the way you felt when you first met.

*Jude Bijou, MA, MFT, is a respected psychotherapist, professional educator, and workshop leader. Her theory of Attitude Reconstruction® evolved over the course of more than 30 years working with clients as a licensed marriage and family therapist, and is the subject of her award-winning book, **Attitude Reconstruction: A Blueprint for Building a Better Life**. Learn more at [www.attitudereconstruction.com](http://www.attitudereconstruction.com).*

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## Love Advice: 3 Signs He's the Right Guy to Be Your Valentine





By

Molly Jacob and Suzanne Casamento for Galttime.com

Valentine's Day is like the New Year's Eve of relationships and love. There's all this pressure to have an amazing evening, maybe even the date of a lifetime. That's thanks to the amazing Valentine's Day dates in unrealistic rom-coms. But before you get all caught up in all the hype, it's important to consider who you're going to spend the holiday with this year. So instead of settling for just anyone's company, set yourself up for success by spending Valentine's Day with the right guy.

## **Are you still in the market for a Valentine? Here are some signs he's the right guy to be your Valentine's Day date:**

**1. He gives you butterflies:** Yes, that reference rings middle-school bells, but thankfully, butterflies don't disappear once

you become an adult. When it comes to spending Valentine's Day with someone, he should be someone you really like. First and foremost, because you want to enjoy it, but also because you don't want to spend such a big holiday with someone you're not truly interested in. It could be misleading and ultimately hurtful for your date. With relationships and love, if you are not excited about your date, you can be sure that that's a warning sign you may not go on many other dates with him.

**Related Link:** [5 Celebrity Couples Who Got Engaged on Valentine's Day](#)

**2. He treats you with respect:** This love advice sounds like a total no-brainer, but many of us have felt the *whoosh* of butterflies around a guy who doesn't even know we're in the room. In order to have a spectacular Valentine's Day celebration, it's important that he's equally as crazy about you. Determine his level of interest by the way he treats you. Does he call and text you often? Does he listen when you speak? Does he ask questions about you? Does he remember details about what you say? Those are all signs that he respects you.

If you're still not sure after answering those questions, flip them and ask yourself the following questions. Do you always have to contact him first? Does he seem distracted when you talk? Does he only talk about himself? If someone disappoints you on a regular date, rest assured he will disappoint you on love's biggest night of the year, too.

**Related Link:** [How to Get Through Valentine's Day Being Single](#)

**3. He knows how to have fun:** When it comes to a big holiday like Valentine's Day, fun is definitely the "it" factor that will take an ordinary date over the top. Sure, V-Day is all about relationships and love, but don't let that take precedent over just having a good time. Choose a date who is relaxed, positive, and can make you laugh. Whether you enjoy a

romantic dinner, go ice-skating, or see a play, your Valentine's Day celebration is only going to be amazing if your date is someone you have fun with when you're out (or if you stay in). Dinner at the best restaurant in town is good, but a date who makes you laugh will elevate your chocolate mousse from tasty to downright dreamy.

If you find that none of your prospects fit the date criteria above, ditch the date idea and plan an evening doing something you love. Don't let cheesy rom-coms make you think you have to spend this day with someone just so you're not alone. Don't worry, Valentine's Day will come again next year.

**Cupid's wants to know about your Valentine's Day plans! How did you know your date was the one to spend this holiday of love with?**

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## **Relationship Movie 'The Last Five Years' Features Anna Kendrick**





By

[Courtney Omernick](#)

*The Last Five Years* is a relationship movie adaptation of a hit Broadway musical. The film shows the relationship, marriage, and divorce of Jamie, an author, and Cathy, a struggling actress, over a five year period.

### **Should you see it:**

If you enjoy a great relationship movie and chick flicks then get ready to witness this love story! From love, to marriage, to divorce, this film is sure to tug at your heartstrings.

### **Who to take:**

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

### **How do you know when it's time to move on?**

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

Even some of the most heartfelt romances end in sorrow. In the case of Jamie and Cathy in *The Last Five Years*, their relationship sadly ended in divorce. It can be difficult to decipher whether you and your partner are just going through a rough patch, or if it really is time to break it off. Cupid has provided some insight on how you can tell when it's time to move on below.

**1. The relationship brings more pain than joy:** If your relationship is leaving you with more tears, anger, and frustration than joy and laughter, it's time to move on. Relationships aren't always going to be perfect, but you shouldn't constantly feel burdened or stressed out either.

**Related:** [Nicole Scherzinger and Lewis Hamilton Become Celebrity Exes Again](#)

**2. You're the one making sacrifices:** Relationships are a two way street. Being with another person means that you can't get everything you want. However, you shouldn't always be the one changing plans or delaying future hopes and dreams. Both parties need to give a little.

**Related:** [Wiz Khalifa Calls Celebrity Ex Amber Rose a 'Foul Creature' on Twitter](#)

**3. You believe they'll change:** Sometimes, people hang on to their significant other because they expect that what they're going through is just a "phase." However, we tend to forget that people grow and evolve over time. Don't expect the person that you married to be the same person 20 years from now. If who they are really bothers you, get out.

**How did you know it was time to move on? Comment below!**

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# Expert Dating Advice for How to Manage Valentine's Day Expectations



By Jo

an Barnard

When it seems like every woman you know is getting the royal treatment on Valentine's Day, it's easy to feel disappointed when the man in your life does not meet your expectations—and you wouldn't be the only one.

## According to a new study published

**by the National Retail Federation, Americans are expected to spend over \$18.9 billion on Valentine's Day gifts this year.**

With jewelry commercials on loop and Valentine's Day card nostalgia in full swing, it's no surprise that people feel the pressure to spend—and that the spending adds up to almost \$150 for the average person.

**Related Link:** [Relationship Expert Shares Hot Valentine's Day Gifts](#)

Spare yourself (and your guy) Valentine's Day stress by following these three pieces of expert dating advice. They're sure to keep your expectations in check:

**1. Let him know how much (or little) you care about Valentine's Day:** Men understand that women have expectations for Valentine's Day, but many have a hard time distinguishing just how high (or low) those expectations are. If it's your first Valentine's Day together, give him a heads up that you're looking for an evening fit for a Hollywood couple, or if you'd rather just stay home, let him know—the earlier the better.

**2. Make suggestions:** Saying, "I want to do something fun on Valentine's Day" won't cut it; it's too subjective. Making concrete suggestions about what you want will set the tone. You might say, "Wouldn't a couples massages be fun?" or "This would be the perfect time to try that cute French restaurant." Sharing suggestions will give him some parameters: how much to spend, how romantic the gift should be, etc.

**3. Make sure your suggestions match the level of your relationship:** If you have suggestions in mind, make sure they

match where you are in your relationship and love. If you're expecting a card and receive a diamond necklace, you'll feel overwhelmed—the same way your partner would feel if he's expecting to give you a card and you ask for a diamond necklace. Be realistic. Save expensive gifts for your serious established relationships.

**Related Link:** [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

When it comes to your relationship and love, don't let one day decide how things will or won't progress—think about the big picture. Does your partner value you? Do they value your happiness? Do you feel consistently happy with him? My expert dating advice would say that if the answer is “yes,” a bouquet of flowers—or nothing at all—won't change that.

*Joan Barnard is the resident dating and relationship expert and blog editor for Zoosk, the online dating site home to 29+ million users worldwide and the #1 mobile dating app. She authors the weekly Joan Actually advice column, responding to dating and relationship questions from 14+ million readers who are in, out of, and between relationships. She hosts a weekly dating advice series for nearly 9,000+ Zoosk YouTube subscribers and also records 15-second dating advice spots on Instagram.*

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## **Celebrity Interview: Model CariDee English Is “Off the**

# Market Officially!"



Interview by [Whitney Johnson](#). Written by [Rebecca White](#).

You may recognize CariDee English as the season 7 winner of *America's Next Top Model*, but she has come a long way in her career since 2006. In our [celebrity interview](#), the former reality TV star opens up about her current boyfriend, her struggle with Psoriasis and how it has affected her relationships and love life, and the upcoming music video that she stars in. Plus, she shares her best fashion and beauty tips for your next date night.

## CariDee English Opens Up About Her

# Relationship and Love Life

Sorry, guys: This beautiful blonde is “off the market officially.” She’s been dating musician Ilan Rubin since they ran into each other at a Halloween party, but she admits that she “stalked him on Instagram for a couple of years” first. Given their shared passion for music, particularly drumming, she says, “I love the way he worked. First and foremost, I was in love with the artist in him.”

For women trying to find the courage to make the first move, take a cue from English: After she realized Rubin was flirting with her, she took the reins. “I definitely approached him. I picked him up 100 percent,” she shares. The couple has been together ever since!

**Related Link:** [Bobbie Thomas on Date Night Fashion: “If You’re Looking to Have a Good Time, Don’t Be Uncomfortable!”](#)

Since both of them travel often for work, they have to take advantage of date nights when they can. The models says her perfect time with her man is when she doesn’t have to share him with anyone else. She elaborates, “With work, we’re constantly out with other people, so it’s just nice to get all of his attention.”

When it comes to her three must-haves in a partner, English knows exactly what she wants: He needs a job; he needs to share some of her passions and interests; and most importantly, he needs to be loyal. “I can’t stress it enough: You can have the hottest guy with the best job, but if he’s not loyal, you’re gonna feel like shit,” she says in our celebrity interview.

## Former Reality TV Star Shares

# Dating Advice in Celebrity Interview

Many fans now know English from the often-played Stelara commercials. Given her role as spokesperson for the medicine, it's no surprise that she's very candid when discussing her Psoriasis, which she's had since she was five years old. "It really impacted my dating life. It's the biggest reason why I'm so cool and half the reason why it took so long to lose my virginity," she says with a laugh. "It's something that you can't cover up, and it's something that you can feel to the touch."

While not all of us struggle with something like Psoriasis, the North Dakota native recognizes that, "as women, we are always going to be uncomfortable about something." She encourages you to "embrace whatever it is that's less than perfect. The best way to find confidence is just to put time into yourself." Something as simple as taking a walk two times a week can help you feel more in tune with yourself. "That automatically makes you feel more comfortable when it comes time to reveal your body in front of a partner," she adds.

**Related Link:** ['Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right](#)

English also believes that it's important to share your insecurities with your partner once you are comfortable with them, even though the fear of rejection is so high. "They're only going to love you more. I guarantee that," she shares.

Of course, as much as you work on inner confidence, you're outer appearance also affects how you ultimately feel. "Confidence comes from within, but it will show on the outside," the model says. "Whenever I'm not feeling all that sure of myself, I'll wear a bright lip or a powerful color like red and throw in a little extra time on my

hair.” Whatever you do, don’t give into your self-doubt and decide not to go out. “Don’t let your insecurity win. Beat it with a punch – a punch of color,” she says.

If all else fails, English recommends wearing something black. “It’ll make you feel slinky and smooth and slender. It kind of makes you feel like a bad ass,” the star divulges. “A great leather jacket will go a long way to improve your mood too.”

To add a little pizzazz to your dating life, try something new when it comes to your beauty routine. It can be as simple as putting on a new lipstick or as drastic as changing your hair color. Whatever you decide to do, English says, “Just commit to it. Go for it 100 percent and wear it with no apologies.”

**Related Link:** [Dating Advice: 5 Tips for Awesome Lips for Your First Kiss](#)

On a first date, though, you may want to keep your look simple. “The more you put on, the more upkeep you have to do,” she reminds us. “Make sure you bring everything needed for touch-ups!”

When she’s not modeling, English loves doing anything related to music. She’s currently working on a music video for the band Mini Mansions, which is Michael Shuman’s band, who is the bassist for Queens of the Stone Age. “I’m excited because I get to do my art, my modeling, but I get to do it in a live action way,” she says.

*You can keep up with CariDee on Twitter @CariDeeEnglish and Instagram.*

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# Celebrity Break-up: Are 'The Bachelorette' Reality TV Stars Andi Dorfman and Josh Murray Fighting on Twitter?



By

Emma L. Wells

The celebrity news that reality TV stars Andi Dorfman and Josh Murray split came as a shock to many. While we still don't know what caused this celebrity break-up, they have remained very amicable – but that might be changing. At the end of January, Murray tweeted, "Having to change all my passwords because someone keeps logging into my social media accounts SMH." This left us wondering: Is former *Bachelorette*

Dorfman cyber stalking her celebrity ex? Her response came very quickly – only 9 minutes later according to [thestir.cafemom.com](http://thestir.cafemom.com). She replied, “Join the club ... Got better things to do with my life #blessed.” While we can’t say for certain who these tweets are directed at or what they really mean, we *can* assume that there’s some tension following this celebrity break-up.

**These reality TV stars seemed friendly after their celebrity break-up, but it looks like their claws are coming out now! How can you move on after a split?**

#### **Cupid’s Advice:**

It’s common to still be emotionally attached your ex after your relationship has ended, making it hard to move on. Moving forward is a process and won’t happen overnight, but Cupid has some dating advice that will (hopefully) make it easier:

**1. Remember that no one wins:** These *Bachelorette* exes may feel a little competition at this point in their celebrity break-up. While it’s natural to want to “win” by looking better, dating someone new first, and making sure the news of your success gets back to your ex, there’s really no point. Focus on making yourself happy instead of making your ex jealous.

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

**2. End all contact:** It’s hard to let go of your connections to your ex, whether they be in real life or digital. If you’ve had a meaningful and serious relationship, you probably don’t want to lose those memories. Still, moving on means looking

forward, not backward, and constant reminders about your former beau will only make it difficult. While it may be difficult, cut your ties on social media *and* in real life too. You can consider a possible friendship after you've had some time apart.

**Related Link:** [Chris Harrison: Things Were "Awkward and Weird" Between 'The Bachelorette' Andi Dorfman & Josh Murray](#)

**3. Learn something from it:** You may feel like you wasted your time with your ex or that it was all a big mistake, but you probably have a few good memories too, even if the relationship ended badly. Give your past relationship purpose by learning from it and allowing the experience to make you a better person. It'll be easier to feel happier if you don't regret your decisions.

**Have you successfully moved on from an ex? Share your tips below!**

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## **Expert Dating Advice: How to Straddle the Line Between Proactive and Pushy**





By

[Marni Battista](#)

In this day and age, females aren't expected (nor do they want) to be that delicate flower patiently waiting for the object of their affection to ring them up and ask them to the drive-in. We're making more money and finding fulfillment in ourselves, so by golly, we should be able to make the first move with confidence every once in a while!

## Expert Dating Advice: How to Be Proactive

In the interest of maintaining that magical feminine mystique that makes us such a desirable gender, it's important to determine where being proactive crosses into pushy territory. And since navigating that line can be a subjective and nearly impossible exercise on your own, here's a Dating With Dignity list from our relationship experts to help you keep your sexy confidence from turning scary:

**Related Link:** [How to Know When to Make a Move for Him](#)

**1. Introducing yourself:** There is absolutely nothing wrong with walking up and saying hi to that cute guy you spot across a room. In fact, many fellas will say they find it attractive when a girl goes after what she wants. If you're a little unsure, follow this expert dating advice when looking for a relationship and love: Shoot him a smile first and see how he responds; then, read the signs from there. As long as you keep it casual, light, and flirtatious, any red-blooded, American man will welcome an attractive lady doing the hard part for him.

***Signs that you're being pushy:*** He's clearly trying to end the conversation; you catch him making subtle SOS signs to a friend; and/or he's wearing a wedding ring.

**2. Initiating follow up:** Many guys will be the first to admit they're clueless about when to pull the trigger, whether it's asking for a number, sending the first text, or suggesting a date idea. And much like being the first to say hello, it takes a heightened sense of social graces to determine when your go-getter attitude is a welcome one. If he's expressing interest during your initial conversation – actively engaging, making physical contact, listening attentively, and smiling plenty – you have your go-ahead to grab some digits or broach the subject of hanging out.

***Signs that you're being pushy:*** He's trigger shy at every turn; his responses to your contact are short and infrequent; and/or he doesn't seem to open up as contact continues.

**Related Link:** [Top 3 Mistakes Women Make in Relationships](#)

**3. Making the first move:** This is a tricky one. We assume that men, being the supposedly simple creatures they are, will make a move if they're even remotely attracted to you. But believe it or not, that's not always the case. For every man who leaves a date wishing he had swooped in for the kiss, there is a lady who won't let that happen. When and where you decide to

do it is completely dependent on your comfort level, but deciding to do it in the first place requires a key focus on body language. Here's some expert dating advice to consider: If you can sense the attraction is there but nerves are standing in its way, it may just be you who needs to break that physical barrier.

***Signs that you're being pushy:*** He maintains a healthy distance when the two of you are together; he doesn't initiate any physical contact; and/or he appears disinterested in conversation.

[Marni Battista](#), founder of *Dating with Dignity*, is a relationship expert and life coach with a 10-step system to manifesting love for yourself and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).

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## Screwing the Rules Video Dating Tips: Never Listen to THIS Relationship Advice





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

Does your best girlfriend, your mom, your sister, or any other female in your life try to give you relationship advice? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares three pieces of love advice that you should ignore, despite what they may tell you.

**Related Link:** [How 'The Bachelor' Is Changing the Reality of Dating](#)

## Dating Expert from E!'s *Famously Single* Says to Ignore This Relationship Advice

**1. Don't sleep with him too soon:** This timeline will vary for each couple. For some, it may be the first date, and for others, it may not be until three months into a committed relationship. "The only person who gets to be the judge of

that is *you*,” House explains.

**2. Dump him – immediately:** Even if your guy is acting like a jerk, don’t assume that the only solution is to break up with him. “Take a minute to think about if it’s a real problem in the relationship or if it’s a deal breaker,” she shares. “If you cut the line because your friend said you should, you might quickly regret that decision.”

**Related Link:** [Busting the Soul Mate Myth](#)

**3. Follow the dating rules:** Your friends may tell you not to call him first or to pretend you’re busy when he asks you out. They may encourage you to keep your cards close and not reveal too much of yourself to him. As the dating expert says, “You might not even realize that the rules you’re following are actually games.” Instead, “screw those rules! It’s time to get real.”

If you’re looking for a love that lasts, stop listening to these three pieces of relationship advice from your friends and family. “Your loved ones aren’t in your situation, so they don’t know exactly what you’re going through,” House reveals. “It’s *your* life. Live it the way you feel in your heart, your gut, your soul, and your mind.”

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

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

**What piece of relationship advice from your family and friends do you ignore? Tell us in the comments below!**

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# Gisele Bundchen Says She Knew Celebrity Love Tom Brady Was The One 'Straightaway'



By

Maggie Manfredi

A lady in love! According to [UsMagazine.com](http://UsMagazine.com), Gisele Bundchen knew Tom Brady was The One instantly. She said, "I knew Tom was The One straightaway. I could see it in his eyes that he was a man with integrity who believes in the same things I do." This celebrity couple met on a blind date and are now happily married. The supermodel brought their kids to the big game on Sunday, and they cheered on her celebrity love as he claimed his fourth Super Bowl victory. The hot celebrity couple share two children together, son Benjamin and daughter

Vivian, and Brady's son with Bridget Moynahan, Jack.

# Celebrity love is just like any other variety of love in that it can appear when you least expect it. What are some ways to know you've found The One?

## Cupid's Advice:

Sometimes even when you aren't searching, love can land right in your lap. You need to embrace love when it comes, and Cupid has some ways to know you've found The One:

**1. You're comfortable:** When you are with this person, like celebrity couple Bundchen and Brady, it just feels right. Whether it's love at first sight or friendship first, if it feels right, you may be on your way to a relationship and love.

**Related Link:** [Tom Brady and Gisele Bundchen Vacation in Costa Rica](#)

**2. You're confident:** If the person you have found makes you be a better person, that's a step in the right direction to becoming "the one." Make sure you also feel motivated and inspired by them, too.

**Related Link:** [Celebrities Who Met on Blind Dates](#)

**3. You're happy:** Above all else, your happiness needs to come first. Hopefully the person you are spending time with makes you happy and, in turn, you make them happy, too.

**Have you found The One? How did you know? Share your insight below!**

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# Relationship Advice: How Should We Raise Our Kids?



By

[Courtney Omernick](#)

Relationships and love can be complicated, and when it comes time to decide how to raise your children, there's no doubt that you and your partner might have opposing viewpoints. These three pieces of relationship advice will help you agree on the best approach!

# Relationship Advice to Help You Determine How to Raise Your Kids

Consider the relationship advice below:

**1. Consider your own upbringing:** Not all of us like every aspect of how we were raised, but it's definitely a conversation that you can have in order to put some ideas on the table. Think about what your parents or guardians did or didn't do while raising you that you would or wouldn't like to see incorporated into your own child's upbringing.

**Related Link:** [Celebrity Pregnancy: Kate Middleton Says She Can Feel Baby Kicking](#)

**2. Look at the research:** There's plenty of research that has been done on how and where to raise children. Doing a simple Google search can tell you some of the most effective tips when it comes to certain situations. You be the judge. Is what relationship experts are suggesting going to work for you?

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

**3. Make a list:** Once the both of you have decided what you absolutely have to do/can't do as parents, come together and compromise. Write down your "must haves" as a couple while raising your children. This way, you lay the ground rules for raising your kids and each person has input and some of their rules incorporated.

**What relationship advice would you give on how to raise children? Comment below!**

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# Celebrity Interview & Giveaway: Florist David Goldstein Says to “Go the Traditional Route” for Valentine’s Day



*This*

*post is sponsored by BloomNation.*

By Shannon Seibert

Named by *Entrepreneur* as a Top 5 Silicon Beach Startup to Watch, BloomNation caters to an exclusive and extensive clientele. The florists create and sell unique and hand-crafted original designs. More specifically, My Beverly Hills

Florist, owned by celebrity florist David Goldstein, guarantees arrangements that stay away from the cliché, cookie cutter options. In 2004, he opened his floral studios in Los Angeles and Beverly Hills, and since then, he has catered to some big names in Hollywood, including Dennis Quaid, Russell Simmons, and OWN (the Oprah Winfrey Network). Business flourished due to his European flair, contemporary trends, and stunning style of floral expressions for all occasions and affairs. In our celebrity interview, Goldstein shares his best dating advice and offered his expertise to ensure that your relationships and love thrive on Valentine's Day!

## Florist Shares Dating Advice in Celebrity Interview

During the season of love, the floral industry is quite busy! There are a lot of criteria to consider when choosing what flowers to purchase, but there's one major focal point according to Goldstein. "People know about color," he says. "They know about reds, hot pinks, purples, and all of the other passionate colors. These are the colors of flowers that people are most likely to pick." For first dates, people tend to stick to light pinks and softer colors since they're generally safer. "And for new relationships, I would go for hot pinks, specifically peonies," the floral expert advises.

**Related Link:** [Expert Dating Advice: Valentine's Day Tips](#)

For Valentine's Day, though, he recommends a time-honored flower: "Roses are very common, but they are always classy. The holiday is all about love, so I would definitely go the traditional route," he says.

If you're still struggling with making a decision, Goldstein encourages you to consider your loved one's personality and

tastes. "Every flower, in my opinion, is beautiful, but everyone is different," he shares. "English garden roses are definitely my favorite because they're really hard to get your hands on."

The florist agrees that flowers are the go-to gift for women, but this begs the most important question of this celebrity interview: Do men want to receive flowers too? Goldstein thinks so! "Calalillies and darker colors are very manly," he reveals.

No matter what, go with your gut when selecting the perfect arrangement for your love. "Stay away from daisies and carnations," he says. "Otherwise, you can pick out any flower you want, and it will be appreciated."

## What Flowers Do Celebrities Prefer?

Being centered in Los Angeles and Beverly Hills has its perks, thanks to the many famous residents! This florist has covered a wide variety of events from celebrity weddings to baby showers, and some are more unusual than others. "I did the wedding for George Pajon Jr. of the Black Eyed Peas in Mexico," he excitedly reveals. "It was right after Valentine's Day, and we did thousands of red roses inside a cave!"

**Related Link:** [Former 'Bachelorette' Desiree Hartsock Shares Celebrity Wedding Photos](#)

It's no surprise that Goldstein prefers the one-of-a-kind events to the more traditional ones. "Large events are fun, but I personally like more unique occasions, like intimate parties," he explains. His newest project is for nearly 100 celebrities in the music and modeling industries. "Naomi Campbell might show up, and maybe Tyra Banks and Kim Kardashian too," he says about the super-exclusive event.

So what flowers do celebrities enjoy most? "They do a lot of

white flowers, like gardenias, orchids, casablanca lilies, and peonies, which are rare," he shares. "We have a couple of celebrities who just don't do roses."

~~**GIVEAWAY ALERT: One lucky reader will receive a \$50 coupon code for BloomNation, just in time for Valentine's Day! To enter this giveaway, complete the form on our [Contact](#) page. Please select Giveaways in the What Can We Help You With? dropdown and include "Bloom Nation Giveaway" as well as your address and phone number in the Your Message box. The giveaway ends on Tuesday, February 10th at 5 p.m. EST. Good luck!**~~

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

*For more on David's work with BloomNation and My Beverly Hills Florist, check out [www.bloomnation.com](http://www.bloomnation.com).*

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## **'The Bachelor' Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules**





By

Emma L. Wells

"The sky's the limit..." read Britt Nilsson's one-on-one date card on last night's episode of *The Bachelor* season 19. That's when the 27-year-old waitress started to cry in panic due to her debilitating phobia of heights. Still, she pulled it together before their one-on-one date. [People.com](https://www.people.com) reported Chris Soules saying that she was "just as beautiful first thing in the morning as when she's all dolled up for the rose ceremony. It's pretty incredible." Turns out, she gets all dolled up for bed too, but oh well! The reality TV lovebirds soon arrived in the New Mexico desert to find a hot air balloon waiting for them, and Nilsson's fears quickly disappeared with Soules' arms around her.

**This *Bachelor* season 19 contestant overcame her fear to get closer to Chris Soules. What are some ways**

# you can beat your phobias when looking for a relationship and love?

## Cupid's Advice:

Whether you fear heights, spiders, darkness, or commitment, you shouldn't let it stand in your way when you're looking for a relationship and love. It's completely possible to overcome your distress, no matter how big it may seem. Cupid has some dating advice for you:

**1. Switch your focus:** On *The Bachelor* season 19, Nilsson was able get over her fear because being close to Soules was more important to her. If you're afraid of flying but have to take a trip, focus on the destination to help you get through the flight. Paying attention to your fear will only make the situation harder. That's why having a hunky farmer by your side is always a benefit!

**Related Link:** [The First Official Look at Chris Soules on 'The Bachelor' Season 19](#)

**2. Get your facts straight:** Most fears – like the fear of sharks, for instance – aren't based on actual statistics. Our imaginations make our phobias much worse than they should be. Do you really live in an area where you need to be worried about giant, poisonous spiders getting you in the dark, or is it just in your mind? Do some research to calm your nerves.

**Related Link:** ['The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"](#)

**3. Face your fear:** You can't just ignore it and expect it to go away. To overcome your terror, you need to take gradual steps. If you're afraid of dogs, watch a few videos of them until you're comfortable seeing them on the screen. Then,

work your way up to being in the same room with them or passing them on a sidewalk. Keep going until you can interact with a large dog in an enclosed setting. There's no need to rush!

Tell us about a time where you had to face your fears in the name of love!

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# Single in Stilettos Show: Dating Advice About Mindfulness



On this week's [Single in Stilettos](#) show, relationship expert Suzanne Oshima and author and passionate living coach Abiola Abrams share their best dating advice about mindfulness.

## Dating Advice: How to Be Mindful When Dating

"Self-being is really just mindfulness. When you don't have access to self-love, go for self-being," Abrams explains. "It's about learning how to be comfortable with yourself and where you are. So when I say dating and mindfulness, it's about learning how to be present, not only on a date but in a relationship." Watch the video above for her tips on how to improve your relationship and love life!

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

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

**Tell us: What's your best dating advice for how to be mindful when looking for a relationship and love?**