

New Celebrity Couple Selena Gomez and Zedd Face Doubt From Her Friends



By [Whitney Johnson](#)

It looks like Selena Gomez has finally moved on following her celebrity break-up with Justin Bieber! The pop princess is now in a relationship with music producer Zedd. According to [E! Online](#), a source close to the singer says, "Everything is going great with him. She is really happy, and they are having fun." Unfortunately, some of Gomez's loved ones are unsure about the new celebrity couple and where their relationship is headed. "Selena's friends are a little bit wary while remaining hopeful," the source adds. "Right now, he is making Selena happy, and he's not Justin Bieber, so that's a good

thing.”

This celebrity couple is facing some doubt from the pop star’s friends. How do you handle criticism about a new relationship and love?

Cupid’s Advice:

The beginning of a new relationship and love should be filled with joy and bliss. However, when your pals are unsupportive of your new partner, it can put a damper on your happiness. If you’re facing criticism like this celebrity couple, Cupid has some tips:

1. Introduce them: If your buddies haven’t met your significant other yet, ask them to be open-minded until they get to know each other. If they’ve already been introduced and had a negative first impression, tell your buddies that it’d really mean a lot if they would give your beau a second chance. Encourage them to set judgments aside until they spend some quality time together.

Related Link: [Selena Gomez Cries Singing Song About Justin Bieber](#)

2. Listen to their concerns: It may seem counterproductive, but it’s important to ask your friends to explain their doubt to you. As much as you may want to ignore their criticism, giving them the chance to share their worries will go a long way. It’ll help you understand where they’re coming from, and it’ll allow your pals to feel like they’re being heard. Getting everything out in the open will help you all move forward in a graceful way.

Related Link: [Back Together? Justin Bieber and Selena Gomez Snap Cozy Pic in Canada](#)

3. Be honest: If all else fails, you need to have a heart-to-heart with your loved ones and open up about your new relationship. To help them understand how you feel, share the reasons why you want to be with your significant other and how they make you feel. If they truly love you (and they should!), seeing you so happy should be enough for them.

How do you handle criticism for your pals about a new relationship and love? Share with us in the comments below!

Former 'Bachelorette' Desiree Hartsock Shares Celebrity Wedding Photos





By Emma L. Wells

There's another name to add to the list of successful love stories stemming from *The Bachelorette*! Former reality TV star Desiree Hartsock tied the knot with Chris Siegfried on Sunday, Jan. 18. While the church ceremony wasn't televised, they released exclusive photos of their celebrity wedding to [UsMagazine.com](https://www.usmagazine.com) earlier this week. They shared more than two dozen pictures from their special day, including the pretty invitations, the bridal party, and the salted caramel and Oreo cake (yum!). "In a relationship, you're always learning about someone, trying to figure out how they love, how they feel, how they think," Hartsock said following their big day. "I think it's the same with marriage. You continue getting stronger and growing with each other."

You don't have to be a reality TV star like this former *Bachelorette*

to have photographs fit for a celebrity wedding. What are some ways to up the ante for your own wedding album?

Cupid's Advice:

You want to capture all the details of your wedding – from the dress to your first kiss as a married couple to the dancing. After all, these are memories you'll want to cherish and display forever! If you want a unique and special wedding album but don't have the budget of a celebrity wedding, Cupid has some tips:

1. Use disposable cameras: Add throwaway cameras as a part of your centerpieces and invite guests to get in touch with their inner amateur photographer. You can even buy customizable ones, so they match your color scheme and have your names and wedding date on them. Your loved ones will get involved and interact with each other while snapping candids all evening long. Not all of them will be Annie Leibovitz-impressive, but you'll end up with some really fun pictures for your album.

Related Link: ['The Bachelor' Runner-Up Lindsay Yenter Is Engaged](#)

2. Rent a photo booth: Photo booths are becoming a really big trend at weddings: They're a great way to capture photos of all of your guests, and the strip of photos can be your wedding favor. You can rent one for the reception, or go the DIY route by hanging a black sheet for a backdrop, finding a friend whose willing to snap pics throughout party, and buying a travel printer. To make photos you'll still enjoy looking at in 20 years, hit a thrift store or costume store and pick up some fun accessories for your guests to wear while they pose.

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

3. Create your own hashtag: Getting your friends and family involved is a sure-fire way for you to see all of the special photos of your big day. Pick an event hashtag for your wedding; be creative and come up with a cute couple nickname or keep it simple with just your married last name and the year. Make sure it's not a popular hashtag though, or it will be harder to collect all of your photos. Post the hashtag somewhere in venue – like above the bar or on the cocktail napkins – and ask your attendees to use it whenever they Instagram, Facebook, or Tweet throughout the day.

Any other tips to make your wedding album extra special? Tell us in the comments below!

**Cameron Diaz & Benji Madden
Display PDA Following
Celebrity Wedding and
Honeymoon**





By [Rebecca White](#)

Cameron Diaz and Benji Madden have been happier than ever after their celebrity wedding. According to [UsMagazine.com](#), the famous couple shared a smooch for the Kiss Cam during the L.A. Lakers game. This was the pair's first post-wedding public appearance and their faces lit up as they noticed they'd been singled out at the game. They giggled and shared a tender kiss, showing off their celebrity love.

Cameron Diaz is in a permanent state of happiness after her extravagant celebrity wedding and honeymoon with husband Benji Madden. What are three ways you can keep your relationship exciting

when the wedding festivities are over?

Cupid's Advice:

Some of the excitement in a relationship and love can die down after an exhilarating couple of months of being engaged and then having a beautiful ceremony, celebrity wedding or not. Keep in mind that your relationship needs nurturing, so make things exciting after the festivities are over:

1. Little rituals: Small, little rituals like making coffee for each other in the morning or going out to a game together every now and then like Diaz and Madden do, can keep your partner on their toes and excited. Consider leaving random gifts around the house for your spouse to find or having small gifts to delivered to him or her at work.

Related Link: [Cameron Diaz and Benji Madden Tie the Knot at Her Beverly Hills Home](#)

2. Declare your love creatively: Keep a board up in the house that says 'I love you because...' and take turns writing the reasons each day. It's a fun random surprise that is a nice way to remember and acknowledge one another regularly.

Related Link: [Cameron Diaz and Benji Madden Spend Celebrity Honeymoon in Jackson Hole](#)

3. Try something new together: Here's some solid dating advice: try something new every now and then! Whether it be a new restaurant or a new activity, experiencing these things for the first time with one another will make the date special and memorable.

How do you keep your relationship exciting? Comment below!

Expert Dating Advice: Valentine's Day Tips



By [Melanie Mar](#)

Valentine's Day: the red heart holiday. It's guaranteed to keep restaurants busy and flower stores in business. Whether you're single, newly dating, or married, this heartfelt day can be a bit tricky to navigate. Depending on your expectations in the romance department, Valentine's Day can be an incredible hit or a massive miss. So how do you make sure you and your partner feel special on a day dedicated to love? Read my expert dating advice below!

Expert Dating Advice to Consider Before Valentine's Day

If you're single: Being single on Valentine's Day is not uncommon, so take some comfort in the fact you're actually in good company on this hyper-focused heart holiday. As a relationship expert, I believe this is an excellent time to fall in love with *yourself*. If you prefer to be alone, pamper yourself with a hot bubble bath, music and some fine, quality chocolates. Or let someone else do the pampering and book a soothing massage at a relaxing spa. Take the time to treat yourself well and know that you're worth it.

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

If the thought of being alone simply fills you with dread, then gather up your girlfriends and put on a fabulous dress. Head out to a sexy lounge bar, enjoy some playful flirting, and kick up your killer heels. Another fun idea is to host a "singles Valentine's Day party" at your place. Invite all your fellow singletons over to eat, drink, and be merry.

If you're newly dating: If you've just started dating someone, Valentine's Day can be a little awkward. What if you go all out and he doesn't acknowledge it? Yes, there are men out there who are oblivious to all the heart decorations in the shop windows or who "just don't get it." What if your expectations of the day are at a certain level and the reality turns out to be completely different? How will you handle that?

My recommendation: If you are at a certain level of comfort with your partner, have a lighthearted (pun intended) conversation about the day and find out what they think about it. Remember that it's a day mostly aimed at women. Most men only do what society has informed them because a good man doesn't want to disappoint his girl, so be gentle

on him.

If talking about it prior is not an option for you, then remind yourself that, whatever happens on the day, you will embrace and accept it – even if that means you are dating one of those oblivious men and end up deeply disappointed. By the following year, you'll be more invested in the relationship; then you can give him a polite prod about making Valentine's Day plans!

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

Valentine's Day Date Ideas for Married Couples

If you're married: Being married and celebrating Valentine's Day should be fabulous and stress-free. You already know each other's needs, wants, and desires *and* how to accommodate them. Over the years, that could be as simple as a card and a home-cooked candlelit dinner. After all, cooking together can be a very intimate and enjoyable process.

One of the things to be aware of with long-term relationships is complacency. The notion of not buying into this "commercial holiday" because you've been together so long is one you should ignore. My expert dating advice is to make it matter! If you're looking for Valentine's Day date ideas, do something out of the ordinary to celebrate each other. Surprise each other with the unexpected, whether it be lingerie or a weekend getaway –whatever is out of the norm for you as a couple. The element of surprise keeps romance alive; it reignites the flames of passion and, in turn, fills the heart with love.

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

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

Celebrity Couple Gabrielle Union & Dwayne Wade Signed Prenup



By [Rebecca White](#)

Looking for some solid relationship advice from a celebrity couple? Well, you're in luck, because Gabrielle Union and

Dwayne Wade have just stated that they swear by getting a prenup before marriage. According to UsMagazine.com, Union and Wade signed a prenup prior to their celebrity wedding in August 2014. "Now that it's time to get married to a man who happens to play basketball and has done well for himself, I want to make it clear that I have in no way hitched my wagon to his star," Union said. "I have my own wagon and star."

Many celebrity couples need to put a prenup in place prior to getting married. What are three reasons why prenups can help your relationship and love life?

Cupid's Advice:

While we aren't all celebrity couples with our 'wagon and star,' we do need to protect our assets and openly communicate with our partners. Remember to keep in mind that while this agreement is binding, it is not necessarily planning for divorce. It's simply having a backup plan:

1. Upfront and honest communication: Relationships require upfront and honest communication. Now that Union and Wade have discussed and planned for the future, there will be no need for arguments pertaining to power issues later on.

Related Link: [Prince William and Kate Middleton: To Prenup Or Not to Prenup](#)

2. Separating debt: Debts pile up, regardless of whether you're a celebrity couple or not. It may be wise to separate debt obligations like student loans, child support and/or credit cards. Discussing which income will pay for each debt and what impact that will have on future purchases is very

important. Keep in mind that prenups are open to amendment with a postnup, in case circumstances change.

Related Link: [Hilary Duff & Mike Comrie Signed a Prenup](#)

3. Make sure your partner is marriage material: Many of the issues discussed during a prenup agreement are things that you would actually want to know before getting married. These conversations will help reveal what you have in common and what could become a deal breaker. Luckily, Union and Wade were even happier in their Hollywood relationship after getting a prenup!

Do you think a prenup can help your relationship and love life? Comment below!

How to Be Mindful When It Comes to Relationships and Love





By Lisa LaBelle for [Hope After Divorce](#)

Relationships and love begin at a young age for many of us, long before we are adults. Luckily, there are words of dating advice, guidance, and wisdom we can share to help each other through these sometimes murky waters. After all, we are all navigating our way through relationships – whether they be family, romantic, or platonic – in one way or another.

The Importance of Mindfulness in Relationships and Love

One specific word I find essential, helpful, and a miracle worker when it comes to relationships and love is “mindfulness.” Why? Here’s a broad definition that will hopefully answer this question:

Mindfulness means to consciously paying attention to what you are experiencing (feeling and thinking) as it’s happening. You must be in the present moment within your mind. It means to be fully anchored in the moment, leaving what has happened in the past or what’s lying ahead in the future. To be mindful means

to be aware of your thoughts and emotions and then to choose how to behave and respond through your words, actions, body language, etc. It means to recognize others around you as they are without judgment.

Related Link: [Changing Your Life in Those Quiet Moments](#)

A positive consequence of being mindful is feeling peaceful rather than overwhelmed by your thoughts, memories, emotions, worries, concerns, fears, or distractions. In addition, mindfulness gives you the authentic feeling that you are the captain of your own ship; you are responsible for your own life and the choices you make. You gain your own power, which is essential to living an authentic life. This includes making positive decisions when dating, whether you're playing the field or in a romantic, committed relationship.

Celebrity Exes Nick Cannon and Mariah Carey

Unfortunately, Nick Cannon and Mariah Carey weren't able to practice mindfulness in order to rebuild their marriage. After a lot of ups and downs, the comedian filed for divorce. Now, the celebrity exes will begin a new and significant journey of co-parenting. Hopefully, they will realize the importance of working together, supporting one another, and doing their individual parts to raise their children peacefully. It will be essential for them to be mindful of their own thoughts, actions, behaviors, responses, decisions, and choices for their own well-being and that of their beautiful children.

Mindfulness is naturally becoming a common practice among health and wellness professionals, counselors, relationship experts, and life coaches. You can clearly see why in the description above. If you wish to have a healthy relationship and love, choosing to be mindful of your own thoughts, actions, and feelings each day will be a significant benefit

for you and your partner. Remember, you are 50 percent of a relationship. Your other half must also do their part to mirror your practice of being mindful. When we are mindful of what is going on around us and how we are choosing to respond, feel, think, and behave ourselves, we are likely to feel more connected. We engage in healthier and happier patterns of behavior. These positive patterns will serve us well if we will do our part to practice mindfulness, so make it a daily choice.

Related Link: [5 Ways to Turn “Me” to “We”](#)

Our brains are powerful. It is up to us to guide them in a positive direction. We each have the innate power to literally change the way we think. Hopefully, celebrity exes Cannon and Carey will choose to be mindful as they become co-parents for years to come. Begin to be more mindful, and see how your own relationships and love life will evolve and change for the better. It starts with YOU!

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



Lisa LaBelle is co-founder and co-executive director of Hope After Divorce and DivorceSupportCenter.com. She holds a B.S. degree in Education, and is completing her master's degree in clinical mental health counseling with an emphasis in marriage, child, and family therapy. Lisa is a family and child advocate. She is co-author and co-editor of Hope After Divorce and Divorce Experts Weigh In. Lisa is the co-host of the Life After Divorce CL3 Agency blogtalk radio show. She is a contributing expert for DivorceSupportCenter.com, FamilyShare.com, CupidsPulse.com, and Newport Lifestyle Magazine. You can contact Lisa by visiting www.divorcesupportcenter.com.

Relationship Author Sophia Dembling Says, “Extroverts Sparkle and Introverts Glow”



By [Sarah Batcheller](#)

Sophia Dembling is the most outgoing introvert you may ever meet, and she has got a lot to teach her readers who are looking for love. The relationship author previously penned *100 Places in the U.S.A. Every Woman Should Go*, and recently, the Dallas resident released *Introverts in Love: The Quiet Way to Happily Ever After*. In her new book about love, introverts and extroverts alike can learn the true definition

of introversion as well as how this personality type functions in a relationship. CupidsPulse.com recently had the chance to speak with the writer and editor about *Introverts in Love* as well as her best dating advice.

Relationship Author Discusses New Book About Love

What do you think is the most important thing introverts need to know about themselves?

That there's nothing wrong with it. The more at ease you are with your own introversion, the easier it is to navigate the world. You start respecting your motivation. The difference between shyness and introversion is that shyness is fear; it's wanting to be in social situations but being fearful and anxious. Introversion is a measure of how much you need interaction. So when you start respecting that you don't need as much and start giving yourself permission to say "no" or to leave parties when you've had enough, then it makes it a lot easier to go out in the first place. The more you respect your introversion, the easier life is.

Related Link: [Single in Stilettos Show: Why Self-Confidence is So Important in Dating](#)

In your book, you mention that half of couples are introvert-introvert, while the other half are introvert-extrovert. Can you explain why both kinds of relationships may or may not work?

One of the most common questions I get is, "Do I look for an introvert, or do I look for an extrovert?" The introverts who are with extroverts really like the fact that this person brings a more active social life to the relationship. They drag them out instead of letting them sit at home stewing in their own juices, and the introvert really needs and

appreciates that. The challenges of that relationship are getting the extrovert to appreciate your lifestyle and stay home sometimes. You want to make sure that the extrovert is okay with bringing the social aspect and doesn't feel used. You have to understand the parameters of this interaction.

As far as introvert-introvert relationships, I spoke with one woman for the book who was married to an extrovert, and it ultimately wore her out. They eventually got divorced, and when she met her current husband, who is also an introvert, it was a huge relief to have somebody who was happy to stay home and didn't have to go out every weekend. That's what some introverts really need. The peril there is that they sort of encourage your own worst habits when it comes to being isolated. If something were to end the marriage, you've made your world so small that you don't have many other people. I was also talking to a psychologist who mentioned that, because introverts tend to not express their feelings, the introvert-introvert relationship can flat line – there's just not a lot of passion or interaction going on.

Dating Advice for Introverts

The dating game can be tough for introverts because it involves putting yourself out there. How can an introvert overcome the daunting aspects of a first date?

The hardest part of a first date is small talk – and introverts hate small talk because we put too much pressure on ourselves to be interesting and deep. Small talk is so shallow. But it's important to remember that a first date is just a first date. Don't go in thinking you have to make this intense impression and that it's happily ever after or nothing at all. Instead, tell yourself, "Okay, it's an evening. Maybe it'll be fun, or maybe it won't."

When it comes down to what you wear, wear something that makes you comfortable. If you do yourself up all fabulous, then you

won't feel like yourself. It's just like the old advice your mother gives you: You have to be yourself. I'm reading another book right now, and the relationship author talks about finding what your core person is. If you discover and respect that person, then the person you end up with will be somebody who appreciates that. Don't pretend to be an extrovert; just go and see what happens.

Related Link: [Cupid's Weekly Round-Up: Building a Strong Bond](#)

What do introverts bring to the table that extroverts may not?

We're really good listeners. We're deep listeners that like to take something into our heads, chew it up, and analyze it. We tend to be very loyal because we are very selective in our relationships. We don't need a thousand friends, and we know that, if we have five friends, we have to take care of our friendships because losing one friend would be a great loss.

What I say is that extroverts sparkle and introverts glow. We have our own quiet glow. We think we're being overlooked, but if we stop being threatened by the extrovert, then we'll realize we have our own quiet, respectful energy that people will be attracted to.

Do you think that introverts suffer from rejection more harshly than extroverts do?

Not many introverts are pursuers. They tend to let themselves be pursued. One person in particular who I spoke to for the book said that, once you've been rejected a couple of times, it makes it harder. I will say that if you've always been pursued, then there's a risk that you will end up with people simply because they pursued you *without* actually making the choice that that is the person you want. If you're always pursued, you may not be thinking very much about what you want from your relationships.

And finally, does online dating help or hurt an introvert?

I think it's great, and quite a few of the introverts I spoke to in my book met their partner online. It's good because introverts express themselves really well in writing. It also gives you that time to think things through. It takes introverts a while to warm up to people, so it gives us that time before we meet face-to-face. There is that risk, though, that we'll get stuck in e-mailing. Ultimately, it is very low-risk, and it helps us find someone we have a lot in common with.

For more from Sophia Dembling, check out her blog on PsychologyToday.com, find her on www.facebook.com/SophiaDemblingWriter, and follow her on Twitter @SophiaDembling. Purchase her latest book about love on Amazon!

Single in Stilettos Show: What Makes a Man See You as Marriage Material





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and romance artist Zan Perrion share their video dating tips for what makes a man see you as marriage material.

Video Dating Tips: Love Advice to Make a Man See You as Marriage Material

The relationship experts believe that a man looks for a woman who: takes care of him, who inspires him, who is supportive, who doesn't emasculate him, who doesn't try to change him, and who needs him. If you follow this love advice and possess these qualities, the guy you're dating may just start to see you as a potential wife!

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](#).

Cupid wants to know: What's your best love advice for making a guy see you as marriage material?

'The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"



By Emma L. Wells

Poor Chris Soules had a lot to handle on last night's jam-packed episode of the hit reality TV show *The Bachelor*. His hands were full with two group dates, two one-on-ones, a visit

from his sisters, a shameless *Cinderella* promotion, and one big confession. The first group date brought seven girls to the lake for a day of beach fun and night of camping. Ashley I. was, in her own words, a camping virgin and a virgin camping, and after fretting over it, she decided to tell Soules the truth about her sexual history – or lack thereof. She snuck into *The Bachelor* star's tent in the middle of night to wake him up and was clearly nervous as she danced around the point of the conversation without actually saying it. In his blog on People.com, the Iowa farmer writes, "Here's a little lesson for you ladies: Men are pretty simple when it comes to words... Spell it out for us. Maybe even write it down so we don't forget it. We don't work well with subtlety." Later in the episode, she bravely tried again, and this time, she came right out with her confession.

***The Bachelor* contestant Ashley I. was in need of some dating advice before she confronted Chris Soules with her big reveal on last night's episode. What are some ways to successfully open up to a guy?**

Cupid's Advice:

Getting to know someone at the start of a relationship is both fun and scary. Once you get through basic background information, you have to open up about the good, the bad, and the emotional – and that's not always easy. It's worth it, though: Sharing yourself with a new guy leads to a deeper connection and a stronger relationship. Cupid has some dating advice to help you successfully open up:

1. Pick the right time and place: Ashley I. should've waited

for a better opportunity to reveal her big secret to Soules. If you're ready to share something personal, it's important that your partner be in the right mindset. Make sure you have an appropriate amount of time, their undivided attention, and a bit of privacy. You should be somewhere where you feel comfortable expressing your emotions and talking freely without interruptions or distractions.

Related Link: [‘The Bachelor’ Season 19 Contestants Deal with Jealousy – Chris Soules Can’t Stop Kissing Them!](#)

2. Be straightforward: Like *The Bachelor* said, “Spell it out.” Don’t beat around the bush; your significant other probably won’t understand what you’re trying to say, and you won’t get the response you’re looking for. It can be hard, but say it as plainly as possible. You may still have answer some follow-up questions though, so be prepared to have a conversation and not just make a confession.

Related Link: [‘The Bachelor’ Chris Soules Opens Up About Finding His Future Wife](#)

3. Let it happen naturally: Reaching the point in a relationship where you two can really be honest with each other can’t be forced. If it’s meant to be, it will be. There’s no need to rush to pull the skeletons out of your closet in the first few weeks of a knowing each other. When the timing is right, you’ll feel it. That being said, if you think this person can’t really get to know you while you’re keeping a secret, then it’s time to reveal it.

How do you know when it’s time to open up in a new relationship? Tell us in the comments below!

Dating Advice: How to Date & Get the Best Results



By Deborah Downey

The most important aspect of dating is to be confident. Men and women want different things from relationships and love as they age. Consider the following dating advice, as it's perfect for those of you who want more options when it comes to the dating pool and are determined to find true love in a monogamous, committed relationship filled with passion and purpose with the person of your dreams.

7-Step Dating System for Relationships and Love

To begin, design your search path and ask yourself what you want your love life to look like. Dating is a fact-finding mission; it's a process of elimination. You will attract someone with the exact amount of self-worth that you possess. Follow these steps:

Step one: Define what you want. Not who you want.

Related Link: [10 Relationship Myths](#)

Step two: Evaluate your readiness and check your motives.

Step three: Revise your needs and make sure they are realistic and that you have attainable goals.

Step four: Build your mindset and lose any doubt.

Step five: Create a "want ad for love" to the universe (not to print or show or tell anyone). Also, construct a strategy / plan to meet your loved one.

Step six: Prepare, Practice, and Poise

Step seven: Support Sorting and Sex

Related Link: [Dating Advice: Six Tips for Meeting Someone Special in 2015](#)

Check out the following conversation topics to use as dating advice:

Talk about books, movies, interests, hobbies, parents, work, hopes and dreams, spirituality, habits, relationship to money, health, their financial health... any debt? Last relationship?

Why it ended ...how long it lasted...what they found really unappealing? What they learned about themselves?

Final Thoughts:

Make sure to watch and listen carefully on a date. People will show you who they are by how they treat wait staff or drivers. Take your own car for the first few dates, and go to places where there are lots of people. Stay away from his or her place for a minimum of 3 dates.

A date for the first 3 weeks is best if it lasts no longer than 3 hours.

Don't take or be taken hostage by spending multiple days on a date with someone. Only see them once or twice a week for the first 3 weeks and try to see other people while dating them until you mutually agree to be exclusive. Do ask them about sexually transmitted diseases, and make sure they've been tested recently.

Deborah Downey's experience spans 25 years of recovery in various 12-step programs around the country. Holding certifications as a professional life coach and as a chemical dependency counselor, Downey has dealt with addiction in its various forms, both as the child of alcoholic parents and as a confidant for others. In her self-help book, "What Are You Worried About!" (<http://www.coachdeborahdowney.com/>), Downey, who has multiple sclerosis, details a proactive approach to training one's mind to think positive.

Famous Couple: Liev Schreiber

Says He was Naomi Watts' Inspiration for 'St. Vincent' Stripper Dance



By [Rebecca White](#)

Relationships and love take a lot of nurturing and care. Famous couple Liev Schreiber and Naomi Watts understand that it is important to support each other's careers. According to [People](#), Schreiber said that he helped Watts with her role in *St. Vincent* and was even the inspiration for her stripper dance in the film. Thanks to her beau, Watts now feels more comfortable to take on comedic roles. We should all follow this love advice from famous couple Schreiber and Watts so that we can improve our own partnerships.

Relationships and love require a foundation of support. What are three ways to support your partner's career like this famous couple?

Cupid's Advice:

The key to any successful relationship is a solid foundation based on mutual respect and understanding. One way to build this foundation is to support each other's careers, but also to always stand up for each other, whether it be when you're talking to family or friends or being interviewed on the red carpet:

1. Post Facebook updates: One unique thing to do is to post updates on Facebook, sharing with family and friends not only how proud you are of them, but showing off all their hard work. Whether you post about the promotion they got, to how well they did that day at work, your partner is sure to feel the love.

Related Link: [Naomi Watts Says She Seduced Liev Schreiber](#)

2. Ask about it: Don't just expect your partner to come home bragging and give you a play-by-play. Ask them what they excelled in at work today and what they could improve on. You could give them advice for things to do better, while celebrating the victories as well.

Related Link: [Hollywood Couple: Diane Kruger Adorably Freaks Out Over Longtime Boyfriend Joshua Jackson's Golden Globes Win](#)

3. Surprise them: Surprise your loved one with a gift or special dinner just to celebrate how well they are doing at work. You can make their favorite recipe or recreate your

perfect date night, not only to support their career, but also to show how much you love and care for them.

How do you support your loved ones career? Comment below!

Actress Joely Fisher on Her Celebrity Marriage: “It’s Work, But I Don’t Feel Like It Doesn’t Have Its Rewards”



By [Katie Gray](#)

Joely Fisher is perhaps best known for playing Paige Clark on the television series *Ellen* and Joy Stark on *'Til Death*. She's also been on Broadway in *Grease* and *Cabaret* and had a recurring role on the popular ABC show *Desperate Housewives*. Acting isn't her only passion though: She serves as an ambassador for the International Fund for Animal Welfare (IFAW), which recently debuted the PROTECT PSA campaign that was conceived, directed, and edited by the talented star herself. It features notable Hollywood personalities – including Amber Valletta, Melissa Rivers, Denise Richards, Brian Austin Green and Joshua Bowman – discussing the pressing issues facing animals around the world and are calling upon the public to take action for animals. “I’m an animal lover,” she says.

Related Link: [Jennie Garth Says Farm Animals Help Her Cope with Divorce](#)

Joely Fisher Talks PROTECT PSA Campaign in Exclusive Celebrity Interview

The actress, who currently has a recurring role on Tim Allen's show *Last Man Standing*, describes her initial encounter with IFAW as “love at first lecture. I fell in love with these people and their commitment.” One of the primary goals of the organization, which was founded in 1969, is to inform the world about the realities of endangered exotic species. “A lot of people don't realize that piano keys, chess pieces, and billiard balls are historically ivory,” she explains in our exclusive celebrity interview. “And they're not aware that you can't have ivory unless an elephant is dead.”

The video footage in her PROTECT PSA campaign shows the relationship that animals like elephants have with each other,

allowing viewers to see them as living, breathing creatures. “It’s so important that people know that they have feelings and emotions and reverence for their ancestors like humans do,” she passionately shares. “Our campaign sheds light on the struggles of these animals without being graphic. It’s in a positive way.”

She adds, “We’re not asking anybody to give any money; we’re not asking for a donation. We’re asking people to protect these animals and to have them in their consciousness. I feel like everyone is loving it.”

Related Link: [Celebrity Mom Tia Mowry Says, “There’s No Such Thing as Balance!”](#)

Actress Opens Up About Being a Celebrity Mom

Beyond acting and working with the IFAW campaign, Fisher also has a busy home life: She’s a devoted wife and celebrity mom of five, with kids ranging in age from six to twenty-nine. “Mothering is a job. It’s our greatest gift and also our biggest career,” she candidly says. “We are built for speed; we are built to multitask. We have to schedule ourselves so that we are present in our children’s life and also fulfilled in our careers and partnership.”

With this thought in mind, the star believes that it’s important to show her kids what it means to be a working mother. “They get to see me love my career and also have enough time for them,” Fisher shares. “They will be better humans for that!”

In order to find that balance between your professional and personal life, you have to surround yourself with people who appreciate all of your hard work and enjoy every moment. “We’re all running at full speed, so don’t forget to have a

giggle with your kids when you can and then hit the ground running with work,” she reveals. “I think it’s possible.” And that is from a woman who has never had help from a nanny!

Related Link: [Ben Affleck Says Jennifer Garner’s Love Has Helped Him Become a Hollywood Star](#)

Hollywood Star on Her Celebrity Marriage

When it comes to her celebrity marriage, Fisher knows the importance of making your spouse feel loved and appreciated. “We celebrate each other and like to raise each other up. That’s sexy,” she says. “It’s sexy to see your partner doing what they love. It’s also sexy to me to see what a great father he is – that’s impressive.”

She adds with a laugh, “More than, you know, romance in the bedroom – but you do have to fit that in too!”

For date night, the famous couple enjoys going to sushi bars and eating good food. Recently, they went and saw Brad Garrett, Fisher’s costar in *‘Til Death*, in a comedy show. When it comes to family time, they have game nights and movie nights, frequent the beach, and go bowling. “Our house is very open. We love having Sundays here, and I cook for everybody,” she reveals. “We’re all really close. I don’t go a day without seeing my family.”

People are in awe of her 18-year celebrity marriage because it’s rare these days – especially in the entertainment industry. “It’s work, but I don’t feel like it doesn’t have its rewards,” she divulges. “So the work is the same thing as when you work really hard and you earn your paycheck and you get to see the fruits of your labor.” When talking to the star, it’s evident that her family is her proudest accomplishment.

Visit www.ifaw.org/united-states/our-work/political-advocacy/protect-campaign to watch the PROTECT PSA campaign.

Celebrity Video Interview: Actress Tia Mowry Says, “There’s No Such Thing as Balance!”



Interview by [Lori Bizzoco](#). Written by Shannon Seibert.
Perhaps fans best recognize Tia Mowry from the 1990s

television series *Sister, Sister*, but she's come a long way since then! Currently playing Stephanie Phillips on the popular Nickelodeon show *Instant Mom*, she channels her real life experiences as a wife and mother for the role: She married actor Cory Hardrict in 2008, and they welcomed their son Cree Taylor into their family in 2011. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress about marriage, motherhood, and her busy career, including her current partnership with the National Center for Missing & Exploited Children (NCMEC) and Honeywell.

Related Link: [‘Sister, Sister’ Star Tia Mowry and Actor Husband Cory Hardrict Are Expecting](#)

Tia Mowry on Being a Celebrity Mom

Finding balance can be seemingly impossible when you're a working parent – but Mowry has figured it out. “Be honest with yourself. In my opinion, there's no such thing as balance!” the celebrity mom says with a laugh. “Some days, you're going to be a better mom than other days.” She candidly adds, “I have a three-and-a-half year old at home, but I still consider myself a new mom. I'm still learning new things.”

Of course, there are some days where you just can't do it all. In those situations, she encourages other working parents to lean on their partners. “My husband is extremely considerate,” she shares in our celebrity video interview. “That's better than receiving flowers on Valentine's Day!”

Actress Shares Relationship Advice in Celebrity Video Interview

Despite her busy schedule, the star still makes time for her favorite date nights with her man – relationship advice that she says is important for keeping the passion alive in a

marriage. "It's when we both get dressed up and get sexy for ourselves, for each other. I put on my really nice, sexy dress and red lipstick, and my husband puts on a really nice suit," she explains. "Then, we go to our favorite restaurant...and really have a great meal and have a great glass of wine."

Related Link: [Date Idea: Spend an Intimate Night Indoors](#)

Mowry also talks with us about her work with the NCMEC and Honeywell and the KidSmartz "Safety Dance" contest. For her, this partnership was a no-brainer. "As soon as you become a mother, you're constantly worrying. My child's safety is my number one priority," the celebrity mom reveals. For more information about KidSmartz and the current contest, check out their website.

You can keep up with Tia on Twitter @TiaMowry and www.facebook.com/TiaMowry.

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

Miley Cyrus and Patrick Schwarzenegger Enjoy Celebrity Vacation in Hawaii





By [Rebecca White](#)

Hollywood couple Miley Cyrus and Patrick Schwarzenegger enjoyed a celebrity vacation to Maui, after spending time partying in Miami and heading to Idaho with Schwarzenegger's father. According to [UsMagazine.com](#), the pair is using this time to amp up the romance, although their friends joined them for the trip.

Celebrity vacations are usually expensive and extravagant. What are some ways to indulge in a budget-friendly getaway?

Cupid's Advice:

Not all of us can afford a celebrity vacation, but that doesn't mean we can't have fun. There are many ways to make your next trip easy on your wallet. Consider using a vacation to improve your relationship and love. Keep these three things

in mind if you want to have a trip to remember:

1. Keep location in mind: Sometimes all you need to do is focus on picking a less touristy location in order to save some money on your vacation. National parks are very easy on the budget because all you have to do is spend money on gas (pick a park close to home!) and then spend the night in a cheaper hotel or at a campground.

Related Link: [Miley Cyrus Meets Boyfriend Patrick's Dad Arnold Schwarzenegger](#)

2. Plan ahead: Plan ahead in order to save money wherever you can. Find a hidden gem and look for places that most people don't usually go to for a getaway to ensure reasonable hotel and flight prices. For example, Morro Bay in California has museums, Morro Rock, a harbor, and the Pacific all within reach ... most people have never heard of it.

Related Link: [Miley Cyrus' Brother Is Dating Patrick Schwarzenegger's Sister](#)

3. Look online: Utilize one of the best resources we have available to us: the internet! Look online for budget-friendly locations, hotel and flight deals, and try going to a travel agent to guarantee that you save money on your budget-friendly getaway.

How do you indulge in a budget-friendly getaway? Comment below!

Dating Advice Q&A: Is It

Appropriate to Play Hard to Get Via Texting?



Question from Kaitlin B.: It sounds silly, but I think a lot about my texts before I send them to a guy I've just met. When and how do I play hard to get while texting? What things should I consider before pressing send?

Read on to find out what our relationship experts think!

Dating Advice from Our Relationship Experts

[Suzanne K. Oshima, Matchmaker](#): I think it's interesting that you prefaced your question with "it sounds silly"...and the reason why I bring that up is because I think deep down you

know this *is* completely silly! You're thinking way too much about what you should or shouldn't do when it comes to texting a guy, which is probably taking all the fun out of the beginning stages of dating and just getting to know him.

If a guy really likes you, whatever you write in a text is very rarely going to change how he feels. However, if you play too many games and play hard to get, you're more likely to lose him than to get into a relationship with him. Here's my best dating advice: Stop thinking too much about what/how/when to text him and just go with the flow. You might win him over by being yourself!

Related Link: [Is It Okay If My Boyfriend Texts His Ex?](#)

Paige Wyatt, Reality Star: It's very easy to overthink when it comes to texting someone you've just met. It's important to note that you don't always have to play hard to get. Sometimes, it's better to just act like yourself and reply back without too much thought. If you feel like you need to do a little more to keep this person interested, don't reply back right away; it can be enticing if you don't seem too available. You don't want them to think they don't have a chance with you, but you can let them know that you have your own life and that you're a busy girl.

If you still want to play hard to get, don't be too cold. Remember that it's called "hard to get," not "never get!" My best dating advice is to make sure they know you're in demand but that you're also willing to make time to see or talk to them.

Related Link: [Dating Advice: Is It Bad to Double-Text a Guy?](#)

[Robert Manni, Guy's Guy](#): The most important consideration is if texting is the best way to play hard to get. The written word, particularly emails and texts, can be easily misinterpreted. Playing a finesse game like "hard to get" can be challenging when the playing field is limited to a few

brief words and phrases. If setting the hook and making a real connection is your goal, I suggest a phone call or, better yet, meeting up in person. Remember that guys are visual. There is no better way to make a man want to see you more than by looking into his eyes and smiling.

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

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

How do you play hard to get when texting a new guy? Share your dating advice with us in the comments below!

Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses how *The Bachelor*, particularly season 19 with [Chris Soules](#), and other similar reality TV shows are changing the reality of dating.

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

"They're helping to shape the way we view what is desirable, what is sexy," she explains of the reality TV franchise. "With Farmer Chris from Iowa as America's current leading man, the dating landscape has dramatically shifted." House reveals five ways that Soules is changing the reality of dating: Women no longer want bad boys like former *Bachelor* Juan Pablo Galavis; we see farmers as marriage material; we're going back to the basics and forgetting about the rich and famous; we want a true gentleman; and we (finally!) think nice is sexy.

Related Link: [Screwing the Rules Video Dating Advice: Find the Love of Your Life](#)

Funny enough, a reality TV show is helping us redefine real love. "It's being authentic; it's being our true self. It's looking down deep and thinking, 'What do I need in a relationship and love? What do I need in a relationship? What will sustain a relationship long-term?'" the relationship expert shares.

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

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

How do you think *The Bachelor* is changing the way we date? Tell us in the comments below!

'The Bachelor' Season 19 Contestants Deal with Jealousy – Chris Soules Can't Stop Kissing Them!





By Emma L. Wells

[Chris Soules](#) certainly seemed to be enjoying himself during last night's episode of [The Bachelor season 19](#)! Reality TV fans got to see multiple makeout sessions and enjoy a lot of laughs, thanks to a guest appearance by Jimmy Kimmel. According to [People.com](#), Soules kissed eight different women, claiming that it was simply part of the process of finding love. When asked by Mackenzie why he was macking with so many different honeys, he answered nervously that that's just how he gets to know people. Becca was the only girl to deny his attempt at a smooch; instead, the two shared a sweet hug.

What are some ways to deal with jealousy when, like the contestants on *The Bachelor* season 19, you aren't exclusive yet?

Cupid's Advice:

It's easy to get jealous during the beginning stages of relationships and love. On *The Bachelor* season 19, the contestants are forced to watch the man they're all falling for go after multiple women at once. While a little jealousy can add heat to your romance, letting it consume you can have consequences. Whether you're on reality TV or dating in real life, Cupid has some dating advice to help you handle your jealousy:

1. Honesty is key: Soules doesn't – and can't – hide his dalliances from the women on *The Bachelor* season 19. You should be honest with your partner too, no matter how hard it may be to tell him that you're ready to go all in and stop dating other people. Besides, don't you want to know if he's seeing someone else? The only way to truly know for sure is to ask.

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

2. It's not a competition: Cut down on your jealousy by focusing on your relationship. You could drive yourself crazy comparing yourself to other people in your date's life. Your relationship, even if it's not exclusive yet, should be about just the two of you. Focus on the amazing time you have together and all the positive aspects of your partnership so far.

Related Link: [‘The Bachelor’ Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

3. Take the power back: Jealousy in relationships often stems from a lack of power. This doesn't mean you need to control your partner's actions, but you should assert your right to make your own decisions. For instance, don't feel the need to match every move of your beau. Even if you've agreed that you're not ready to be exclusive, you don't have to date other people just because he is. You should do what feels right for

you! Take a tip from Mackenzie and Becca and clarify what *your* boundaries are for the relationship.

What's your best tip for dealing with jealousy in the early stages of dating? Tell us in the comments below!

Single in Stilettos Show: What Turns a Man On



On this week's [Single in Stilettos](#) show, NYC matchmaker and dating coach Suzanne Oshima talks to founder of the [WingGirlMethod.com](#) Marni Kinrys about what turns a man on –

and no, we're not talking about in the bedroom!

Related Link: [The Most Important Thing You Can Do to Find Love](#)

Relationship Advice for the Early Stages of Dating

These dating experts share their best relationship advice for what keeps a man's attention after the first few dates. In the beginning, of course, your chemistry is based primary on your looks, the way you smile, and how you smell. But if you want him to stick around, you have to make him happy. It's really as simple as that! The best way to do so is by communicating clearly. Men get confused easily, so say what you mean and mean what you say. If you follow this relationship advice, you'll quickly move from "just dating" to a committed partnership with the right guy.

For more information about Single in Stilettos shows, click [here](#).

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

What's your best relationship advice for making a man happy? Tell us in the comments below!

**Olivia Munn Supports
Boyfriend Aaron Rodgers at**

Every Green Bay Packers Home Game



By [Katie Gray](#)

Go green and gold! Green Bay Packers quarterback Aaron Rodgers has the support of girlfriend Olivia Munn at every home game. Relationships and love go hand in hand...or in the football stand, in this case. According to [UsMagazine.com](#), the actress explained, "Every home game, I am there. When there's an away game, that's when I leave to do my work." She went on to say, "I think I'm a good fan. I'm there, and I'm screaming a lot. I think it's really important to scream, and my acupuncturist told me energy follows thought. That was a very Hollywood sentence for you guys." The Packers played a great season and were the division champs. On Sunday, Jan. 18, they

sadly lost 22 to 28 against the Seattle Seahawks. We hope this celebrity couple makes it to next season!

Relationships and love require a solid foundation, which includes supporting each others' interests. What are some ways to support your partner's hobbies?

Cupid's Advice:

Supporting the things your partner loves is important when it comes to solidifying your relationship. Check out Cupid's love advice below:

1. Show interest: When you're dealing with relationships and love, it's really important to show interest in whatever they like to do. If they're into sports, pay attention to the games and scores. It can be as easy as setting up ESPN alerts on your phone. You don't have to be obsessed with their favorite team, but keeping updated on them will make your significant other happy.

Related Link: [Olivia Munn and Joel Kinnaman Call It Quits](#)

2. Take initiative: This piece of love advice isn't just for celebrity couples like Munn and Rodgers. To show your partner that you truly care, it really is all about the little things. If they are into Mexican food, make them homemade chicken enchiladas as a surprise. If they are wine connoisseurs or beer lovers, take them to a wine tasting or on a brewery tour. If they are into horror movies, suggest going to see one when it comes to theaters. Grab the bull by the horns and let them know that you pay attention to their likes and dislikes.

Related Link: [3 Ways to Support Your Partner](#)

3. New experiences: Life is all about adventures. If your partner has a hobby or activity that they enjoy, try it out yourself! Whether that means playing tennis or going fishing, give it a shot. You don't have to be super into these activities, but actually doing them together will bring you closer. Plus, you will most likely really enjoy yourself. Feel free to invite them along with you to your hobbies too!

What are other ways you have shown support of your partner's interests? Share your experiences below.

Miley Cyrus' Brother Is Dating Patrick Schwarzenegger's Sister





By Maggie Manfredi

This will make for a fun double date. According to UsMagazine.com, Miley Cyrus' brother Braison is dating her boyfriend Patrick Schwarzenegger's sister Christina Schwarzenegger. Talk about some juicy celebrity gossip! A source stated, "They are dating and have been since a little after Patrick and Miley got official. Both Patrick and Miley approve of the pairing. Miley loves her brother and thinks it's a great match." This celebrity relationship isn't in the spotlight as much as their siblings, but they seem happy together nonetheless.

Celebrity relationship gossip heats up with this type of development, but it's not always so easy to meet a new partner. How do you mix up

your dating game in order to meet new people?

Cupid's Advice:

Dating can be fun, exciting, and invigorating, but it can also be overwhelming and nerve-racking. Cupid has some ideas on how to step up your dating game as you're searching for The One:

1. Get out there: This piece of dating advice is most important, as you can't sit on your couch and expect to find someone special! Don't get stuck in a rut. Single women and men need to throw on some lipstick or cologne and congregate in a social setting in order to find potential partners. Or take a cue from this celebrity relationship and simply hang out with your sibling and their new partner.

Related Link: [Kim Kardashian Takes Fashion Advice From Husband Kanye West](#)

2. Have new experiences: Never been skydiving? Find a social group online that is going, and join the ranks! You'll not only be conquering your fears, but you'll be doing it with new people. That type of experience is no doubt going to lead to some bonding opportunities.

Related Link: [Hollywood Couple: Diane Kruger Adorably Freaks Out Over Longtime Boyfriend Joshua Jackson's Golden Globe Win](#)

3. Use your tools: There are websites, apps, events and more all working in your dating favor. Play to your strengths and use the tools provided to you to reach out and make some new connections.

Do you think these two couples are destined to last or just flings? Share your comments below.

How to Balance a New Relationship and Love with a Booming Career



By [Sandra Fidelis](#)

So you've met a great guy who's extremely sweet, handsome, and dynamic. You love spending time together, and the chemistry is off the charts. It's exhilarating! The start of a relationship and love is probably one of the most exciting times for a woman. You want to spend every second with your new man, and when you're not with him, you're likely daydreaming about your future together (admit it!). But what do you do when your new

partnership begins to affect other important parts of your life? Use this [expert love advice](#) to learn how to balance romance with a booming career.

Take a Cue From Celebrity Couple Britney Spears and Charlie Ebersol

Like you and your new love, celebrity couples must also learn how to balance their budding love affairs with a demanding work schedule. Take hot new twosome Britney Spears and producer Charlie Ebersol, who recently went public with their four-month-old relationship. With the singer's smash Las Vegas show still going strong and the demands of being a pop princess, she must juggle her new romance with the responsibilities of a career she's worked so hard to build. You may not have access to Brit's army of assistants, chauffeurs, and nannies, but with a little focus, you too can give your love life and your career the TLC they both deserve. Here are three pieces of dating advice to consider:

Related Link: [Is Your Career Killing Your Relationship?](#)

1. Take time for self-care: You're a busy woman with a full schedule, so it's important that you have enough energy to perform well at work and to be present for your new relationship and love when you're together. Staying active is one of the best things you can do to increase your productivity. A regular exercise routine has been shown to give you more energy throughout the day. Can't afford a personal trainer like Spears? No problem. Try a Pilates class at your local gym or join a running group. You can even start with a 30-minute workout DVD in your living room. Prioritizing self-care will help you keep up with the demands of your busy career.

2. Manage your time efficiently: Start by scheduling both a

weekly date night and some alone time. Scheduling uninterrupted time with your new partner is essential if you have a heavy workload. This means you're not checking emails and you're not responding to phone calls or text messages that are work-related. It may take some discipline, but you'll have plenty of time to put out those fires later. Make sure to let your boss know that you'll be off the grid and will be back during regular work hours.

In the performer's case, time management is essential because she's also a celebrity mom and must make room in her schedule for time with her two sons. If you're a mommy too, be sure to prioritize your time with your children in addition to all of your other responsibilities.

Related Link: [When Friends Have Babies and You Have Your Career](#)

Expert Love Advice About Balancing Love and a Career

3. Include your new love: Are your co-workers meeting up for happy hour after work? Let your man tag along and meet your colleagues. Do you have an upcoming business trip that could extend into a romantic weekend? Ask your guy if he'd like to meet you there and explore a new city. You don't have to jet off to an exotic destination to follow this expert love advice. Just use your time efficiently by merging your work and love life when appropriate!

Managing a successful career and a new relationship may feel a bit daunting. But with a little focus and creativity you can achieve the success you desire, build an amazing relationship, and finally have it all!

[Sandra Fidelis](#) is a relationship expert, author and speaker with a great talent for helping single women get off the

dating merry-go-round and finally meet the right man.

Kindness No Matter What



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

"It seems that, whenever I allow myself to react without thinking, someone is watching from nearby who knows me. Can you relate?"

I was in a fast food restaurant with my family the other night, and everything seemed to be going wrong for me. The tomato basil soup I ordered wasn't quite ready, so I was told it would be just a few minutes before it was brought out to

me. Well, 20 minutes later – after my family had nearly finished their chicken noodle soup – mine finally arrived...cold!

Now, I was already annoyed about the wait, and, oh yeah, a pita bread incident, and I really didn't want to have to send my soup back, but I did! Cold soup just doesn't hit the spot when it's 28 degrees outside. And, silly me, I actually expected it to be hot after waiting 20 minutes, right?

Related Link: [EXCLUSIVE: Designer Christy Biebrich from 'Brother vs. Brother' Says, "Laughter Is The Secret to a Healthy Everything!"](#)

When the waitress finally brought my heated-up soup back to my table, she sat it down in front of me, looked me in the eye, and said without hesitation, "Let me know if that's good enough for you." Yikes! My daughter had pointed out to me earlier that I was making the waitress scared... but now, it was me who was scared. I would have eaten the soup had it been frozen at this point. Luckily, it was just right.

Relationship Advice for the New Year

As I pondered what had happened that night, I realized both the waitress and I could have been a little more kind to each other. I don't like myself much when I allow my emotions to get the best of me and I wind up taking it out on other people. But here I was letting it happen. And she struck back. It made me think about how we can be unkind in all of our relationships, even with the people we love. Wouldn't you agree that our relationships with everyone – even those we don't know or even like – deserve our respect? After all, respect is one of the only things that keeps our world from crumbling into complete and utter chaos.

I decided right then and there that I'm going to work harder during this new year to be more kind to everyone I meet. So, as some general relationship advice, here are my rules to myself. You can borrow them if you'd like:

- I will smile at every person I encounter;
- I will offer an acknowledgement to let them know they are important;
- If someone is less than kind to me, I will try to brighten their day with a kind word;
- And if a person annoys me in some way, I will ask them cheerfully how their day is going.

I kept these rules quite simple for a reason: so I could remember them and have only a few small things that I require of myself. That way, it's more likely I will actually stick to them.

Related Link: [Single Traits to Lose So You Can Move Forward in a Relationship](#)

I consider myself a generally happy, kind person. But I am here to tell you that stress and pressure can get the best of any of us. We are all capable of acting annoyed, put out, angry, and unkind. It seems that whenever I allow myself to react without thinking, someone is watching from nearby who knows me. Can you relate? Maybe next time, I'll tell you about the time I said something thoughtless about my husband's ex-wife only to discover she was sitting at the table behind me. Yep, it actually happened!

What We Can Learn from Celebrity Divorce

Celebrity and well-known chef Giada De Laurentiis recently announced that she and her husband are divorcing. They have been married for 11 years and have a young daughter. They have

stated that their divorce comes with much sadness. However, they are committed to focusing on the future with a desire for their family to heal and be happy. They say this is giving them the much-needed strength to move ahead. This celebrity divorce is a great example of how couples can choose to move through a split. It is a choice to be respectful, kind, and mindful of others, even during a tough breakup.

My best relationship advice is to remember to be kind. We live in a stressful world. Let's cut each other some slack and work on helping each other feel like we matter. When I'm feeling stressed or overwhelmed, all it takes for me is a smile and a kind word from someone, and it changes my entire day. Keep in mind that, when someone is rude or impatient with you, it's not about you. That person is most likely in need of some love or simply some appreciation. See if you can be the one to help them get it.

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



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

Dr. Karl Pillemer Interviews Hundreds of Americans for '30 Lessons on Loving'



By [Sarah Batcheller](#)

Dr. Karl Pillemer is a professor in the Department of Human Development at Cornell University and an internationally-renowned gerontologist. Being so familiar with the biological and social aspects of aging, he set out to answer some of our society's biggest questions about what it takes to create a long-lasting love. What makes long-term relationships so successful? How do older married couples' feelings change over

time? In his book, *30 Lessons for Loving: Advice from the Wisest Americans on Love, Relationships, and Marriage*, Dr. Pillemer interviews elder Americans all across the country in order to convey their messages to our country's young lovers who hope to enjoy long, happy relationships as well.

What thoughts kept running through your mind when you first set out on your journey to interview couples?

I'm a little bit of a self-help junkie myself, but looking at marriage and relationship advice books, it really hit me that many of them weren't based on any hard information. They're either written by a top psychologist, a celebrity, or a motivational speaker, but none of it seemed to be based on anything concrete. So the idea occurred to me: Why not talk to people who have actually done what young people are hoping to do?

That led me to collect the data for this study, which does include the largest sample of long-time married people ever done. I essentially wanted to find out if there's something older people know about having a healthy, happy marriage that younger people don't and if I could I distill it to young people by sharing these practical lessons.

Related Link: [Cupid's Weekly Round-Up: Date While You're Married](#)

How did you narrow down 700 interviews into just 30 lessons?

That was the most difficult part of writing the book. There were thousands of pages of transcripts. There were two ways I did it. First, I used social science methods to code the data, meaning I went through and assigned codes to the lessons people provided, which allowed me to narrow it down more easily. In addition to this, I read, and re-read and re-re-read all of these interviews. Even though it was very difficult, these lessons emerge very clearly from the data.

When it comes to dealing with obstacles in relationships, what do older generations have in common with Generation Y?

I think that young people often forget that a lot of the things that cause stress in marriage were experienced by older generations but worse. People are now trying to start lifelong relationships during the second worst economic downturn in American history, but a lot of the people interviewed were starting relationships in *the* worst economic downturn. Let's put it this way: Our bad jobs would seem like great jobs to those who were starting families during the Depression.

Another example is that people were much more tied to their spouse's family back then, so they had in-law problems, much like people do today. These examples are relevant because they show that older people have been through every kind of problem that keep young people awake at night nowadays. Because these people have experienced the same problems, but perhaps more intensely, that, to me, makes for incredible experts.

Is there one particular lesson that you think is most valuable? Or one that was most surprising or eye-opening?

I found all the little lessons to be the most surprising. A number of the elders identified one particular thing that contributes to solving arguments and fights, and that's asking, "Are you hungry?" Often, they describe arguments as going out of range or becoming much worse if one partner hasn't eaten. So, interestingly, one of their solutions to fights is making a sandwich.

Other small insights that never really occurred to me is the small act of being polite and to lighten up. If we use "please" and "thank you" in our relationships, it really helps. You should also always ask yourself, "Is this thing we're fighting about really going to make a difference when we're both 70 or 80?" People tend to forget to have fun. We get stuck in the midst of work, career, and children, and life

goes by in a blur.

One personal example I can give is a time that my wife and I were going on a trip, and she left her I.D. in the car and we had to run all the way back and get it and almost missed our plane. So I had to ask myself what's more important: the quality of our time together and our overall relationship or my being mad about this? That's what older people want younger people to know about their relationships.

Related Link: [4 Questions to Ask Yourself Before Getting Married](#)

Finally, what do you think is the most difficult part about learning these lessons?

One problem is that people don't know where to go for advice about their relationships. Another problem, which research proves, is that often times, in your 20s and 30s, you have an impossible level of perfectionism about how the relationship has to be. One of the lessons from older people that we have to learn is that marriage and long-term relationships are hard. So people have this image of a trouble-free perfection in a relationship when really it's a mixture of incredibly joyous, exhilarating experiences and very difficult ones. We are treated to a lot of false ideals in our society, but the nuts-and-bolts, nitty-gritty of a relationship is to try and try every day.

Be sure to pick up a copy of 30 Lessons for Loving today!

'The Bachelorette' Winner Josh Murray Gets Out of Town with His Mom Following Split



By Emma L. Wells

The Bachelorette winner Josh Murray knows there's nothing like a mother's love to help you heal. In a tweet on Jan. 12, he told followers he was headed to his hometown of Tampa, Florida with his mother after his celebrity breakup from Andi Dorfman. The couple, who met during season 10 of the popular reality TV show, announced their split in a joint statement earlier this month. Murray had been living in Atlanta, Georgia with Dorfman. According to [UsMagazine.com](https://www.usmagazine.com), his mother, Lauren Goodhart Murray, flew to see her son after the news went public, and now, the two are driving south together.

Dorfman's final pick also expressed excitement about seeing his beloved dog Sabel again.

Taking a cue from this celebrity breakup, what are some ways to cope with broken heart after a split?

Cupid's Advice:

Breakups can be painful no matter the circumstances. It's important to give yourself enough time to grieve but not so much time that you start to wallow. You need to move on but not so quickly that you haven't fully healed yet. Cupid has some advice on how to handle a broken heart:

1. Surround yourself with people who care: There is nothing strange about wanting your mama when you are hurting, no matter how old you are. It's natural to feel lonely after a split. Being around people who see how wonderful you really are will help you see it too. Follow Murray's lead after his celebrity breakup and don't shut yourself off from the world! Take a weekend trip to see family or friends. Even though your significant other may no longer be in your life, you are not alone.

Related Link: ['Bachelorette' Andi Dorfman Hands Out Final Rose](#)

2. Be active: You know what they say: Out with the old, in with the new! Use this time of change to better yourself by starting a new hobby or interest. Try taking a cooking or dance class or learning a new language. Exercise classes can be especially beneficial because of the endorphins your body releases when you workout. Get your mind off your hurt by setting a goal and hitting the gym.

Related Link: ['Bachelorette' Season 10 Couple Andi Dorfman and](#)

[Josh Murray Call It Quits](#)

3. Invest in yourself: You've just gone from being part of a twosome to being single again; you need time to adjust to that kind of change. Remember your awesomeness comes from within, not from your partner. Take yourself out for a day of you! Do the things you love, things that you couldn't do when you were in a relationship.

How did you heal after a breakup? Tell us in the comments below!