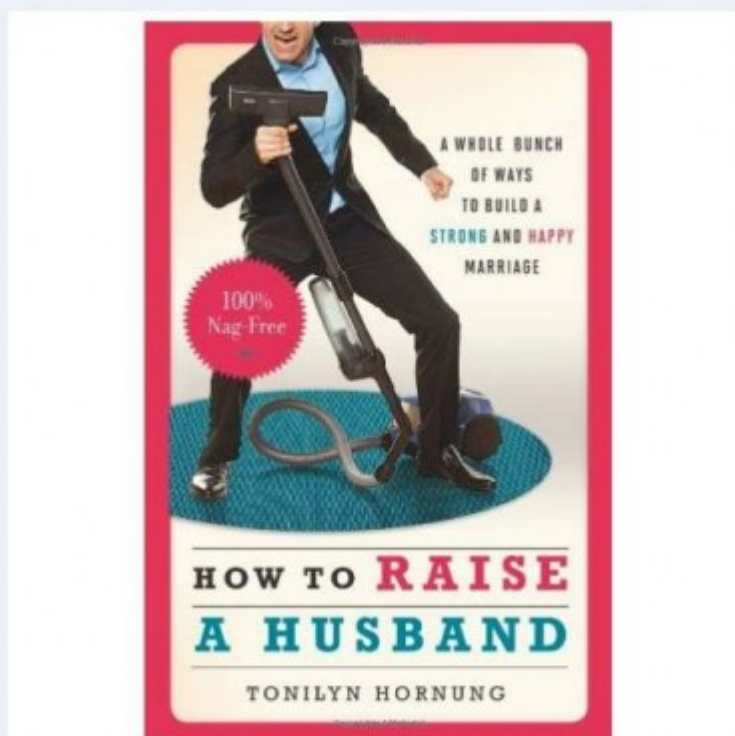


Author Tonilyn Hornung Shares Her Tips for 'How to Raise a Husband'



Interview by

[Whitney Johnson](#). Written by Maria Darbenzio.

Author Tonilyn Hornung has used the 153-plus years of marriage experience accumulated by her grandparents and parents as well as herself and her husband to bring other married couples advice. Now, with five other married women, she is sharing her first book, *How to Raise a Husband: A Whole Bunch Of Ways to Build A Strong And Happy Marriage*, to help other wives raise not only a better husband but also build a stronger relationship. Read on for some of the advice that Hornung shared exclusively with CupidsPulse.com!

The title – *How to Raise a Husband: A Whole Bunch of Ways to Build a Strong and Happy Marriage* – certainly grabs people's attention. What exactly is the meaning behind "raising" a husband?

The title was really inspired by my girlfriend. After telling me a story about how she caught her husband watching television instead of playing with their child, it occurred to me that she not only had to raise her kid but also her partner. That's when I started thinking about my relationship with my husband and of the times that I might have helped him come to a more *mature* conclusion about a disagreement we were having or supported him in seeing a different perspective than his own – that's how we raise each other. One partner helps the other see a little more clearly or communicate better. Sometimes we women just happen to be wearing thicker relationship glasses than our partner. We're more fashionable that way.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

You teamed up with five married women. What made you decide to take this approach – using their personal stories (and your own) to give advice to others? While working with these women, did you learn anything that helped strengthen your own marriage?

Even though my husband provides me with great material, I decided to interview other wives because I felt that this would allow me to give a broader picture of what marriage is really like. These women were wonderful. They held nothing back and opened themselves up to looking less than perfect, and for that, I applaud their honesty.

In my own marriage, I learned that awareness is a huge component of good communication – that and a slice of chocolate cake can work miracles. If I am able to stay aware

of what I'm feeling, I am better able to communicate that calmly and lovingly to my partner. Then, we can work on what we need to from a place of honesty.

Along those lines, is there one story that impacted you the most?

There are so many stories that I love and identify with. That was one of the great joys of writing this book. I could feel each wife's dilemma instantly and take her journey along with her, wondering what her solution would be. Some of my favorites include *Gender Profiling*, *The Football Widow*, and *Not Waiting for Waits*. *Not Waiting for Waits* has such a great message: staying true to yourself.

How has your relationship with your husband changed since writing the book?

My marriage with my husband has only grown and deepened. Some of our conflicts have found new balance since the book was written, and some stay the same, but I do know that, without his openness and support, I never would've been able to start a project like this in the first place.

Related Link:

Now, let's talk about a few specific situations. How can a woman approach her partner if they're struggling with communication?

From my own experience and after talking to other wives, I know that trying to communicate while you're upset can be tricky; it's not a good way to communicate effectively. The best approach is to be aware of how you're feeling in the moment and try to share that feeling as calmly and directly as you can. Or if you only know you're mad but don't know why, take some time to write it down and then confide what you've written to your husband. Even five minutes of writing can make a huge difference.

What if the husband isn't doing his fair share of the household tasks? How can a woman let him know that she'd like him to help out more without offending him or causing a fight?

From letting the housework pile up until he has no choice but to help to offering a specific "reward system," this is a very popular topic addressed in *How to Raise a Husband*. However, I've found thrusting a vacuum cleaner in my man's hand and ordering him to "suck it up" doesn't always do the trick. But explaining to him *why* I'd like his help (most men seem to like things explained – a lot) works much better. If that doesn't work, check out Sophie's ingenious incentive in Chapter 15 (and it's not cake).

Related Link: [How Fighting Can Strengthen Your Relationship](#)

You also have a series of blogs dedicated to your experience as a first-time mother. Do you see yourself possibly writing a follow-up book focused on motherhood?

YES! I have a baby blog for *Pregnancy and Newborn Magazine* dedicated to the first year of my son's life. It has been a wonderfully crazy emotional ride. From pregnancy on, I've kept copious notes and am gearing up to write a humorous book exploring the joys of elastic pants and spit-up.

And lastly, what is the best advice you could give a woman on how to keep her marriage strong?

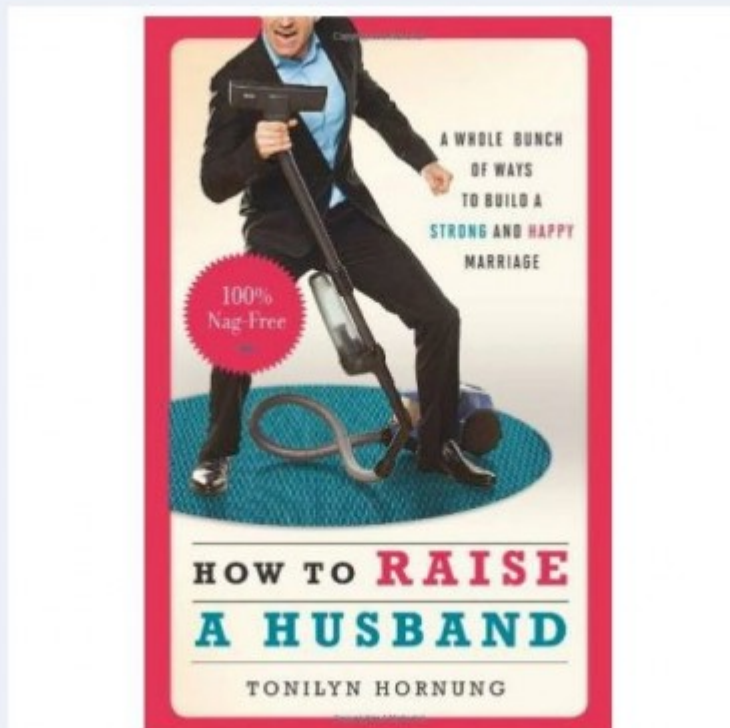
In writing *How to Raise a Husband*, I learned that everyone's key to a good marriage varies. At the core of everything, some women want a little more understanding; some need more acceptance; and some just want to be heard. That's where awareness comes in to play. If, as a wife, you can become aware of what your key might be, that helps you communicate with your partner more effectively.

After writing this book, I know that I always crave a little more understanding. When I'm feeling misunderstood, I can tell

my husband that's what is happening before we start an argument – and that's the first step to helping raise each other to our full potential (and getting a slice of cake).

To purchase How to Raise a Husband, check out Amazon!

Famous Couple Brad Pitt and Angelina Jolie Enjoy a Weekend Celebrity Getaway Without Kids



By

Louisa

Gonzales

[Angelina Jolie](#) and [Brad Pitt](#) went on a weekend celebrity getaway, just the two of them. According to [UsMagazine.com](#), the famous couple were spotted at a hotel in Beverly Hills having a lovely time together on Saturday, Apr. 5, without their six children, Pax, 10, Zahaa, 9, Shiloh, 7, twins Vivienne and Knox, 5, and Maddox, 12. The engaged twosome were not shy about showing their affection towards one another, even entering the hotel arm-in-arm. This much-needed private outing is well-deserved, as it comes after Jolie, 38, and Pitt, 50 had been a part for a few months because of work.

Famous couple Pitt and Jolie recognize the value of alone time with each other. What are some reasons it's important to spend quality time with your partner?

Cupid's Advice:

Whether you're part of a famous couple or not, finding time to spend with your lover can be difficult. After all, life gets in the way! However, no matter how chaotic and hectic your schedule may be, it's important to get that much-needed private time with your other half. Cupid has some love advice on why you need to spend one-on-one time with your partner:

1. It keeps the spark alive: Every relationship needs a strong emotional and physical connection. Physical separation leads to emotional separation, so if you're not spending time in each other's company, it can lead to a break-up. Plan some date ideas together and do something fun or new; that way, you will be making time for each and satisfying each others needs.

Related Link: [Brad Pitt Flies to Australia to Reunite with Angelina Jolie and Kids](#)

2. It strengthens your relationship: It's nice to go out and spend time as a family with your kids or your friends, but if you want the bond between the two of you to stay strong, alone time is needed too. Couples need time away from their daily distractions to catch up on what's going in each other's lives.

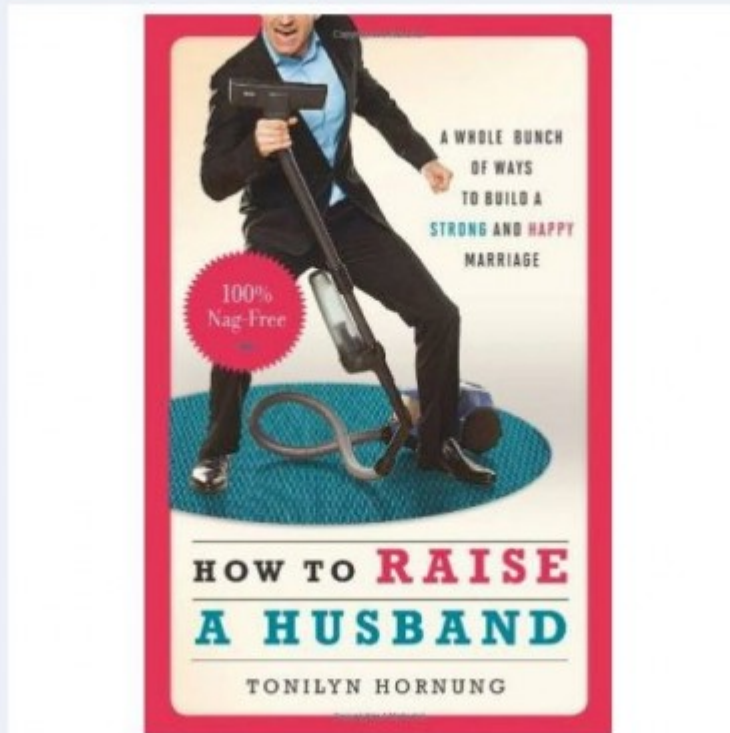
Related Link: [Brad Pitt Confirms Wedding with Angelina Jolie Will Happen 'Soon'](#)

3. It allows you to unwind: You need a break from life's stresses every once in a while! Use this time to reboot and keep your relationship fresh.

Why is it important to spend alone time with your partner? Share your love advice in the comments below.

Celebrity Interview: 'Cheaters' Detective Daniel Gomez Says, "Cheating Doesn't Discriminate Against Anyone"





By Brittany Stubbs

Although infidelity is no longer classified as a criminal act, the consequences of cheating can ruin marriages, families, and lives. For 14 seasons, the reality TV show *Cheaters* has invited viewers to watch real relationships and love unravel as private investigators are hired to help spouses catch their partners cheating. Having served 16 years as the Chief Detective on the show, Daniel Gomez has a lot of knowledge when it comes to infidelity.

Celebrity Interview with Reality TV Star Daniel Gomez

Not all of Gomez's wisdom comes from his experience in the field though. The tough detective from Texas began our celebrity interview by sharing how infidelity has influenced his personal life: "I've been a victim of cheating. It's more common than you think, and you can't always judge a book by its cover. So after going through it myself, I realized there

was something I could do to help others who may be experiencing a similar pain.”

Related Link: [Jason Aldean is Dating Mistress Brittany Kerr Post-Divorce](#)

While hiring a private detective is helpful in determining if your partner is cheating, it doesn't always take a professional to notice some of the clues of infidelity. There are many signs that Gomez encourages victims to look out for in his book *Play to Win*, but here are the five main ones.

- You have difficulty reaching your partner.
- Your partner is paying more attention to his or her appearance.
- Your significant other is preoccupied and less attentive.
- They're working overtimes or out of town on business trips.
- You experience decreased sexual activity, intimacy, and affection from your partner.

After noticing one or more of these signs, many people make the mistake of immediately confronting their partner of their suspicions. While this approach may seem tempting, the detective believes there are a few questions you must ask yourself. First, you must determine how you define cheating. “Definitions of cheating vary,” he explains. “I'll have one client tell me that, unless they're caught having sex with someone else, it's not cheating. And then I'll have another client decide that if they're sending or receiving consistent messages from the opposite sex, they consider that cheating.”

Related Link: [Dean McDermott Is Accused of Cheating on Tori Spelling](#)

After figuring out what behaviors are considered unfaithful, you must decide how much evidence of your partner cheating

that it'll take to satisfy you. "I always ask my clients how much they want to know." While some victims are only seeking one action to determine they've been betrayed, others aren't satisfied until they've obtained every last detail.

Once you have gathered everything you need to build your case, it's time to make the decision: Will you stay, or will you go? "The question is simple; it's the answer that becomes challenging," Gomez says in our celebrity interview. No matter how many apologies and excuses your partner makes, only you can choose what's best for you.

***Cheaters* Detective Talks Celebrity Infidelity and Scandals**

The author believes it's important for everyone to remember that "cheating doesn't discriminate against anyone." No matter who you are, how much money you make, or what you look like, you can be affected by this vicious game, so don't be naive. We're reminded of this truth every time the media alerts us of another celebrity couple's relationship that has been rocked by infidelity. Although it seems surprising that such high-profile people still risk everything by cheating, Gomez reminds us, "Celebrities are human beings just like everyone else."

Related Link: [Michael Morris Steps Out with Wife Post-Katharine McPhee Cheating Scandal](#)

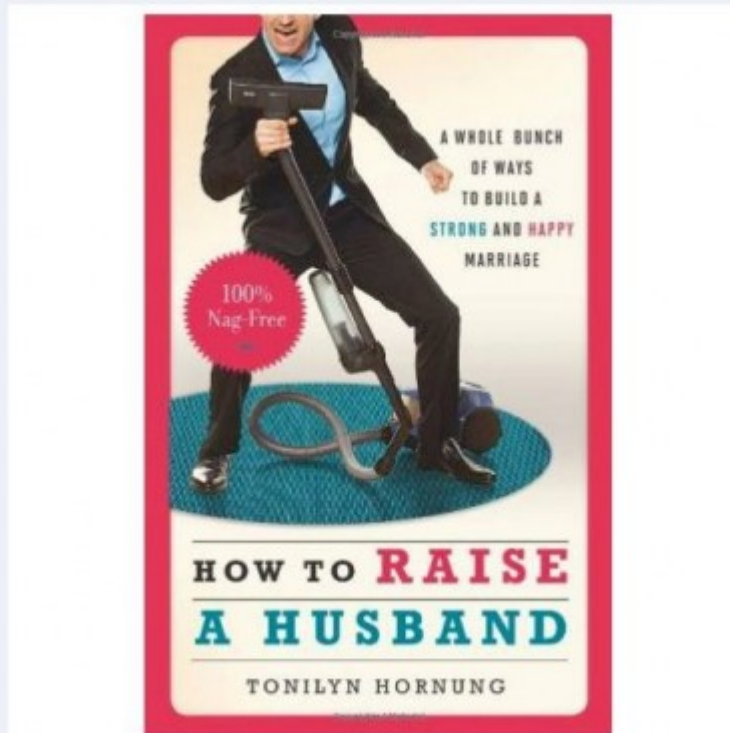
He says that Arnold Schwarzenegger first comes to mind when asked what celebrity infidelity society can learn from. "He cheated and had a child with his nanny, which shows that it doesn't always take someone necessarily attractive to make a person cheat on their spouse." The Tiger Woods case – one of the biggest celebrity scandals in the world of professional sports – is another classic case because it was all confirmed by his wife simply doing some digging on his cell phone.

In the end, while every relationship and love is different, you must remember to always stay in control and protect yourself when dealing with a cheating partner.

To learn more about Detective Gomez and modern day cheating, check out his book Play To Win. Want to be on his weekly radio show? Email your questions and thoughts to dgshowradio@gmail.com.

Johnny Depp Confirms Engagement to Amber Heard Again





By Sanetra

Richards

Johnny Depp has been hit by Cupid's arrow and is not afraid to show it! The 50-year-old actor confirmed on his appearance at the *Today Show* that he is nothing short of head over heels for actress fiancée, Amber Heard. According to UsMagazine.com, he gushed about Heard during the April 4th interview, saying, "She's a wonderful girl. She's sharp as a tack. A southern belle and sweet as can be, and very good to me." He also explained he has been wearing a woman's engagement ring, whilst a source told *Us* that it actually belonged to Heard but was too big: "The fact that I'm wearing a chick's ring on my finger is probably a dead giveaway. Not very subtle."

What are some ways to show your excitement about your relationship?

Cupid's Advice:

You are not ashamed in letting the world and your partner know that you are more than happy to be with him or her. If

possible, you would shout it out at the highest mountain top. In the meantime, you would rather show your joy and gratitude in other ways, but not exactly sure how to. Here are a few of Cupid's tips:

1. Speak of your partner: This will come naturally if you are happy with your significant other. You will find yourself wanting to bring up their characteristics that make you blush or have butterflies. For instance, if they are sincere in helping others, you may want to let others know.

Related: [Johnny Depp and Amber Heard Are Engaged: Find Out Why](#)

2. Compliment daily: Giving your partner a few kind words here and there is a reminder of what you like about them. It also reminds you of why you are in the relationship. Keeping the flame lit is a way to keep the connection fresh and exhilarating!

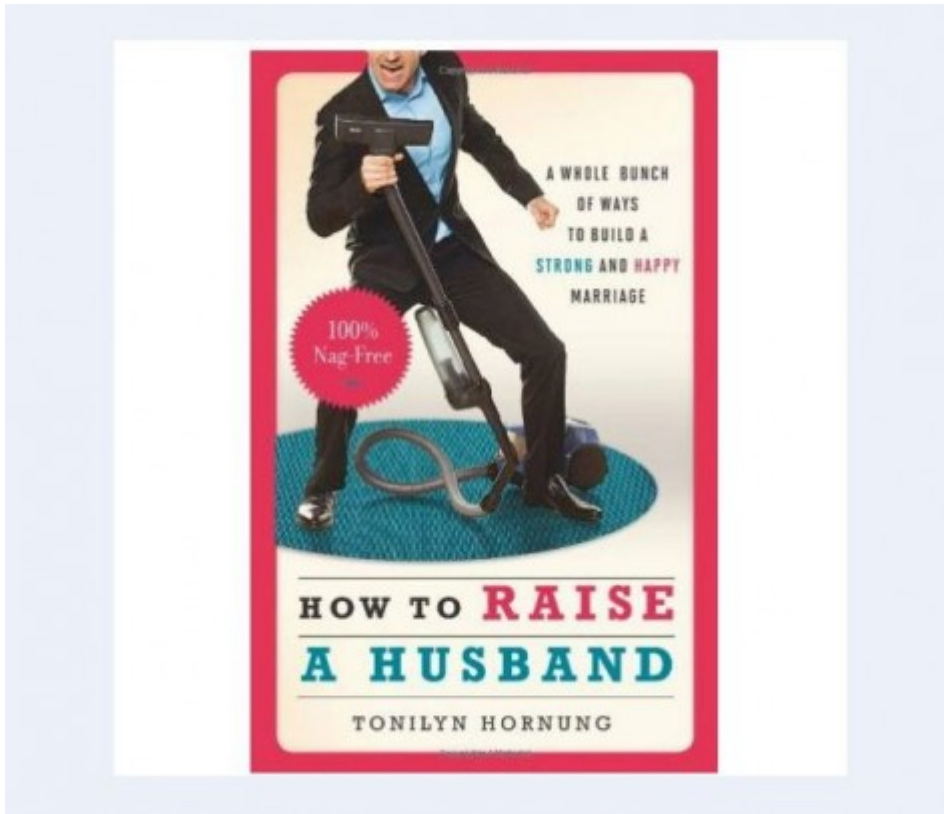
Related: [Amber Heard Talks Johnny Depp: 'Not Part of My Professional Life'](#)

3. Inform others: Share with everyone that you are now committed. Tell family, friends, even the neighbors! Do not be afraid to broadcast it (unless you all have mutually agreed to let it remain a secret). Remember: If the highest mountain top were accessible, you would do it.

How do you show your excitement about your relationship? Share below.

Cupid's Weekly Round-Up:

Building a Strong Bond



By Maria

Darbenzio

When it comes to love, it's important that you have a close bond with your significant other. This truth holds for more than just romantic relationships but for friends and family as well. Take a few minutes to browse through these helpful articles from our partners to give you ways to improve your connections:

1. Enjoy the sunshine: When it comes to children, whether they're your biological kids, step-children, or nieces and nephews, it's important to hang out with them. Let them know how much they mean to you by taking the time out of your busy schedule to get outside and play. Trista Sutter recently shared how her and her children will be having fun this

summer. (CelebrityBabyScoop.com)

2. Show appreciation: You may get so caught up in day-to-day events that you don't stop and show your loved ones how much you appreciate them. This idea shouldn't be applied only to your romantic partner! It's important to show your gratitude for everyone, especially your friends who have stuck by your side through thick and thin. Check out some of these quotes about friendship to get the gears turning. (YourTango.com)

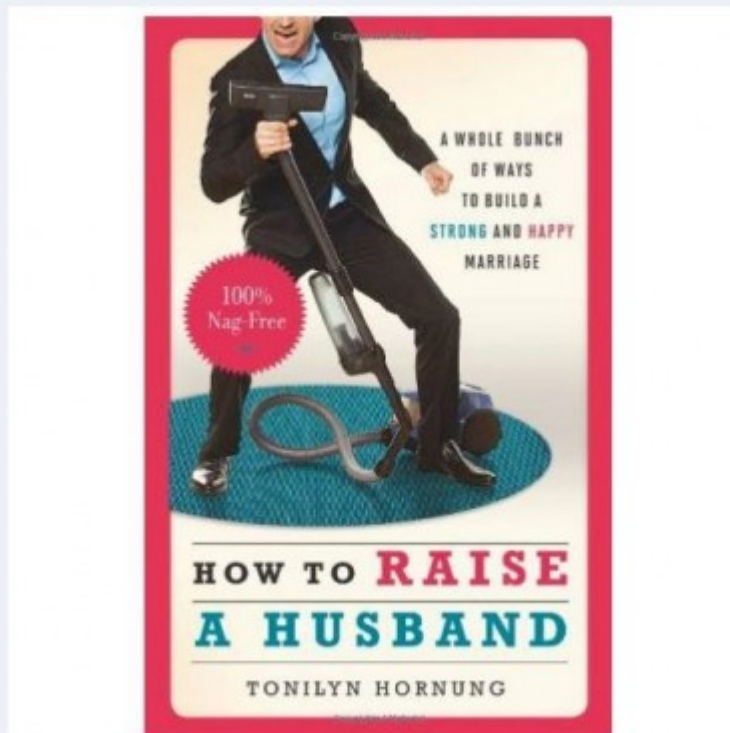
3. Be confident: Confidence is key – and that goes for both you and your man. When your beau sees that you're feeling strong and sure of yourself, it'll put him at ease...which is a great step towards building a better bond. If your sweetie is lacking in the confidence department, help them build it back up. For more qualities that form deeper connections, read through this article. (YourTango.com)

4. Be yourself: It's easy to forget who you truly are, especially when you're at the office. Workplace relationships are just as important as the one between you and your partner. In order to create an enjoyable environment, remember to stay true to yourself and never pretend to be someone else. For other ways to improve your interactions with your co-workers, check out these suggestions. (GalTime.com)

5. Find the right one: When it comes to dating, it's tempting to create an elaborate list of things you want in a partner. Time after time, you find yourself saying, "He's not my type," but do you really know what you're "type" is? Take the time to forge a connection with someone *before* writing them off completely. This approach will prevent you from serial dating and help you find exactly what you're looking for. (GalTime.com)

How do you create stronger bonds in your relationships? Let us know in the comments below.

Olivia Wilde and Jason Sudeikis Enjoy Boston Getaway



By Sanetra

Richards

Parents-to-be Jason Sudeikis and fiancée Olivia Wilde seemed to have enjoyed themselves in Titledown, also known as Boston, during their weekend getaway. Wilde stylishly joined Sudeikis on set as he was in the process of filming for the upcoming romantic comedy *Tumbledown*. According to [People](#), the couple was no stranger to the well-liked neighborhood coffee shop Haute Coffee (they ordered haute lattes with almond milk and a house-made syrup of honey and cinnamon). A bystander described

the pair as 'very cute,' whilst an employee said, "They're very casual, very down to earth. They couldn't have been nicer. It's just a pleasure to have them here." The actress also shared they are expecting their little bundle of joy in about four weeks.

What are some ways vacation can make you closer as a couple?

Cupid's Advice:

Getaways with your honey are well-needed not only during the rough patches, but also just to keep the spark alive or possibly light the fire even more. Cupid has a few other ways a vacation can help strengthen your relationship:

1. Alone time: One of the biggest perks about a vaca is the isolation spent with your partner. The world back at home is cancelled out for that period of time. Your primary focus is having an enjoyable break and giving all of your attention to each other. Maybe tension between the two of you is slowly taking a toll and you feel a barrier shaping, take a simple vacation to ease away the stress.

Related: [Olivia Wilde Shows Off Baby Bump at Golden Globes](#)

2. More experiences: Whether it is a trip to you all's favorite spot or somewhere fresh, completely new memories will be created. You and your significant other will see things that you have never seen before, forming a tighter bond in the relationship. When you are back at home one day, you may see may come across something that triggers a memory from the vacation, and (hopefully) you will smile at the thought of being with your partner.

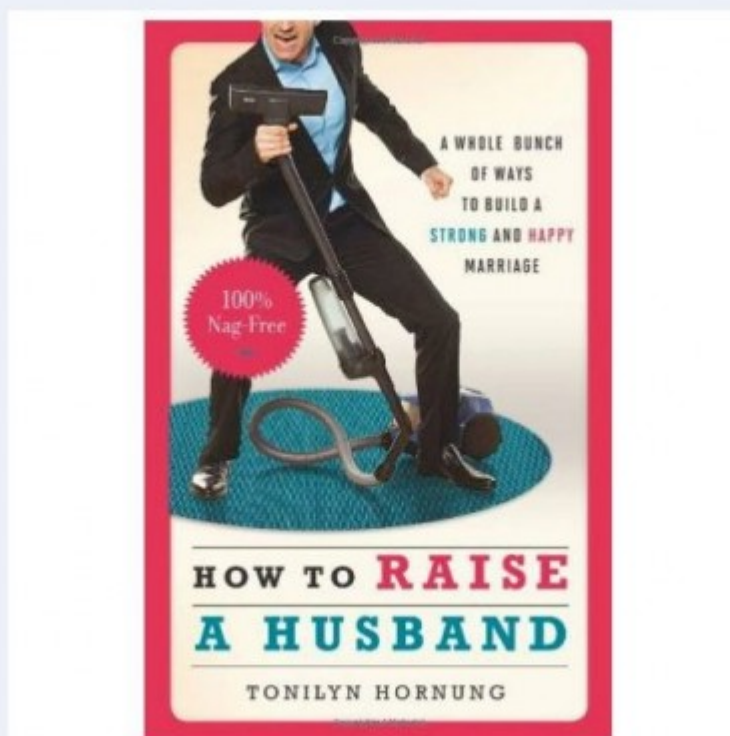
Related: [Olivia Wilde and Jason Sudeikis Are Engaged](#)

3. The afterglow: Post vacation romance can definitely keep a relationship going. The smiles will be from ear to ear – you and your significant other will be traveling down Honeymoon

Avenue once again. Continuously replay the good times spent with your lover over in your head. You may even catch yourself wanting to relive the moment.

How could a couple getaway bring you and your partner closer? Share your thoughts below.

New Docu-Series Will Show Tori Spelling and Dean McDermott's Marriage Troubles



Gonzales

By Louisa

New docu-series on *Lifetime* starring Tori Spelling and husband Dean McDermott, will invite viewers and TV cameras into their home during a rough time in their marriage. According to [People](#), the couple's marriage was recently in hot waters because of a cheating scandal involving McDermott, 47, which caused the actor to enter rehab. The series, *True Tori*, will focus on the married duo and it will follow them as they work on their problem, starting when McDermott's leaves treatment. Spelling, 40, has been married to her husband for seven years and they have four children together.

What are some ways to confront issues in your relationship?

Cupid's Advice:

Every relationship has problems, its normal. When you and your partner are having issues in your relationship it is better to face them than ignore them, but what's the best way to go about it? Cupid has some advice on ways to confront issues in your relationship.

1.Practice Beforehand: Before you confront your significant with your relationship woes, take the time to prepare what you are going to say, open with, end with, etc. Practicing on what you're going to say can help calm your nerves and help you focus on what exactly you want to discuss. Make sure you remember the purpose of your confrontation and that you're trying to resolve your issues not create new ones.

Related: [Tori Spelling Slams Rumors That She Is Divorcing Dean McDermott](#)

2.Make private time to talk: Take the time to sit down in private and discuss all the relationship problems you may be having with your lovebird. The issues you are having with your partner won't resolve themselves, which is why you both have to schedule a time to talk with each other. Also, be willing to listen to your lovers' side and then sit and think on it

before making any rash decisions.

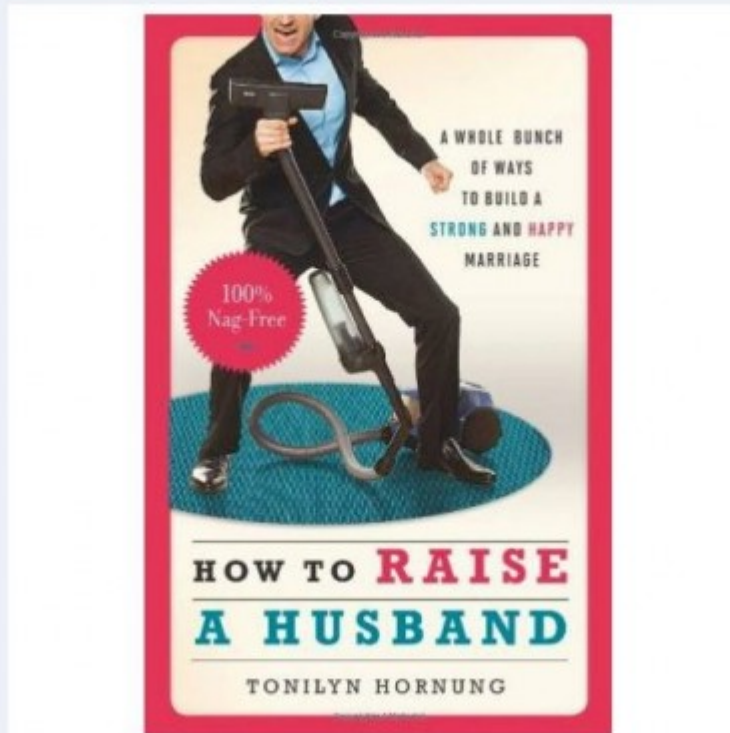
Related: [Nikki Reed and Paul McDonald Split After 2 Years of Marriage](#)

3. Make a list or write out your thoughts: Sometimes talking isn't enough, so why not write a letter of your feelings to your sweetheart. If that is not something you're good at you can still write out a list of the issues in your relationship to help prepare you for your 'talk'. Writing is a good form of expression and writing could help you face your issues.

What do you think are good ways to confront issues in your relationship? Share in the comments below.

Single in Stilettos Show: Why Men Disappear





On today's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating and relationship coach Jonathon Aslay about why men disappear. Have you ever been happily dating someone when he suddenly stops texting and calling? It can leave you feeling hurt, vulnerable, and confused. You may blame yourself (as many women do), but Aslay wants you to know that it probably has nothing to do with you. A man may disappear because of his own issues.

Related Link: [Jonathon Aslay Explains Why Men Are Commitment Phobic](#)

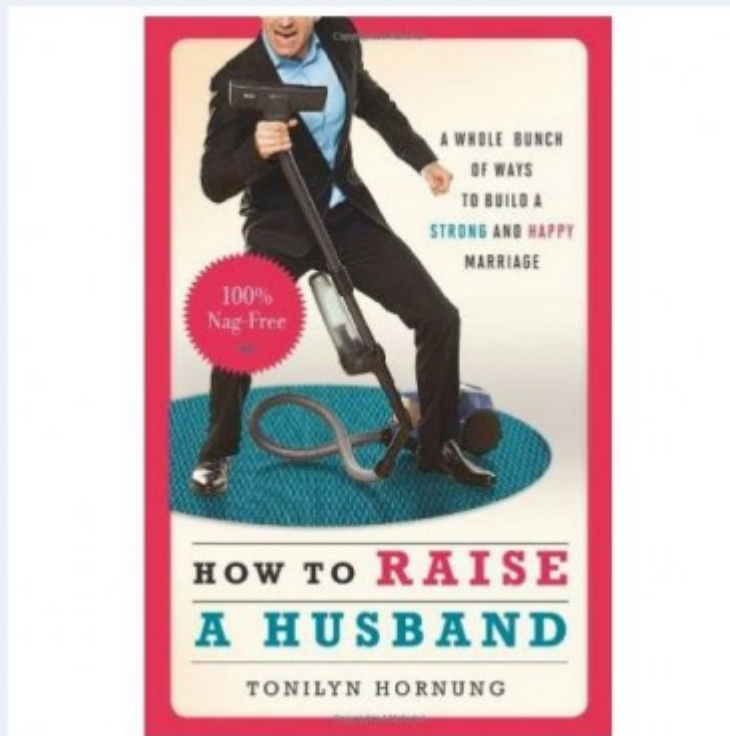
Listen up for more great advice!

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

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

How do you handle a guy who disappears? Share in the comments below.

5 Ways to Have a Stress-Free First Date



By Melanie Mar

Butterflies in your stomach, questions running through your mind, and nervous energy are all natural reactions before heading out on any first date. The first date is an icebreaker, not a marriage interview, so sit back and enjoy! The beauty of a first date is that, if it goes poorly, you will most likely get over it quickly. Remind yourself that your best self is relaxed and confident. Follow the tips below to reduce your first date anxiety and set yourself up for fun.

1. Keep it short and sweet: The focus of your first meet-up is getting a feel for the other person, so stick with the basics. A first date is like an appetizer, not a main course. Don't go into every detail of your past relationships, be too flirty, or reveal too much about yourself.

A good rule of thumb is to keep your date to a maximum of two hours; a lot can be covered in this short amount of time. An hour at the local coffee shop with a short walk afterwards, a shared dessert at a fun new spot, or an early dinner are all simple ways to keep things light. Always leave the other person wanting to know more about you!

Related Link: [Five Tips for Falling in Love in 2014](#)

2. Have fun: Lighthearted conversation is key. Just enjoy the time as you would with a new friend. You certainly don't need a super extravagant or creative plan for your first meeting. Try to look at the person across from you from a place of playfulness. Laughter is very attractive! This is a new, exciting stage in your life, so focus your intentions on having fun.

3. Just breathe: Your mind is naturally going to be overactive with pre-date jitters. Listen to some upbeat music, go shopping, or even exercise beforehand. This activity will help get rid of all your restless energy. Getting your body and mind centered is a big part of feeling mentally prepared for your date. Plus, people are their most authentic selves when they're relaxed. Go with the flow, breathe, and take it slow. By learning to have a nice, stress-free time, you will allow the true you to come out naturally, making you even more beautiful and attractive.

4. Be the natural you: When you're concerned with finding the right partner or overly-focused on making a good first impression, you often end up being awkward. Trying too hard results in a false sense of self. When you feel comfortable

with yourself, others will feel at ease with you too.

One of the biggest reasons people are anxious preparing for first dates is because they are overly concerned about how they will be perceived. You think, “Will this person think I’m funny or attractive enough?” Remind yourself that the someone who is meant to be with you long-term will like you even if you show up a little nervous!

Related Link: [Why Looking for Love Is Like a Job Search](#)

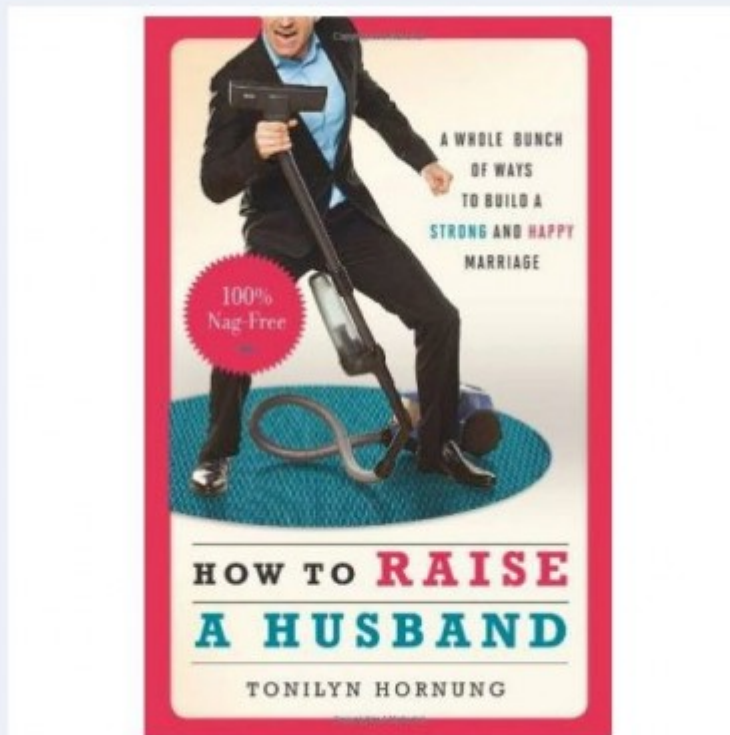
5. Be realistic: It’s easy to get carried away by a fantasy you have created in your head. Thinking of this new person as a potential fiancé or even marriage material can set you up for a total letdown. A date that has had too much pre-conceived thought or imagination added to it is almost certain to disappoint you. We’re all human and far less than perfect, so try to keep an open mind and heart.

It can be easy to waste time worrying about going out on a first date, whether it’s with someone you’ve met online, have been talking to over the phone, or have even already met in person. Try practicing some or all of these tips the next time you prepare for a first date, and you’ll feel more confident and relaxed as a result!

[Melanie Mar](#) is a celebrity relationship specialist, matchmaker and life coach.

Miranda Kerr After Split With Bloom: “This Is My Time to

Explore”



By Louisa

Gonzales

Miranda Kerr did a **revealing** photoshoot and interview for the May 2014 issue of *British GQ* magazine. According to UsMagazine.com, Kerr not only graced the cover of the mag wearing nothing, but a pair of thigh high stockings, she also delved into steamy details of her life following the split with her husband of three years, Orlando Bloom. Kerr, 30, is reportedly enjoying the single life, open to dating and confessed to the magazine, as she gets older she is becoming more confident in asking for what she “enjoys” in and out of the bedroom. Kerr also **revealed** that she is **open to explore** whether it be with men or women.

How do you join the dating world after splitting from you own

long-term relationship?

Cupid's Advice:

Once you split with the person you've been with for a long time, it can be hard to even think of putting yourself back out there and be **open to explore**. Getting back into the dating game after being in a long committed relationship can be fun and exciting if you let yourself go there. Cupid has some advice on how to join the dating world after a long-term relationship:

1.Reinvent yourself: Nothing says starting fresh, than reinventing or re-evaluating your life and it's priorities. You don't have to drastically alter yourself or your looks, but this can be a good time to maybe try something different with yourself or consider trying new things. It can be anything whether it's you buying a new outfit or wardrobe, changing your hairstyle, or experimenting with new things.

Related: [Orlando Bloom Says He and Ex Miranda Kerr 'Love and Cherish Each Other'](#)

2. Join a dating website: Sure, the thought of having to resort to online dating can be disappointing, but not if you look at it in a positive way. Think of it as a way for you to meet new people and maybe find someone you can connect with. The truth is online dating is not the taboo it used to be, many people do it these days and many people who have joined them have found love.

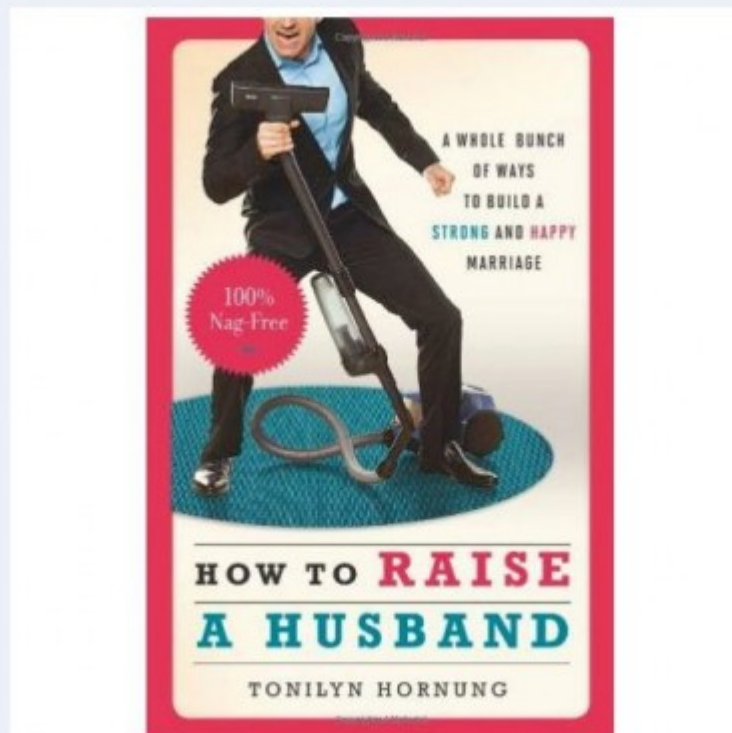
Related: [Miranda Kerr and Orlando Bloom Reunite in NYC with Son Flynn](#)

3. Think of it as a new adventure: Life is full of surprises and unexpected journeys. Think of the end of your long-term relationship as the beginning of a new and exciting chapter of your life. Don't be afraid to put yourself out there, **explore**

new options and take a chance because you never know when you'll meet the next love of your life.

How would you join the dating world after a long-term relationship? Share your tips in the comments below.

Screwing the Rules Video Dating Tips: #1 Sexiest Trait that Attracts Any Guy



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her thoughts on the sexiest trait that attracts any guy. "Did you know many of my clients who are seemingly the total package can't get a guy to ask them on a fourth – or sometimes even a second – date? Do you know why?" the dating expert asks. "It's actually the most important thing when it comes to attracting a guy." It's not about looks or even being the total package; it's a trait that's available to average or even below-average women.

Dating Advice from E!'s *Famously Single* Laurel House on Sexy Traits

Related Link: [First Date Conversations That Will Get You a Second Date](#)

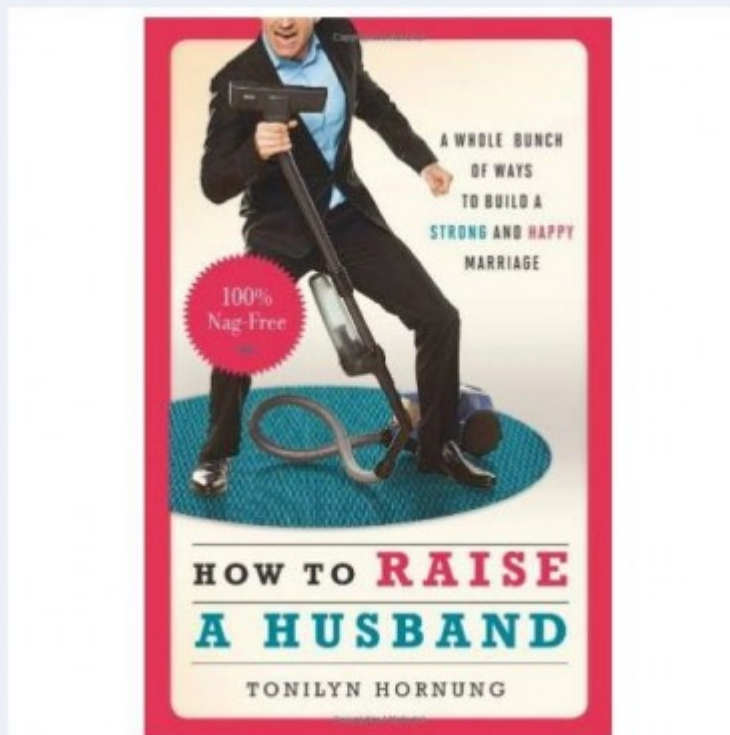
So what is the sexiest trait that attracts any man? Being alluring. Listen up for advice on how to channel this power and get the guy you want!

For more information about our dating mentor, click [here](#).

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

What do you think is the #1 sexiest trait to attract a guy? Tell us in the comments below!

How to Prevent Yourself from Rushing into a Relationship



By April

Littleton

Rushing into a new relationship is never a good idea. You don't know the person you're dating well enough for a commitment, and you'll just end up right back where you started shortly after attempting the new romance. Take a step back from the dating scene and reevaluate what you want out of a partner. Cupid has some advice:

1. Really think about your feelings: Before you put yourself into a new relationship, take some time to really think about what you want. Are your feelings for the person you're

interested in real, or are you just rushing into something new because you can't stand the thought of being alone? Some individuals jump into one relationship after another because they're not used to being by themselves.

Related: [How to Get Over the Relationship Blues](#)

2. What you're looking for: What are you looking for in a partner? Are you looking for someone who makes you laugh? How important is trust and honesty to you? How well do you really know your new significant other? In order to really get to know someone and their intentions, you need to take the necessary time to feel each other out. Don't settle for anything less than what you want. So, if your new partner doesn't fit the bill, there's no need to be in a relationship with them.

3. Keep dating: Let the person you're interested in know that you will continue to see other people, and they should do the same. Be direct about what you want. If your new honey was hoping for something a little more exclusive, then make what you want out of a serious relationship clear before you commit. Until then, continue to get to know other people and have fun being single.

Related: [Can You Be Single and Still Have a Soulmate?](#)

4. Don't worry: Don't spend every waking minute thinking about dating. Instead of going out with a potential partner every Friday night, spend some time hanging out with your girls or family members. Now is the time to really enjoy some "you" time. Get comfortable in your own skin, and realize you don't HAVE to be in a relationship with anyone until you're fully ready. When the time is right, your epic love will be waiting for you around the corner.

5. Get to know yourself: Don't lose sight of yourself. Take up some of your old hobbies, or pick up some new ones. Do things for yourself that don't involve dating. Some individuals

forget who they are while in a relationship. Don't let that happen to you. Besides, independence is a turn-on.

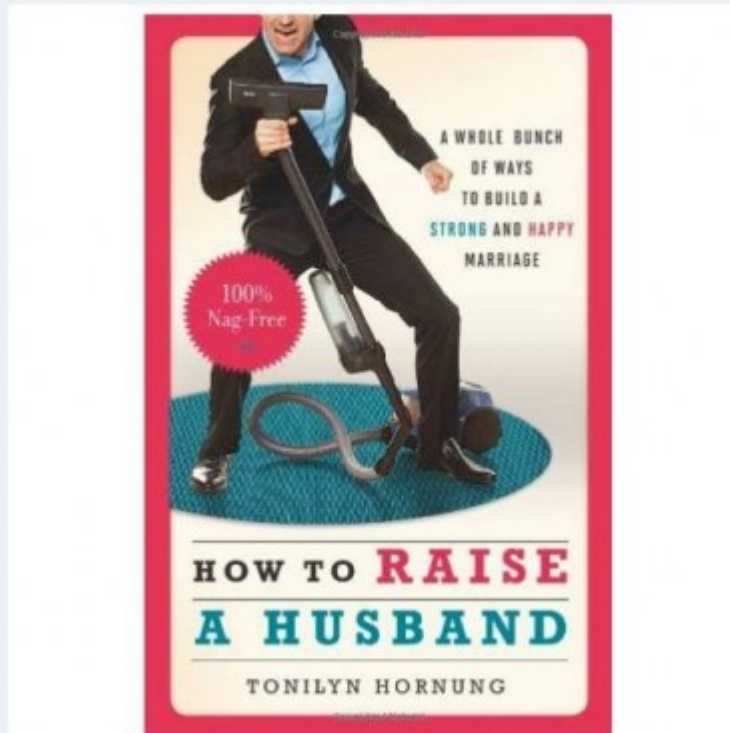
Related: [How Weight Can Affect Your Love Life](#)

6. No future talk: Avoid talking about any future plans with your potential honey. There shouldn't be any conversations about marriage, family, moving in together, etc. Take your relationship slow. Conversations about kids and long-term commitment might scare the other person off. Plus, you're more than likely not ready for that kind of relationship anyway.

What are some other ways to prevent yourself from rushing into a relationship? Comment below.

Lorde's Boyfriend James Lowe Says He 'Couldn't Be Prouder'





By Sanetra

Richards

Lorde and boyfriend James Lowe are making it known that they are on each other's team. Through all of the negative comments and criticism towards their relationship, the 17-year-old singer and 24-year-old photographer have seemed to be unbothered by it all and remained mute – not anymore. According to UsMagazine.com, the pop star's beau posted a blog about dating the "Royals" songstress: "I've written, deleted, re-written, and deleted this post at least five times over the past few months, wondering when would be an appropriate time to start writing again," he says. "Since originally sitting down to write this post, Ella (Lorde) has become a two-time Grammy winner. She has taken home a Brit too," he gushes. "Currently she is on the opposite side of the world on tour. As much as I miss her, I couldn't be prouder of what she has achieved so far."

As mentioned previously, the couple has been exposed to many counts of cyber bullying. Lowe addresses this, saying the negative side is "only a small part" of his world. He continues to say, "There is a bright, shining silver lining to

this thing I've been exposed to. I've been able to tell tales of the many amazing people I've met along the way – from fellow photographers, to artists I've always admired and never thought I'd get to meet, let alone have a simple thing like coffee with."

How do you show your appreciation for your partner's accomplishments?

Cupid's Advice:

Your partner's hard work has paid off and he or she has achieved all of their goals and you want to show him/her that you are beyond **proud** but do not quite know how. Cupid is here to help:

1. Say it: One of the simplest ways to let your significant other know you appreciate all of their dedication is to give a verbal compliment. Believe it or not, an "I'm proud of you" actually goes a long way. Boost their ego and confidence a little more and give a reason(s) why you are so proud of them. Maybe even leave a sticky note somewhere expressing your gratitude.

Related: [Lauren Conrad Makes Time for Date Night](#)

2. Share interest: Listen to your partner's endless stories about their everlasting passions, latest projects, or next big dream and ask questions. Do not be opposed to engaging in conversations about these topics at random times (when you all are out shopping or doing yard work, etc) – it will blow his/her mind that you actually remembered.

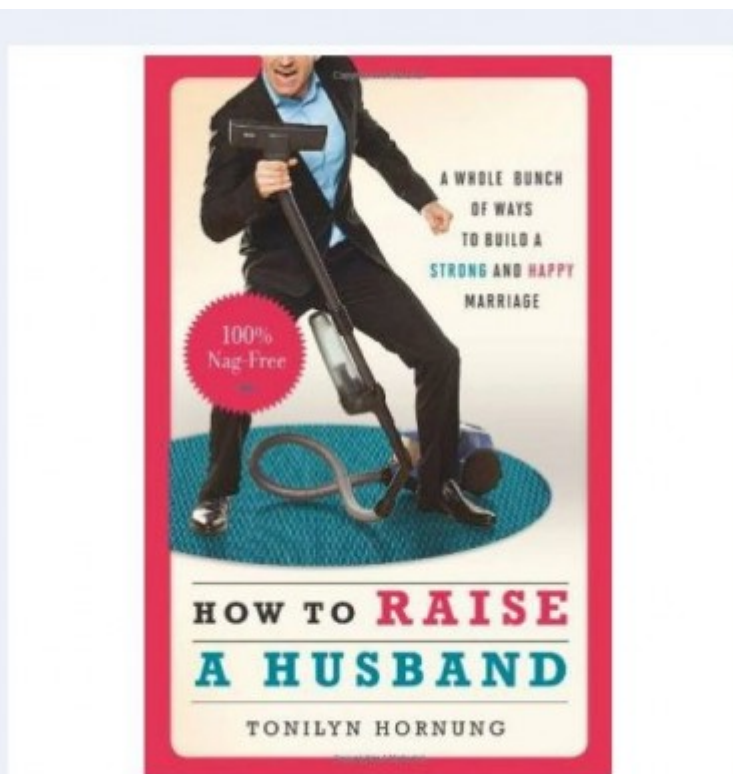
Related: [Find Out What Romantic Thing Aaron Paul Tells His Wife Every Day](#)

3. Be a fan: Let them know they are capable of doing anything. May seem extremely clichéd, but your honey will love every second of it. Everyone needs a support system, be your

partner's. Encouraging with enthusiasm is a part of the job!

What are some other ways to let your partner know their work is appreciated?

Cupid's Weekly Round-Up: Love Is In the Air



By Maria

Darbenzio

Warmer weather is upon us, and as the flowers begin to bloom, so does romance. Take this time to focus on incorporating new and interesting things into your relationship. It can be as

extravagant as a new vacation spot or as simple as showing support for a good cause. We pulled together these five articles from our partners to help give you some ideas:

1. Break away from reality: You don't have to be a college student to go on spring break. You and your partner deserve a vacay just as much as anyone else! There are plenty of romantic getaway spots that are perfect for kick-starting this spring with your sweetheart. (GalTime.com)

2. Inspire your love: Turn your typical movie night into a time to take notes and make a list of ways you can spice up your love life with the help of the classics. For instance, if you're a fan of *Dirty Dancing*, try incorporating some of those dance moves into your night – a simple yet fun way to add some excitement to your at-home date. (YourTango.com)

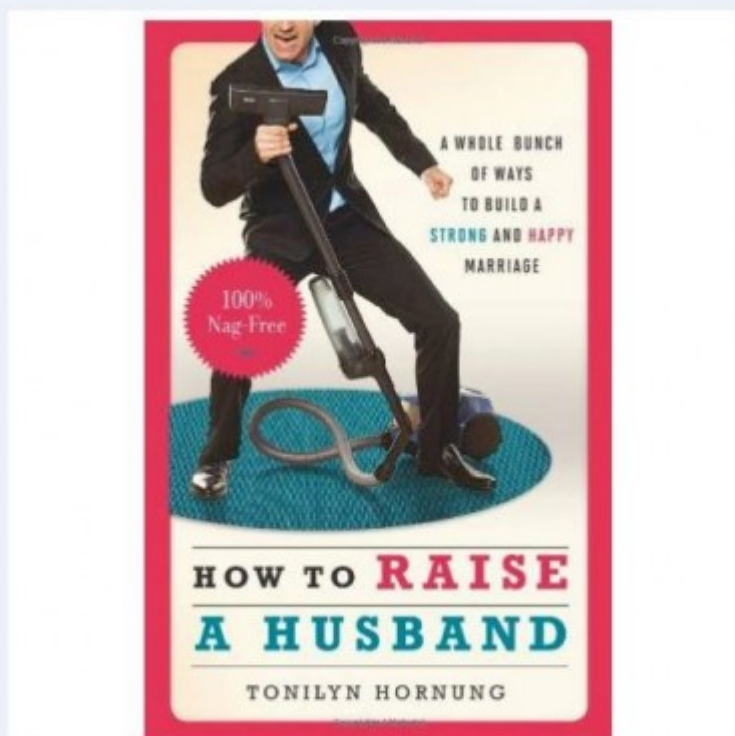
3. Get involved: Once it warms up, there are tons of options for walks and events that raise money for various organizations. Pick a cause that both you and your partner want to support and do it together. Not only will it give you a chance to bond, but you'll feel good about making a difference. For inspiration, check out how Bobbi Brown Cosmetics is giving back to the community. (CelebrityBabyScoop.com)

4. Control those allergies: No one wants to sniff and sneeze their way through a date. This spring, take control of your allergies and don't give them a chance to ruin the memories that you and your honey want to make. Take a look at how you can kiss those itchy eyes goodbye! (GalTime.com)

5. Express your love: As you're spring cleaning your house, leave little notes around for your partner, letting them know how much you love them. Don't live with your sweetheart? No problem! Sneak something sweet into their wallet or briefcase to make them smile when they find it during the day. Here's a list of other ways to share your love. (YourTango.com)

How are you going to get in the springtime spirit? Tell us in the comments below!

Kim Kardashian and Kanye West Look Casually Glam Post-‘Vogue’ Cover Reveal



By Sanetra

Richards

Kimye is nothing short of fabulous these days. Kim Kardashian and Kanye West were seen looking grand while walking through the LAX airport on Monday, March 24th. The two have been the

topic of conversation since revealing their April 2014 *Vogue* cover and spread. The reality star was dressed in form fitting gray jeans, a gray V-neck, a black blazer jacket, and nude pointy toe heels. Her guy, on the other hand, maintained his signature layered style in a dark colored trench coat over a black hoodie, jeans, and gray suede boots.

Fashion seems to run in both of their veins (one of the reasons for their *Vogue* debut). According to UsMagazine.com, photographer Annie Leibovitz was behind the camera for the couple's highly publicized, "top secret" wedding photo shoot. The source added, "Only a very small number of people were told it was happening, and all of them were sworn to secrecy. There are lots of photos of Kim in different kinds of white wedding-like dresses."

What are some ways to keep your relationship grounded in reality?

Related Link: [Kim Kardashian and Kanye West Set a Wedding Date in Paris](#)

Cupid's Advice:

There's no hiding your emotions when love sweeps you off your feet. You have this glow, and the people around you notice and talk about it (whether good or bad). The love bug's bite also seems to have a side effect of unrealistic fantasizing. So how do you and your partner manage to remain true to yourselves and to each other? Cupid has some tips:

1. Obtaining humbleness: There will be numerous compliments on your relationship, but you and your partner must not let it affect you negatively. Often times, compliments are turned into major ego boosters, and the feeling of being invincible overcomes all else. Don't let this happen to your relationship! Remain flattered by the admiration instead of entitled.

2. Coming to an agreement: Have frequent conversations with your partner on how your relationship is and should be. Maybe you find yourself constantly envisioning this happy fairy tale and things always going your way, while your significant other sees it completely differently.

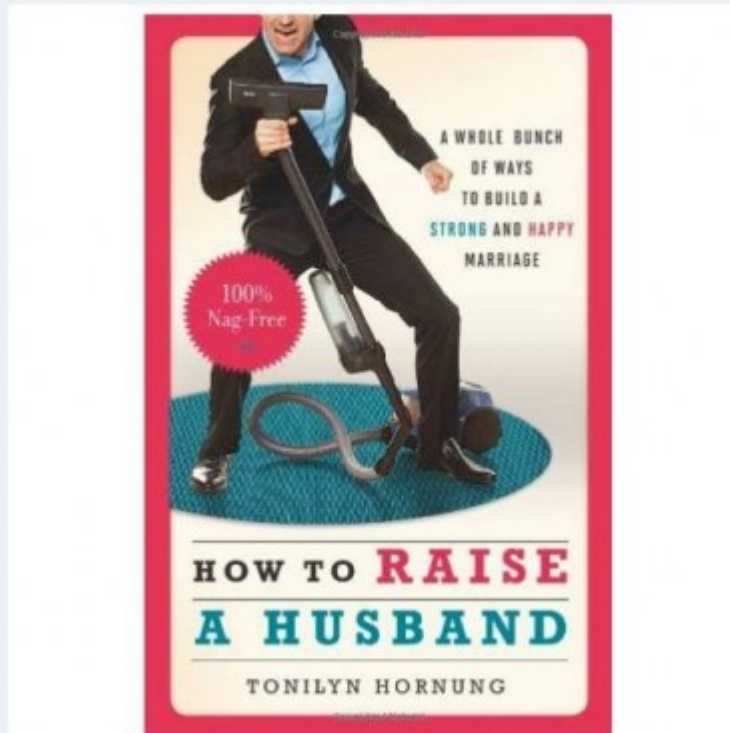
Related Link: [Find Out How Kanye West Proposed to Kim Kardashian](#)

3. Letting things happen: Develop a connection that goes beyond just physical. Bond on a more emotional and even spiritual level. You will begin to better understand each other and the relationship. The unrealistic visualizing will fade away, and everything will unfold on its own terms.

How do you keep your relationship grounded in reality? Share your thoughts below.

Gwyneth Paltrow and Chris Martin Separate





By Sanetra

Richards

Another one bites the dust! Gwyneth Paltrow and husband Chris Martin have decided to part marital ways after 10 years. The couple announced the split earlier this week. According to [People](#), Paltrow (PEOPLE's 2013 Most Beautiful Woman) and Martin stated they were "working hard for well over a year" – both as a couple and individually – "to make their relationship work."

The pair released the following statement on the GOOP website under the heading "Conscious Uncoupling": "It is with hearts full of sadness that we have decided to separate." The parents of a 9½-year-old daughter Apple and a 7½-year-old son Moses went onto say, "We have come to the conclusion that, while we love each other very much, we will remain separate."

Although the marriage is ending, co-parenting is not out of the question. "We are, however, and always will be a family, and in many ways, we are closer than we have ever been. We have always conducted our relationship privately, and we hope that as we consciously uncouple and co-parent, we will be able

to continue in the same manner.”

How do you know when it's time to go your separate ways?

Cupid's Advice:

Every relationship is not salvageable, and it's best to know when you should part ways before it's too late. Here are some things Cupid thinks will help you come to the realization:

Related Link: [Gwyneth Paltrow Speaks Out About Miscarriage](#)

1. Bickering daily: Is the time you spend together consumed by arguments? You and your partner cannot seem to agree on anything and compromise just does not exist. Pay attention to the disputes revolving around some of the smallest issues and if there is constant finger pointing. Yes, proper communication may repair the relationship, but it is not a guarantee.

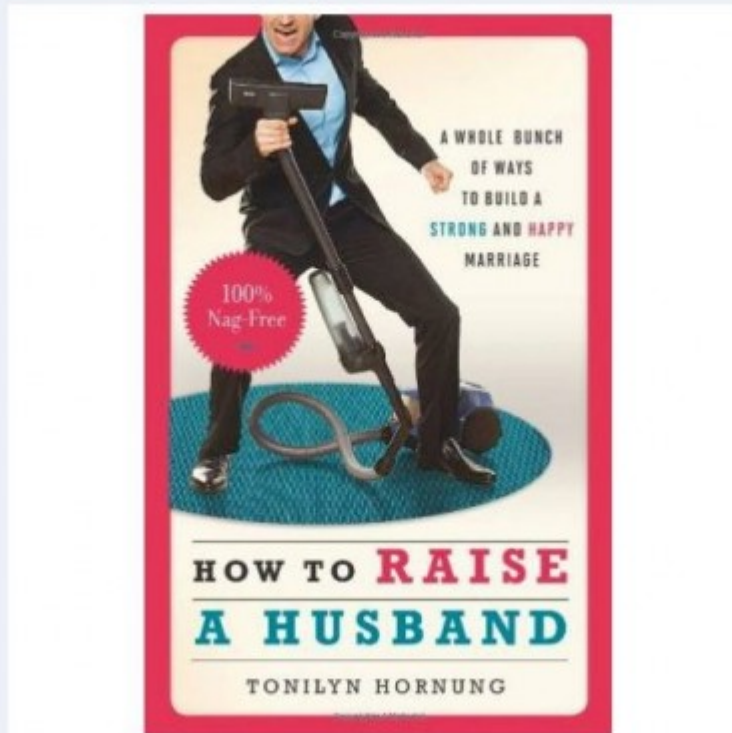
2. Blurred vision: Your significant other starts off as a good time, but eventually, you realize that you do not see them in your future. There is no sight of making a home, having a family, etc. You begin to nitpick and dislike the little things about them. Maybe you thought their style of mismatching outfits was cute and artistic at first, but now, it's just plain tacky.

Related Link: [Gwyneth Paltrow Says Chris Martin Helped with Postpartum Depression](#)

3. Attraction disappears: The spontaneous dates fade away; the sizzling romance fizzles; and the desire to have your partner around vanishes. These are all warnings (couldn't be any clearer!) that calling it quits is in your near future.

What are the signs that your relationship is in its last days? Share your thoughts below.

Kate Hudson and Matthew Bellamy Have 'Bumps in the Road Like Anyone Else'



By Louisa

Gonzales

Kate Hudson may be happily engaged to her fiancé Matthew Bellamy, but that doesn't mean the couple doesn't face relationship woes from time to time. According to [People](#), they're working through a rough patch. The lovers face "bumps in the road" just like any other couple, but the source says it's not as big of a deal as fans seem to think. With their

busy careers, they just have to put in extra work to make time for each other. The lovebirds got engaged back in 2011 and have a two-year-old son but have shown no signs of rushing to the altar.

What are some ways to strengthen your relationship?

Related Link: [Kate Hudson's Fiance Matthew Bellamy Throws Her a Surprise Birthday Bash](#)

Cupid's Advice:

Nothing good ever comes easy, and if you really want something, you have to work for it. These ideas hold true for couples too! Here is some advice on ways to strengthen your relationship.

1. Dedication: Every relationship requires both you and your partner to put in equal time and energy. If both parties don't put in the same amount of effort, it will make it seem like one is pulling more weight than the other, and the relationship can quickly fall apart.

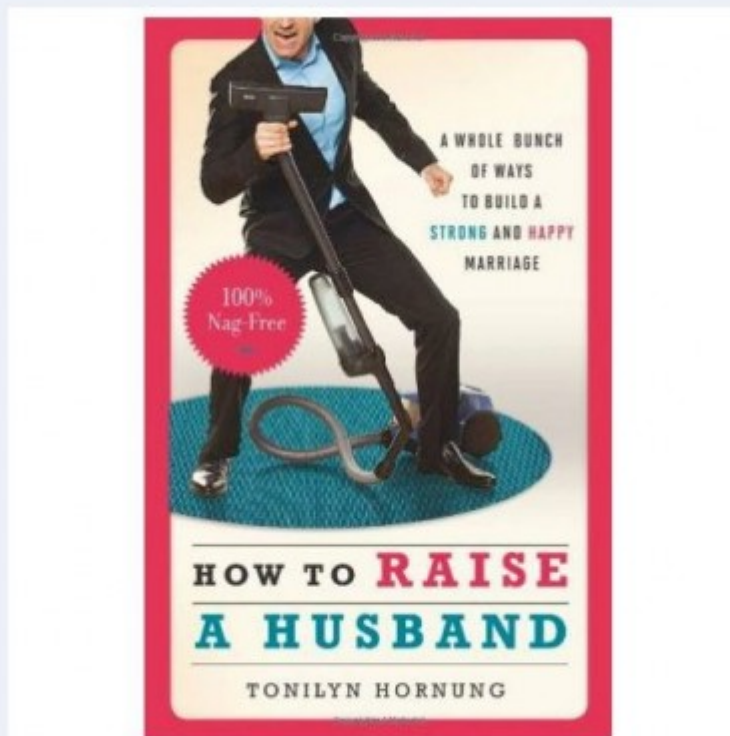
2. Communication: You know what they say: Communication is key. You should feel comfortable enough to share your deepest thoughts and fears with your significant other. It's also vital to talk about any problems or issues. Be open with each other, and you'll quickly notice improvements in your partnership.

Related Link: [Muse Media Manager Thomas Kirk Marries at Kate Hudson's House](#)

3. Honesty: Honesty is probably the most important quality in a strong relationship. For you and your beau to have a secure union, you need to trust each other completely. Trust is something that builds with time, and you have to be willing to prove you are committed to your significant other by always being honest – no matter what.

What do you think are good ways to strengthen your relationship? Share in the comments below.

How to Turn Your Spring Fling Into the Real Thing



By Rachel Sussman

Spring is officially here and love is in the air. In order for new romances to blossom this season, singles need to face the always unpredictable and often times stressful first date. Before setting a time and place, there are some important factors to consider in order to make a good first impression

on a new fling based on the helpful findings from a recent report released by ChristianMingle and JDate.

The goal of any first date is to hit it off well enough to secure the coveted second date and hopefully lay the foundation for a successful, long-term relationship. But we all know there are things we can do – and things we can avoid doing – that can help our chances in any dating scenario. In the report, U.S. singles weighed in to reveal the rules of first dates when it comes to eating, drinking and general dinner etiquette, as well as the biggest turnoffs and deal breakers when it comes to courtship. Here are the top five dating rules and deal breakers needed to turn your spring fling into the real thing:

1. Keep eating habits in check – 50 percent of singles agree that the biggest faux pas when it comes to food on the first date is being a messy eater. And think twice before ordering for a date! This is the second biggest food faux pas, as 20 percent of women don't want a man ordering for her and 17 percent of men feel the same.

2. Be mindful of cocktail consumption – When it comes to drinking on a first date, the majority of singles say one to two drinks is acceptable. And if a prospective partner gets drunk on the first date, 72 percent of men would look past it and go out with her again; though it's much tougher to get a second chance with women (only 41 percent would go out with a drunk date again).

3. It's OK if the guy pays for dinner – When reaching for the bill, two-thirds of all respondents feel the man should pay for the first date. Men tend to feel stronger about this, with 69 percent saying the man should pay, and 55 percent of women agree.

4. Take a shower and quit smoking – Hygiene is a top deal breaker for both men and women, so make sure *not* to skip a

shower before a date. For men, the top three dating deal breakers are hygiene (35 percent), smoking (24 percent) and weight (14 percent); and for women, it's hygiene (34 percent), unemployment (21 percent), and a tie for third between drinking habits and smoking (16 percent each).

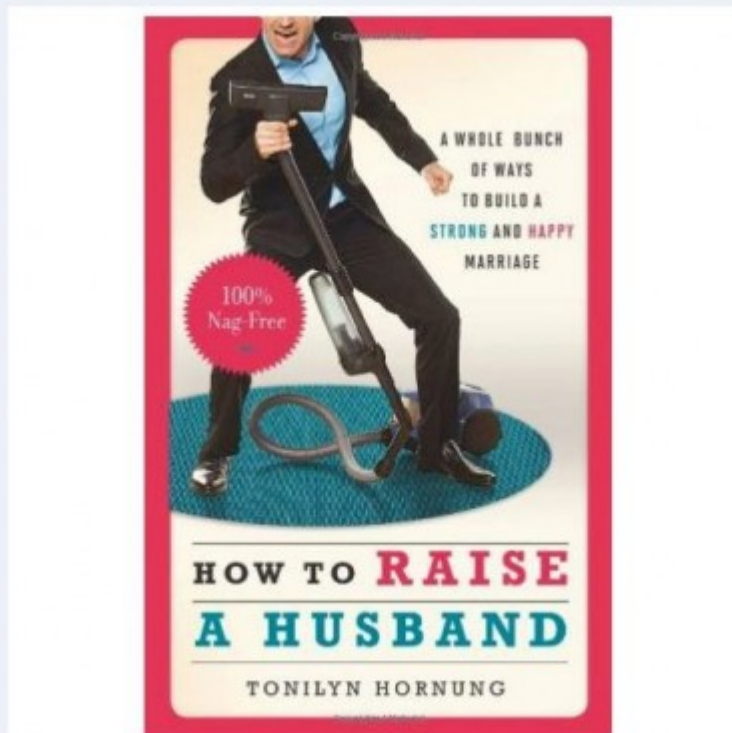
5. Make a good impression on their friends – If a date's friends come into the equation, making a good impression is key. The majority of singles (66 percent) would break up with someone if they didn't get along with his or her friends.

While no two dates are alike, it is important to treat the above findings as a check list in order to leave a good – and lasting – impression on any date. This spring, be sure to follow these rules in order for your next first date to hopefully become your last. Happy hunting!

Rachel Sussman is a relationship expert and licensed psychotherapist.

Single in Stilettos Show: Quick Fix Dating Tips Don't Work!





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks with relationship strategist Joe Amoia about why quick fix dating tips don't work. He believes that the reason they don't work is because they're just that – a quick fix! They won't give you the long-term results that you want when it comes to your love life. Instead, you need to explore the true cause of your dating problems. Look inward and try to identify repeating patterns or issues that always come up.

Related Link: [Stop Wasting Time Dating the Wrong Men](#)

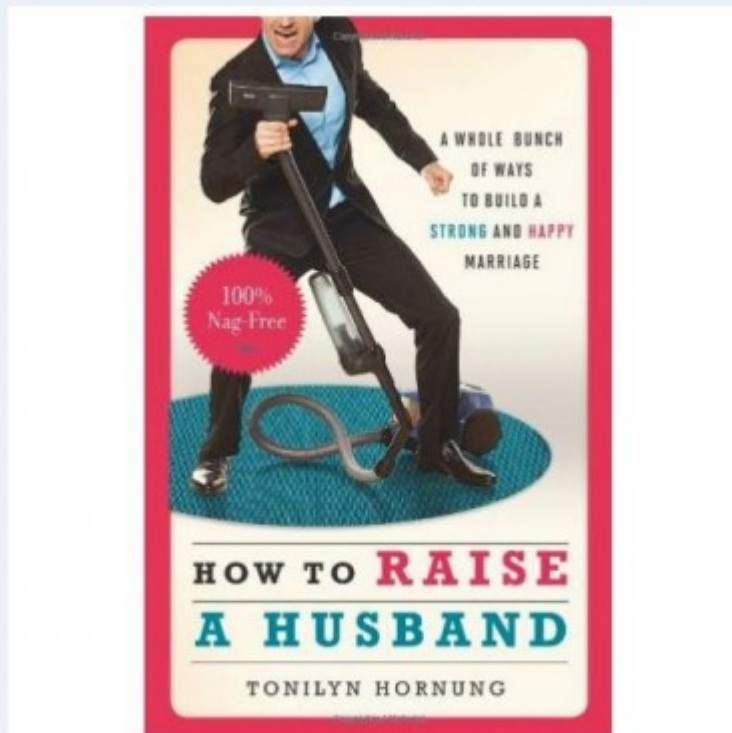
Watch the video above for more great dating advice that will transform your love life from the inside out!

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

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

Why do you think quick fix dating tips don't work? Tell us in the comments below!

Johnny Weir and Ex Victor Voronov Fight Over Family Dog



By Louisa

Gonzales

Johnny Weir and soon-to-be ex-husband Victor Voronov recently settled their custody battle over their family dog. According to [TMZ](#), during their divorce proceedings, Voronov filed papers to request that their dog Tã«ma be returned to him. The Olympic figure skater believed that the dog rightfully belongs with him because he was allegedly a “make-up gift.” He says he was also the one who trained and took care of the dog. For now, they have agreed to joint custody. Additionally, Voronov

is seeking financial support from Weir because, according to his attorney, he gave up everything to be with him, including his career.

How do you compromise during a breakup when you're upset?

Cupid's Advice:

Sometimes, without warning, relationships fizzle out, and no matter what, it's never easy. Cupid has some advice on how you can make compromises during a breakup, even when you're upset.

Related Link: [Figure Skater Johnny Weir Splits from Husband Victor Voronov](#)

1. Be reasonable: Keep in mind that you're both going through the split, so you're both experiencing a rough and difficult time. Clear your head and try to keep calm before you start dividing up your shared assets. It's best to go into a difficult situation with a sensible mind because it will make things run more smoothly and help make the breakup easier.

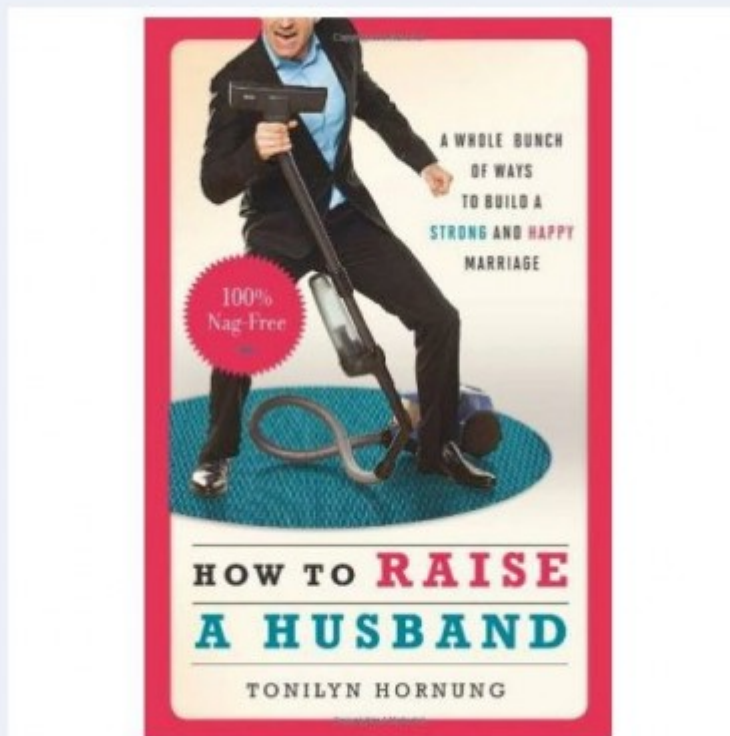
2. Ask yourself what's really best for you: As you make major decisions, ask yourself what you really want. If you're only doing certain things because you want to hurt your ex, know that it'll only make you feel better temporarily. In the long run, remember what is truly important to you. Do you want to move on and find happiness with someone new or continue arguing over the past?

Related Link: [Katy Perry And John Mayer Call It Quits](#)

3. Be fair: The only way to get through the end of your relationship as smoothly as possible and without any pointless fights is to be fair. You both know it's over, so why make things more difficult for by being unreasonable? Really think about who deserves to get what. Don't be that person who plays dirty or fights unfairly.

How do you make compromises during a breakup when you're upset? Share your tips below.

Hang Tough – You'll Get Through It



By Janeen Diamond

for Hope After Divorce

“When depression sets in, bring on the sugar! Right?”

I don't know about you, but for me, the winter months are often the hardest to get through. Sometimes, it feels like all I can do is grit my teeth and survive! The snow falls, which

is great the first several times, but then it starts to get annoying. The sun rarely shines because of the inversion, and, no matter what I do, I'm freezing all the time.

Such is life. So many of the experiences we encounter remind me of the cold weather. And sometimes, we just have to hang in there and keep the faith that there's something better waiting for us when it's all said and done.

Related Link: [Cupid's Weekly Round-Up: Fixing Your Relationship](#)

Maybe you're going through a divorce. Maybe you have financial pressures that are holding you back. Maybe your kids are giving you grief. But no matter what, just remember: This too shall pass. Here are a few ideas for hanging tough and coming out the other side in one piece:

Keep yourself healthy and hydrated. When depression sets in, bring on the sugar! Right? Well, try to practice moderation with the chocolate and eat more vegetables instead. You'll feel a whole lot better and may even beat the blues. I notice that, when I don't drink enough water, I start to feel run down and tired. Staying hydrated is an easy fix that we sometimes don't even think about.

Slow down a bit. Sleep a little more, and work a little less. We sometimes put a lot of pressure on ourselves to take care of things that really aren't all that important in the grand scheme of things. If you feel you need a nap, take one. If you want a day of doing nothing, do it.

Related Link: [How to Get Over the Relationship Blues](#)

Look for the positive. Winter may be rough, but the freshly fallen snow is beautiful. You may be in the throws of divorce, but soon, you'll be able to begin a new life. You may be feeling financial pressure, but you're always free to look for a new opportunity to help you rise above it. Your kids may be

causing trouble, but it's all part of discovering who they are – and one day, they will make you proud.

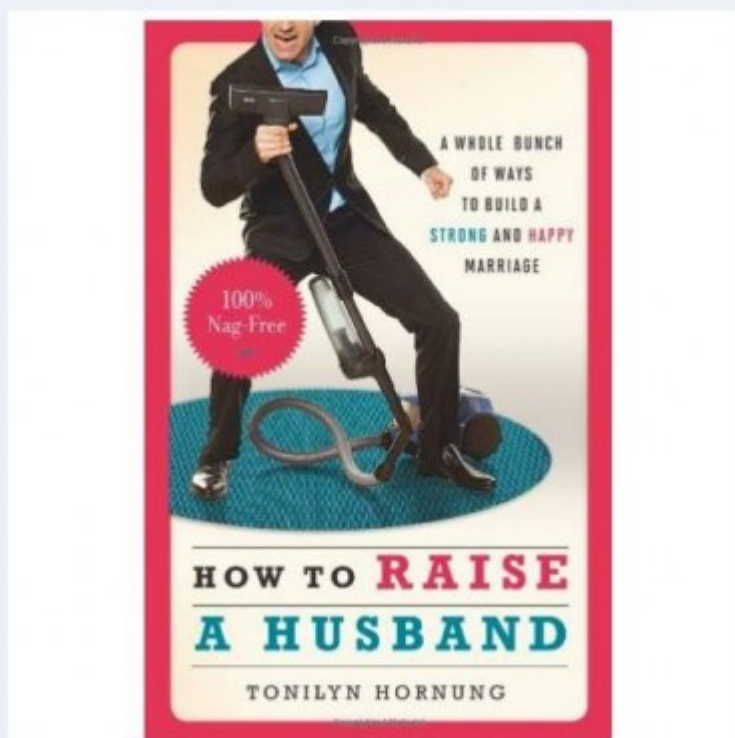
One thing is certain. Winter will end, and spring will begin. And there is definitely nothing more beautiful than watching the grass become green and the flowers start to blossom. I've come to realize if the grass were always green and the flowers were always in bloom, we wouldn't be nearly as grateful as we are when we can watch the transition happen right before our eyes. So hang in there. Things are about to change!

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



Janeen Diamond was a newscaster for KUTV News until 2001. Since then, she has been actively producing commercials and special programming through her company, "Your TVSpot." She has hosted several television and internet productions and has been a spokesperson for many products and companies. She authored her first book, "Save Your Marriage in 30," hoping to help families have greater success and live happier lives. She is co-creator of "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. Janeen is a contributing expert for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Follow her blog, <http://saveyourmarriagein30.blogspot.com/>.

Mila Kunis and Ashton Kutcher Are Expecting!



By Louisa

Gonzales

Congratulations to Mila Kunis and Ashton Kutcher who are expecting their first child together! According to UsMagazine.com multiple sources confirm the two stars couldn't be happier about the news, as it was something they both wanted. This exciting news comes only about month after a source confirmed the two lovebirds were in fact engaged. The couple went public with each other back in spring 2011 and have been going strong ever since. Kutcher had no children with his previous partner Demi Moore and their divorce was finalized last November.

How do you support your partner through a surprise pregnancy?

Cupid's Advice:

Life is full of surprises and sometimes the best things in life come unexpectedly. Finding out your partner is pregnant is a big moment in your life whether you planned it or not. Cupid has advice on how to support your partner through a surprise pregnancy:

1. Give them a surprise gift: Nothing shows your support like a surprise gift, but make sure it is meaningful and has significance toward your lover. Giving them a present or a card will show that you are supportive and happy about the news. It's important to be able to let your partner know you are happy about the news, even if it is surprising.

Related: [Find Out About Ashton Kutcher and Mila Kunis' Engagement](#)

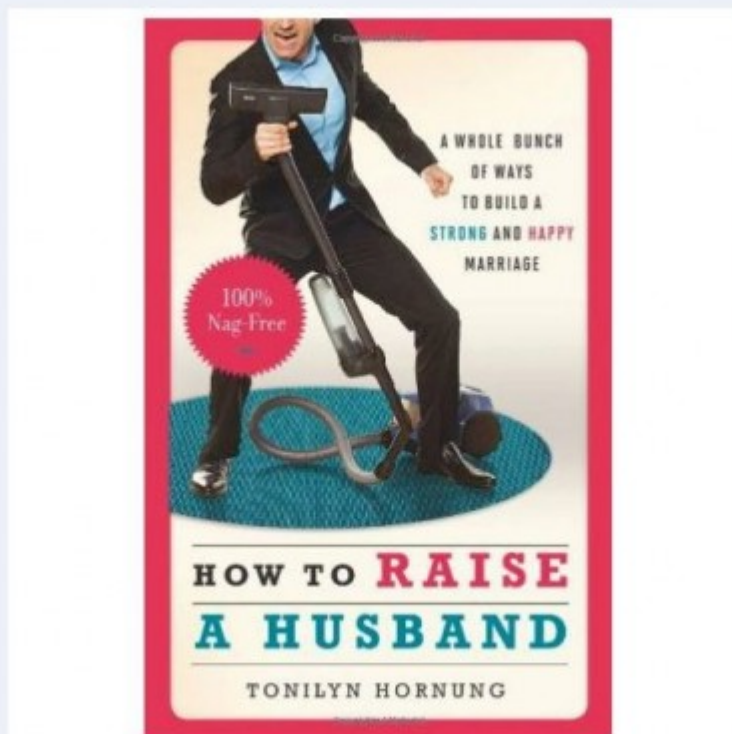
2. Be there for them: One of the greatest things you can do to show your support in a surprise pregnancy is to simply be there for them. Whatever they need, whatever they're going through make sure they know that you are with them. It's good to make them feel like they are not alone and it will help decrease both your stress levels, which could be bad for the baby.

Related: [Ashton Kutcher and Mila Kunis Step Out After Demi Moore Divorce News](#)

3. Do your research: Show you are prepared and ready for this new chapter in your lives, by researching and studying everything that comes with pregnancy. You can sign up for pregnancy classes, read parenting books, volunteer to babysit your friends kids sometimes. It doesn't matter how or what you do to prepare as long as you show your significant other you are in this together.

What are ways to show your support towards your partner through a surprise pregnancy? Share you tips below.

Mandy Hale Empowers Single Women in 'I've Never Been to Vegas, But My Luggage Has'



By Brittany

Stubbs

Blogger-turned-author Mandy Hale is affectionately known around the world as “The Single Woman.” With a heart to inspire single women to live their best lives without

settling, she cuts to the heart of the matter with her inspirational, straight-talking, and often wildly humorous take on life and love. Her message reaches millions of women across the world every day through her blog, and with followers from all over the world, she has made a name for herself as the voice of empowerment and sassiness for single women across the globe.

In *I've Never Been to Vegas, But My Luggage Has: Mishaps and Miracles on the Road to Happily Ever After*, Hale delivers heart-warming and hilarious stories from her life filled with love and loss, glamour and goose bumps, faith and friendship, big dreams and battle scars. She shares even her darkest moments in witty, winsome ways that make her readers not only feel her pain but also laugh with her and apply her hard-won nuggets of inspiration to their own lives. In the end, "happily ever after" rarely looks and feels the way we imagined it would, but as Hale is learning – and as we can learn along with her – it is often *better*!

CupidsPulse.com had the pleasure of interviewing the author and getting to know more about her latest book.

We love the title of your book! Can you explain why you chose it and what it means?

The title is based on a crazy experience that found me getting off a plane in Vegas and not completing the trip. At the time, it was this mortifying and awkward moment, but now, I can look back and laugh hysterically. I just found it such a great parallel for my journey and the journey of a single woman in general. We all have this idea of where we think we'll end up or where we're supposed to end up, and where we actually end up is rarely anything like that picture.

But what is so great about life is it usually turns out a million times better than what we ever would have expected. So I wanted to hit on the point that I may not have ended up

where I thought I would, but I ended up where I belong. I hope that, by sharing these stories, I encourage other women and remind them that no matter where they are or how crazy things might seem, there is significance to everything. They will end up where they're meant to.

Related Link: [Finding Your True Destiny After Losing Love](#)

Since you refer to your stories as “Mishaps and Miracles on the Road to Happily Ever After, “ we’d love to know: How do you personally define “happily ever after?”

For me, happiness is a choice. It's realizing that “happily ever after” is one unforgettable adventure at a time, not some far off destination. Single women often think their ultimate goal is to be married and ride off in the sunset with Mr. Right. I think that's great, but you don't have to wait for that to happen to find happiness in the here and now. And honestly, if you don't find happiness in the here and now, I feel that ultimately hurts your ability to eventually attract someone to share in your “happily ever after.”

You share some personal secrets and struggles in your book. Did you find reliving some of these experiences challenging?

I'll be honest, it was absolutely terrifying at moments. Writing it, re-writing it, editing it, reading it for the book tape...I definitely got to a point when I wanted to be done reliving some of the stories I share!

But in the same respect, I found it helpful. Knowing some significant people from my past are basically reading my diary is really scary; I've compared it to standing naked in Times Square. But in order to make an impact, I believe you have to go to those places. If even one person is encouraged to make a positive change based on something I went through, it will be totally worth it to me.

Have you ever found dating difficult because of what you write

about for a living?

I'm actually struggling through this right now! It's hard to know sometimes if a guy is just totally freaked out about what I do or if he's just not that into me. Dating in a normal situation is challenging enough, so dating in the situation I'm in makes it even more difficult. I feel like men often think I've essentially branded myself "single" for life, but unless you see me walking around dressed as a nun, I'm not planning on staying single forever. I would love to be married and have a family one day, but my heart will always be to inspire single women, and that's why the blog is called the "The Single Woman."

Related Link: [Is He In It For the Long Haul?](#)

So what's the best advice you could give a single woman looking for love?

First of all, make sure you're open to love. I encourage all women to be confident, strong, and independent, but I also think that in order to find love, you have to break down some of your walls and be vulnerable at times. Single women often get in the habit of doing everything and taking care of everything themselves, and it's important to step back and remember that you don't have to rule the world by yourself. You can let your guard down every once in a while and invite someone else in.

That being said, I think it's also important for single women to have a clear sense of self. Be aware of your boundaries and standards, and don't apologize for them. You should never sacrifice who you are to cater to someone's issues or insecurities.

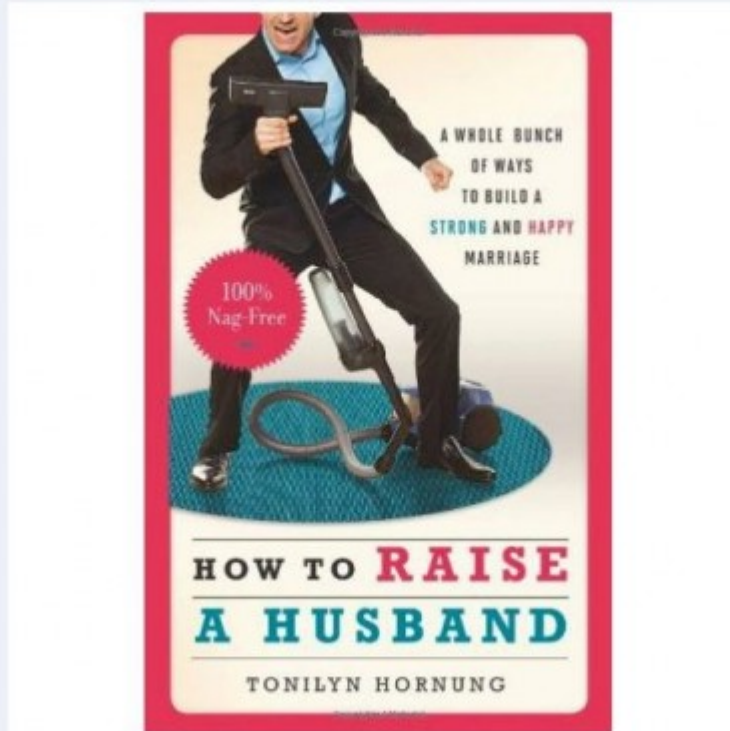
Last but definitely not least, never settle. I feel like women reach a certain age and get so frantic if they're not married; they feel like they should settle for whatever guy is standing in front of them or risk being alone forever. This is so not

the case! When you settle for someone out of fear, you'll eventually regret it. Forever is a long time, and investing your heart, time, and life into a relationship you're not 100 percent about is never a good choice.

*To learn more about Hale, check out her blog, <http://thesinglewoman.net/category/blog/>. Be sure to purchase your copy of *I've Never Been to Vegas, But My Luggage Has* today!*

Kaley Cuoco Gets a Wedding Date Tattoo





By Louisa

Gonzales

Lovebirds Kaley Cuoco and Ryan Sweeting continue to show off their love and commitment toward one another. The couple have had a whirl wind romance ever since they first met. Starting with them quickly dating and then soon after becoming engaged and even sooner married. According to UsMagazine.com Cuoco, 28, recently showed off her new tattoo of her wedding date in between her shoulder blades in three rows of large Roman numerals, including the numbers that read, 12-31-13, at a charity tennis event in Calabasas, California on Saturday, March 22. The numbers tattooed on her back are the date of when the lovers said their vows to one another on New Year's Eve last year in Southern California, just four months after getting engaged.

What are some ways to publicly show you love your partner?

Cupid's Advice:

Love is a beautiful thing and sometimes when you are in love you want to shout it from the rooftops! Expressing and showing

off your love doesn't have to be a negative thing, it can be a good thing, especially when you really mean it. Cupid has some advice on ways to publicly show your love toward your partner:

1. Show some PDA: Showing some public displays of affection every now then is not going to kill your relationship in fact it can make it stronger. Don't be afraid to grab your partner's hand when they're feeling overwhelmed or give them a quick kiss to show you care, or pull them into a hug for reassurance. Love is both emotional and physical it's important to have strong connections in both.

Related: [Kaley Cuoco and Ryan Sweeting Take Mini-Honeymoon at Disneyland](#)

2. Share with family and friends: It nice when you are able to share your love with family and friends. Hiding your relationship is fine in the beginning when you are unsure, but once you know it's good to show are not ashamed of the relationship and are in fact proud to be in it. Once you're in love, being able to be open about the relationship is a good sign toward your loved one and your significant other.

Related: [The Pros and Cons of a Whirlwind Romance](#)

3. Take them out to public places/events: Go out and take your love somewhere new and fun. It's nice to share private moments with your love, but it can also be fun to go out and share your union with the world. Being able to take your sweetheart out shows you are secure and comfortable in your relationship to share it with others, even if they are strangers.

What do you think are good ways to publicly show you love your partner? Share in the comments below.