

# Celebrity News: 'Parenthood' Star Joy Bryant Gives Marriage Advice



By Courtney Shapiro

In [celebrity news](#), Joy Bryant dished on her career, her love of sports, and her marriage to stuntman Dave Pope. The actress, well known for her role in NBC's *Parenthood*, shared that she was not always the outdoorsy type, but has become more accustomed to the lifestyle through her husband. As she's been in a [celebrity marriage](#) for 10 years, Bryant shares her advice on how to keep her [celebrity relationship](#) fresh. In an interview with *Men's Journal*, she says, "You've got to do your own thing... there are plenty of people who spend every single day together and hate each other or get divorced."

# In celebrity news, Joy Bryant talks about how to keep marriage fresh. What are three ways to keep your marriage fresh and the spark alive?

## Cupid's Advice:

Everyone has ways of keeping their marriage spark alive, but will they always work? Cupid has some tips on how to keep your marriage fresh and the spark alive:

**1. Try new things together:** It gets tiring and boring when you and your spouse are always doing the same thing. Breaking out of the typical routine and trying a new activity, or even a new food, can bring excitement to both of you. It'll be special for just the two of you, and you'll be able to hold on to that memorable experience as a couple.

**Related Link:** [Celebrity News: Have Ed Sheeran and Cherry Seaborn Secretly Tied the Knot?](#)

**2. Continue to talk to each other:** Talk frequently to one another. Don't just go through the motions, and talk about work or other daily routine items, but really sit down and talk to each other. If you are feeling a certain way or something really got in your head, share it with your partner. Having these deeper conversations will help further the relationship, as well as keeping things interesting.

**Related Link:** [Celebrity Couple News: Priyanka Chopra's Mom Praises 'Mature' Nick Jonas After Engagement](#)

**3. Create shared goals:** Being married automatically gives you a partner for life, so why not create goals as a couple. The goals can be anything the two of you want to accomplish, and they are more likely to be achieved if you are constantly

supporting one another throughout the process. Find something you both can enjoy, and work towards that accomplishment together.

What are some tips that kept the spark alive for your marriage? Tell us in the comments below!

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## Relationship Advice: How to Cope with a Loved One Who Is an Addict



By Dr. Jane Greer

When someone you once loved dies, it can be devastating, even if you haven't been in a relationship with them for a long time. If that person had problems, such as a drug or alcohol addiction, learning about their death can also be confusing and can conjure up all sorts of feelings including guilt. Ariana Grande is heartbroken over her ex Mac Miller's death, according to an inside source. The rapper was found dead last week after what is thought to be an overdose. Some people have lashed out at her, saying she should have done more for him. Others have strongly supported her, saying she did everything she could.

**Either way, it is a hard place to be and it raises the question, when someone is in a difficult relationship with an addict, how much is too much, and when is getting out the right thing to do, even if that person might be in danger? Here is some relationship advice.**

It is never easy to end any relationship with someone you love, and if they are struggling with personal demons it can be even harder. Anyone who has ever been involved with someone who is alcohol or drug dependent knows how hard it is to separate even if it has reached a point in which staying seems just as impossible, and sometimes even harmful to your own well-being. There is a natural amount of guilt that goes along with any breakup, but when there are these added complications the guilt can be overwhelming. When a tragedy occurs after you

are no longer together and there is a death or overdose, those feelings can take over, leading you to wonder if you “abandoned” them and could have or should have done more.

**Related Link:** [Relationship Advice: Is It Too Soon to Get Engaged?](#)

The most important place to begin to reconcile these feelings is to recognize that you did everything you could possibly do when you were in the relationship to help them, and if you had remained it would have been to your own detriment. Acknowledge that leaving it was not easy for you. If you were able to remain friends, there might have been the opportunity to further illuminate that in order to have a better understanding of what happened. So in that case, it might be clearer to you that there was nothing more you could have done, and that you simply couldn't continue to handle the struggle. If you didn't remain friends or stay in touch and an overdose or death comes as a complete surprise, remind yourself that you chose to end the relationship because it took a heavy toll on you, and recognize that you had no choice in the face of their continuing destructive behavior. Understand that there are limits to what you were able to do to help the other person. Ultimately each person is responsible for him or herself. Accept and respect that you made the decision out of necessity to invest in your own safety and happiness, that it was either sink or swim for you. Being able to see and do that is vital to your healthy self-esteem.

**Related Link:** [Relationship Advice: Tales of the Other Woman](#)

Keep in mind that what you want to do is remember who the person was to you, what they meant and what you shared together. Ariana paid tribute to her relationship with Mac by posting a picture of her memory of him. Hopefully she has been able to find peace.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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## Relationship Advice: Is It Too Soon to Get Engaged?







By Dr. Jane Greer

When is it too soon to get engaged? There are so many considerations that go into making this decision, from practical issues such as having enough money to finishing a degree to living in the same place, to more philosophical ones like is there a proper timeline for true love? Sometimes people have to first deal with other commitments and responsibilities before taking the plunge. But what if you meet someone and know instantly that person is your soulmate, do you still have to wait? Some think the answer to that is no. Nick Jonas and Priyanka Chopra announced their engagement after dating for only two months.

**Quick engagements can be a sign that one or both parties are ready to settle down and feel the security and stability that comes**

**with marriage. However, there are a number of pieces of [relationship advice](#) to consider before taking this next all-important step.**

One of the biggest questions that comes up is, does it make sense to wait even if all the pieces are in place so that you can have more time to bring each other into the other's respective world? In other words, does having the inside track on your partner's life before you're all in add to the success of a marriage? Some might worry that the intensity of the high one feels when they first fall in love won't last, and therefore won't be enough to sustain you through life's ups and downs. If you do feel, however, it is enough to get you through, and you are seriously considering a quick engagement, it can be helpful to ask yourself why. Is it because you simply want to get married and crave the security that comes with that? Or were you disappointed by a previous relationship and now eager to move forward with someone who's ready to truly commit and get married? Or is it all about the person, that you have fallen so hard for one another, that you have become a part of each other's lives so completely, and there is enough compatibility, that you feel you want to and will be able to continue to make things work between you?

**Related Link:** [Relationship Advice: Tales of the Other Woman](#)

Whatever the case, most people do find that the all-consuming, instant attraction eventually, and really inevitably, wanes. That's why a certain amount of time and effort is generally important to allow the relationship to solidify so you have the chance to really learn how to work things out together, and to see how each of you reacts to different situations. With time, you'll move from that googly-eyed stage where your partner can do no wrong, to eventually "sobering up," so to



speak, and deal with life – sickness, cars that don't work, endless bills, having to work late – as opposed to the euphoria you might be feeling when you first come together. In fact, the “honeymoon phase” can often last longer than most people think, in some cases even up to a year, but by the time you move away from that and into everyday reality where you need to be able to work together as a couple to deal with the nuts and bolts of each day, it takes more than rose-colored glasses to navigate the raging rapids. If you don't manage to build that strong foundation, it will only be a matter of time before your individual needs, as well as all the daily hits of living that create friction and tension, tear you apart.

**Related Link:** [Relationship Advice: The Pitfalls of Dating While Divorcing](#)

If you are in love, and if marriage is on the table, here are a few things you can ask yourself to determine if you are ready. First, do you think you are able to deal with your differences and compromise around them so you end up at a joint decision that feels good for both of you? Are you able to communicate and listen to each other, and ultimately relate to each other's feelings, so that you both feel understood? Can you problem solve, as well as work through and clear up your anger and disappointment so those feelings don't linger and cause trouble between you? Do you have empathy for each other? If you have these skills in place, then you are starting your life together with a full toolbox of important skills.

Nick and Priyanka seem to have found in each other what they are looking for, and have faith that they can continue to keep love alive. If you, too, have that trust in your partner then perhaps a short engagement can work for you as well.

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are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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## Learning From Celebs: Clear Signs You Are In A Toxic Relationship





By James Helliwell

How do you define a toxic relationship?

There are many ways to do this; you can call it a relationship without love, without a future, without peace, without passion or without a number of things. The simplest way to describe it, however, is to call it a relationship where one or both parties is perpetually unhappy. We see this in celebrity relationships all the time on celeb news sites, such as our friends at [Fame Game](#), and *Vanity Fair*. The classic [Kate Moss and Pete Doherty](#) saga is a good example, but it happens to “regular” people as well.

**Recognizing that your relationship is toxic is a very difficult thing, especially to those within it. Here are a few signs to help you**

# identify it.

## 1. You fight so much, you don't even notice it.

This is an easily recognized sign of a toxic relationship. Oddly, it is a sign often missed by those in the relationship. There comes a time in a relationship when you fight so often that the only fights that register are those loud enough to wake the neighbors. The best way to discover if this sign is in your relationship is to inquire about it from those close to you and your partner.

## 2. Either or both of you are keeping score.

This is both an extension and a separate entity from the constant fighting. In this case, there might never even be a fight. However, any time an offense is committed by one party, it is immediately followed up by the other party listing all the previous offenses. Here mistakes become weapons that each party must stockpile so that they never lose.

## 3. There has been no sex in a while and neither of you misses it.

This is a sign that most of us have already learned from watching TV, but it happens all too often in real life. People in this condition are quick to make excuses for why they have not been intimate in some time, most of which are hollow. The simple truth is that if a loving couple is ever together, there's little that can stop their lovemaking. And this is vital to their well-being.

## 4. You stop communicating; casually or intimately.

There are two major ways every couple communicates; casually and intimately. A casual conversation between a couple is what establishes that they are friends. This is often mindless banter and joking around about any number of subjects.

Intimate conversation is what distinguishes them as a couple. This is when they talk about their emotions, dreams, struggles, and other confidential topics. Both of these forms of conversation are important to maintaining a relationship.

### **5. You find you are never yourself around them.**

It is normal for a person to change in a relationship. Changing allows them to accommodate their partner's quirks and personality. However, not being yourself is different. In this case, you only change when the other person is around or your partner only changes when you are around. Being yourself is a type of honesty and without it a relationship will never advance.

Every relationship will go through a rough patch, this is true. If you have noticed that your relationship identifies with one or more of these signs, you have a chance to work on it before it's too late.

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## **Relationship Advice: You're Scaring Men Off!**





By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stiletto's [dating advice video](#) will stop you from scaring off any more men! [Relationship expert](#) Suzanne Oshima interviews Bex Burton on ways that women run men off. Watch the video above to learn more!

## Relationship Advice to Stop Scaring Men Off!

**1. Stop future pacing:** Women tend to think farther ahead than men when it comes to relationships. On the first date, you shouldn't be thinking about whether or not he's husband material; you should invest your energy in the present moment so you can get to know your date. "When we communicate from this place...we base our beliefs on our pasts," Burton says. We don't make expectations for the future based on the person in front of us, but rather on what we've experienced before. Men can see through this and they often run. Think about it; it's intimidating to have your whole life planned out already when



you don't even know your date's last name.

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**2. Stop shape-shifting:** "When the images, words, and ideals that we use both online and in person aren't representative of who we are in that moment, how is a man supposed to know who he is facing?" Burton asks. No one is the same person every day, but we do allow ourselves to act a certain way based on what we think the other person wants. When it comes to being a strong and independent woman, you don't want to seem sheepish to placate a man's ego, but you also don't want to be so dominating that the man doesn't feel like he will be valued. Flopping between the two personas is confusing; strive to find balance.

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**3. Stop criticizing:** Here's a scenario: you're in the car with your date and he asks what you want for dinner. How many of you have said you don't care, but then get annoyed when he chooses a burger joint? "Don't criticize a man for the choice you just empowered him to make," Burton advises. If you do have preferences, state so. Phrasing your desires as a question will give your date direction and make him feel valued that he can care for you. Try saying something like, "I want healthy and fresh, what would you recommend?" Oshima adds, "Men hate women who don't have an opinion." It's great to share your desires, but if you really don't have an opinion, appreciate what your date does choose.

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# Dating Advice: Thriving After Divorce



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you move on and enjoy dating after divorce. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Tanya Marie Dubé, for dating advice!

# Dating Advice on How to Thrive After Divorce!

**1. Accept the emotional cycle:** Any loss, whether it be a death or a separation, entails an expected emotional cycle. Don't be surprised if you are in denial, become angry, try to bargain, or enter depression. But hope prevails! "You wake up one day and a light bulb goes off," Dubé says. She admits that during her own separation, she would "pull up the big girl panties and go on to the next thing without thinking about it." The problem with avoiding the grief cycle is that, because you didn't allow yourself time to process, you end up repeating previous mistakes in future relationships.

**Related Link:** [Expert Dating Advice: What's Blocking Me From Finding Love?](#)

**2. Re-learn yourself:** After a long relationship, you're a different person. You've spent your time thinking about you and your partner and, if relevant, your kids. Now, as a single woman, you have time to yourself and you should use that to explore what it is that you enjoy. Because you've changed, you need to relearn who you are and what makes you happy. "Right after a breakup, you have a low vibe and will attract someone with a low vibe," Dubé says. Not taking the time to relearn who you are and build happiness risks landing you in a relationship similar to the one you just left. Take the time for yourself, and your next relationship will reap the rewards.

**Related Link:** [Dating Advice: How to Fall in Love with Dating](#)

**3. Practice optimism and mindfulness:** "Before I attract people, I want to attract happiness," Dubé says. If you notice that you have a negative world view, you'll never be happy, and no relationship can change that. You need to focus on the "triad of emotion," as Dubé calls it. Fix any negative self-

talk, adopt powerful body, and shift your focus on to the bigger picture. Divorce is painful and takes a toll on your mental health, but paying attention to the verbal and physical language you use and where your focus is can help you practice a positive mindset, which will make you happy with your life before you start dating again!

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## Love & Libations: Celebrity Sips on Tequila Day





By [Yolanda Shoshana](#)

There's no denying that tequila is one of the hottest spirits around right now; however, not all tequila is created equal. Some of it is cheap and fills you with nothing but regrets the next day. In fact, that may be the reason you're scared to get anywhere near this specific libation ever again. Do yourself a favor and revisit the spirit or take a different approach to it. While there is bad and ugly tequila, there is some really good juice that has hit the market. It's a spirit that men and women enjoy. It's been said that women who drink tequila are mysterious and sexy. On your next [date night](#), maybe pour a little tequila on the rocks to knock off their socks.

**Read for More Tequila Tips from Relationship Expert Yolanda Shoshana!**

Celebrities have been jumping on the tequila trend. You will find that the celebs who make the best stuff were tequila fans

well before they got into the booze game. National Tequila Day is on July 24th, making it the perfect time to sip like the rich and famous.

**Related Link:** [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

Most people know that Sean Combs has been the face for Cîroc Vodka, but some will be surprised that *DeLeón* Tequila is his baby. Combs is far more vested in the tequila company. The luxury spirit comes in a fancy bottle that would make a great addition to a home bar or the perfect gift for your tequila loving boo. There is a bottle of *DeLeón* that runs for around \$850, but there are affordable options to choose from. Think of this as a sip and chill tequila or the kind of libation to get you in the mood for foreplay and boudoir business.

Casamigos is probably the most famous celebrity tequila on the market. When George Clooney and Rande Gerber sold the company for \$1 billion dollars, everyone clutched their drinking glasses. Though they sold the company, Clooney and Gerber are still very much involved with the brand. I bet Clooney sips a little bit more of it since becoming the father to twins. The Casamigos Blanco would be great for whipping up a batch of margaritas for the girls and chatting about love, life, and the pursuit of happiness.

**Related Link:** [Love & Libations: The Negroni & Anthony Bourdain](#)

If you have been a fan of Mario Lopez since his *Saved By The Bell* Days, know that he has an adult beverage for you called Casa Mexico that he owns with partner Oscar De La Hoya. Lopez is so into the tequila that 120 bottles were served at his wedding. Take that as [relationship advice](#) from Lopez: the couple that shares tequila together just may stay together. Clearly Casa Mexico is good for sharing with loved ones.

Recently Dwayne “The Rock” Johnson announced that he would be



starting his own tequila brand. Personally, I wish he would have gone with The Rock Rosé, but tequila it is. While his tequila isn't out yet, he deserves an honorable mention. Mana will probably hit the shelves any minute; the Rock wastes no time when he brings it. The spirit will be called Mana Tequila. Mana means supernatural in Polynesian. It will be interesting to see how the spirit comes together. Given the name, it sounds like there will be an island flair to it. I imagine it will be good for when you and your partner can't travel to the Polynesian triangle but want to feel like you're on a [romantic getaway](#).

*For more Love & Libations date ideas and celebrity couple predictions from Yolanda Shoshana, click [here](#).*

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## Dating Advice: Secrets to Letting Go of the Outcome of a Relationship





By [Rachel Sparks](#)

In this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to spiritpreneur Abiola Abrams about letting go of expectations and staying present while dating. Don't miss this great [relationship advice](#); watch the video above!

## The Dating Advice You Need to Stop Worrying About Outcomes and Enjoy Dating

**1. Practice mindfulness:** Mindfulness is a “mind, body, and spirit principle [about] being radically present,” Abrams says. Our society is structured around distractions. Our phones chime and we drop everything to answer an email or respond to a text. Because our attention span isn't a muscle we train often, our dates are effected. “We're thinking on our first date what our kids would like or what their last name sounds like,” Abram says with a laugh. To stop “futurizing,”

focus on what to be grateful for in that person. This exercise in gratitude will bring you to the present moment, help you calm first-date jitters, and enjoy the other person more.

**Related Link:** [Dating Advice: How to Stop Self-Sabotaging in Love](#)

**2. Bring a little gift:** Women are used to being impressed while men are used to being the ones impressing. Abrams advises, “We always assume that masculine energy doesn’t appreciate gifts, but they eat it up.” Bring something small, like a rock or twig from an area they’ve mentioned or their favorite candy bar. “You don’t have to spend money,” Oshima says, “In this case, it really is the thought that counts.” Small gifts, especially early in a relationship, show that you pay attention. It forces you to be present in a conversation and think about what someone would want or need.

**Related Link:** [Single of Stilettos: Dating Advice About Mindfulness](#)

**3. Be vulnerable:** A large percentage of relationship advice emphasizes the importance of vulnerability. People appreciate it, yet we’re all too scared to do it. You don’t always have to reveal your secrets to be vulnerable; instead, share a personal story. Share a memory you rarely do, a tale you hadn’t thought about in awhile, an anecdote that will reveal a trait about yourself that you want the other person to know. “When you shield yourself like you’re Wonder Woman, you prevent yourself from being seen and felt.” When you open up to someone, it grounds you in the present, and the other person feels valued for connecting with you on a more intimate level.

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# Dating Advice: How to Be More Desirable



By [Rachel Sparks](#)

In this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to be more desirable! Watch the video above and read the article below for some feel-good tips to improve your dating life!

# Dating Advice to Help You Feel and Look More Desirable!

**1. Own your desire:** “For women, there is shame attached to owning your desire,” Contenta says. “Be okay with owning and showing it.” When you become more aware and attached to your desires and sensuality, a creative fire ignites in you. You become more engaged with the present world around you. This helps you enjoy life more, but it also makes you much more attractive to others. The first part of being desirable is connecting with that desire in yourself.

**Related Link:** [Dating Advice: How to Flirt With a Little Touch](#)

**2. Express sensuality:** Once you own your desire, what are the different ways to express it? Contenta says there are two: the ability to elevate your senses at any moment and to manage your sexual energies. “Pleasure,” Contenta says, “is in the moment that you’re in and engaging the senses fully.” If you want to become more aware of each moment, engage as many senses as possible. This is true for any partner as well. It’s a huge turn-on to use all five senses.

**Related Link:** [Single in Stilettos Show: How to Flirt with a Man](#)

**3. Transition into feminine energy:** There are two primary sexual energies: masculine and feminine. Masculinity often empowers forward movement, motivation, and power. Femininity, on the other hand, embodies emotions and reciprocity. “In our results-driven society,” Contenta says, “We all engage in masculine energy. But to become more desirable, transition into feminine energy using non-verbal, physical cues.” Think about your body and how much space it takes up. Men stand wider, and when women want to emit power they use body language that takes up more space. Feminine energy, which is softer, connects the inner thighs. When you walk, squeeze your

inner thighs together to encourage more curves and a sultry stance. When you move to point to something, caress yourself instead of just pointing. Show that you love yourself and desire will follow, both from you and observers.

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## Relationship Advice: How to Attract a Strong Man Who Takes the Lead







By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stilettos [dating advice video](#) will help you attract the kind of man who will take the lead. [Relationship expert](#) Suzanne Oshima interviews Bex Burton for the best dating advice to bring a strong man into your life. Watch the video above to learn more!

## Relationship Advice to Help You Attract a Strong Man!

**1. Be an authentic woman:** Burton says if a woman is “true to herself, connected with her own heart, her intuition, and whatever her divine belief is,” then she’s authentic. It’s important to know who you are and stick with that. If your actions match your words and your behaviors match your beliefs, then you know who you are to the core. Strong men love women who are confident in themselves, and confidence

starts with an intense personal knowledge. Suzanne adds, "Show up how you are in the beginning." If you worry that your confidence intimidates men, then you might consider steering clear from men who don't embrace that characteristic or who are not strong enough to handle this type of woman. This will keep you open for others who come into your life and appreciate what you have to offer.

**Related Link:** [Relationship Advice: Why You Keep Attracting the Same Kind of Men](#)

**2. Be present:** Knowing what you want and what you won't settle for allows you to navigate relationships with clarity. Men appreciate a decisive woman; it avoids petty arguments. It also allows men who like to take charge to have the opportunity to do so because they know, thanks to you, what they need to do to make you happy. Burton says, "Identifying what you need is a journey and a skill to develop." Knowing what you need from the beginning helps you weed out people who won't make you happy.

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**3. Be connected:** Similar to knowing what you need and knowing who you are, you need to be aware and connected with your emotions. Not only does this create an emotionally stable environment, but being aware of negative emotions before they escalate will diffuse arguments with your partner before they begin. Don't just focus on yourself, though. Women are naturally more attuned to emotions and when you focus on the ability to connect outwardly, you can intuitively recognize your partner's emotional state. Burton says, "It helps men connect with their emotions, making you valuable in their lives [because] you help him feel so much more deeply."

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# Expert Relationship Advice: 4 Ways Picking Up a Book Can Improve Your Health



By [Amy Osmond Cook, Ph.D.](#)

[Oprah Winfrey](#) does it. So does [Reese Witherspoon](#), [Bill Gates](#), [Barack Obama](#), and [Emma Watson](#). Not only are they world leaders and superstars, but they are also super readers.

Nearly [25 percent of Americans have not read a book](#) in the last year, and adults over age 50 were more likely than their younger counterparts to let their books collect dust. While you may think you don't have the time to read a good book, you might want make reading a higher priority in your life.

## **Reading isn't just a fun way to pass the time. It can also improve your health. Read on to learn four ways reading can improve your physical and mental health.**

### **It will help reduce stress**

Reading might sound like something you just don't have time for if you live a busy, stressful life. But it could be the key to [helping you relax at the end of a stressful day](#). According to research conducted by the University of Sussex, reading a book is one of the best ways to reduce stress. Their study showed that reading can reduce stress by 68 percent, and it will do the job faster than other tried and true methods like taking a walk or listening to your favorite music. So, pick up a good book and let your stress melt away.

### **You'll sleep better**

Reading can help you [get a better night's sleep](#), if you do it right. A good way to get more sleep is to create a nighttime sleep routine and include relaxing activities in it. Reading has been shown to reduce stress and help you relax, so it is a prime candidate for your bedtime routine. Staring at a screen is counterproductive, however, so stick to a book with real pages, rather than clicking through your favorite book on your phone or tablet.

## **It may help prevent dementia**

Keeping your brain active at every age can [help fight off symptoms of dementia and Alzheimer's](#). Researchers have found that people who challenge their brains when they are young and old have a slower rate of mental decline. Keeping your brain active can help preserve memory and thinking skills into old age. It is beneficial to work your brain from childhood on, but it isn't too late to start a reading hobby if you haven't tried it yet. Studies indicate people can benefit from giving their brain a workout even if they begin later in life.

## **It can help you feel empathy**

If you have a hard time relating to other people, getting hooked on a good book can help you with that. A recent study conducted by [The New School for Social Research](#) showed that people who became deeply involved in a fictional book and its characters were able to better understand their own feelings and beliefs as well as those of the characters. "If anyone has a desire to help others succeed in a non-threatening manner, this is a must read," said Rose Rios, director of marketing at [Legend Oaks Healthcare and Rehab of Northwest Houston](#). Reading literary fiction improved the ability to feel empathy for others.

Reading a book can make a difference to your health in ways that might surprise you. So instead of turning on the television at the end of the day, pick up a good book.

*For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).*

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# Relationship Advice: Why You Keep Attracting the Same Kind of Men



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you understand why you keep attracting the same type of guy and how you have the power to change that! Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis.



# Relationship Advice to Help You Stop Attracting Mr. Wrong and Start Attracting Mr. Right

**1. Discover your core beliefs:** “There are certain things that you pick up throughout life that shape your reality,” Fidelis says in her relationship advice. “When it comes to love, whatever you believe is possible for yourself is what you will attract.” If you are continuously facing abuse in relationships, you may internalize those failures as your own and begin to believe that you do not deserve more out of love. Evaluate past relationships; it’s never just one person’s fault when a relationship fails. If you find that you are in a cycle of dating the same guy in different skin, that’s a sign that there is something in your beliefs that needs healing.

**Related Link:** [Single in Stilettos Show: He’s Great, But...](#)

**2. Change your story:** Once you discover your core beliefs, you have the power to change them. “What you believe is what you create,” Fidelis says. If you discover that you don’t believe in love or that you don’t deserve it, challenge those beliefs so that you can change the dating cycle you’ve created. Fidelis advises, “When searching, focus on the energy of the relationship you want to create together.” Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, “You limit yourself when you focus on superficial wants.” What is more important: how tall a man is or how he makes you feel?

**Related Link:** [Single in Stilettos Show: Do You Push for Commitment Too Soon?](#)

**3. Break your routine:** After you’ve discovered your core beliefs and chosen the story of your future, you need to take

these discoveries out into the world. Going to the same places that you always have will only keep you around the same types of people. "You need to put yourself in front of the type of guys you want to attract," Fidelis states. Oshima offers her own advice, "Sometimes what we think is our type really isn't if every relationship keeps ending." Open your mind to other people. Ridding yourself of negative beliefs will allow you to be more attracted to different types of people. Have fun with it!

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

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## Dating Advice: How to Stop Self-Sabotaging in Love





By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stilettos founder and relationship expert [Suzanne Oshima](#) talks with spiritpreneur Abiola Abrams about how to stop self-sabotaging your love life. Don't miss this great [relationship advice](#); watch the video above!

## The Dating Advice You Need to Stop Sabotaging Your Love Life

**1. Become aware of yourself:** Abrams challenges viewers with the question, "Why do you always attract a certain kind of person?" The law of attraction states that you bring into your life what you emit. If you send out signals of failure, whether you subconsciously expect it or not, you welcome failure into your love life. A lot of times, you're unaware of the ways in which you sabotage yourself, but recognizing that you do so can help break a cycle of bad dates and dead-end relationships. Oshima adds, "The common denominator in all of these failed relationships is you." It's time to look in the

mirror and face reality about yourself.

**Related Link:** [Dating Advice: How to Be Sexy on Date Night](#)

**2. Start journaling:** Journaling is a great tool to becoming more self-aware. You can find and explore the ways in which you fail and how you may begin to attract the relationships you do want. In her dating advice video, Abrams encourages viewers to “journal who you think you deserve to be with, not your dream person.” When you evaluate not who you wish to have but instead who your current actions attract, you realize who you deserve. “It’s a heartbreaking exercise,” Abrams adds, “because a lot of women realize they believe they don’t deserve love.” If you feel this way, start there and ask yourself why you feel that way. Begin to challenge yourself so that you will believe you deserve kind and compassionate love.

**Related Link:** [Single in Stilettos Show: Dating Advice About Mindfulness](#)

**3. Pay attention to patterns:** Journaling can help you discover patterns. Abrams suggests journaling about the times discord arises in your relationships. What environment surrounds the argument? When your relationship is running smoothly, do you bring up old triggers? “We have a victim consciousness,” Abrams says of women. “We get together with our girlfriends and talk trash about our men, and that cultivates conflicts.” Only you know how your relationship is. If you’re constantly looking for conflict, you’ll find it. When you see those patterns, you can stop destroying something that has the potential to be truly satisfying and fulfilling. Abrams offers her final bit of advice, “Self-awareness brings you to self-acceptance.” In other words: true love starts with self-love.

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# Relationship Advice: How to Overcome the Fear of Abandonment



By [Rachel Sparks](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to overcome the fear of abandonment. Watch the video above for their best [relationship advice!](#)

# Relationship Advice to Help You Overcome Fears of Abandonment!

**1. Are you abandoning yourself?** Sabourin believes that we all have a fear of abandonment that traces back to our childhood. It's normal, she assures viewers. "We continue to perpetuate that fear into adulthood by abandoning ourselves." Though you've heard the advice before, it's worth repeating: you have to be your own best friend. "Nurture that part of yourself that feels alone," Sabourin says, "It's self-parenting. You'll feel whole again."

**Related Link:** [Dating Advice Video: Stop Attracting Emotionally Unavailable Men](#)

**2. Stop taking things personally:** Things go wrong when dating. We often second-guess why the guy wouldn't call us back or why it's taking so long to get a response. "You're only responsible for half of the equation," Sabourin reminds viewers. "Don't blame yourself." Self-blame stems from an attachment to a desired outcome. When you expect certain results from your dates, you take responsibility for things outside of your control. The best way to end this cycle is by just enjoying dates and releasing expectations. Without expectations, you're less likely to blame yourself for when things go wrong.

**Related Link:** [Dating Advice: Manifesting the Right Man?](#)

**3. Take responsibility for your emotions:** Ultimately, fears will be present, but how you handle them will effect outcomes. If you worry about abandonment before it's happened, Oshima warns that you can sabotage a relationship. Sabourin advises that by taking ownership of your emotions, you can learn healthy ways of processing failures and fears and work towards your dream relationship. Sabourin warns, "Ignoring emotions creates a beach-ball affect: you can push the ball underwater,



but at some point it will come back up with force.” Start by accepting what you are feeling, allow yourself to feel it, and then release those emotions. You’ll heal faster.

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## Relationship Advice: How to Overcome Dating Burnout



By [Rachel Sparks](#)

This week's [relationship advice](#) will help you overcome dating burnout! [Relationship expert](#) and Single in Stilettos founder [Suzanne Oshima](#) talks to relationship coach Cyndi Olin about how to persevere in dating when you want to give up. Watch the [dating advice video](#) above to learn how you too can make it through a dating dry spell!

## Relationship advice to help you through a dating burnout!

**1. Monitor your attitude:** Olin says, "What we resist persists." If you approach dating with a negative attitude, dreading the next time you have to haul yourself out of the house to meet someone new, you're not in a headspace to promote new relationships. Viewing dating through a negative lens puts you in "comparison mode." Olin says, "If you're constantly looking critically [at your dates], then the evidence will mount that he's the bad guy." Looking at dating with dread will only attract negative people and can destroy opportunities with the potential to make you happy.

**Related Link:** [Dating Advice for Women: How to Break Your Dating Patterns](#)

**2. Set aside date nights:** "Dating burnout stems from doing too much," Olin says in her relationship advice. Setting aside certain days for date nights frees up the rest of your schedule to do the things you need and want to do. When someone new asks to set up a date, you don't have to worry about shifting your schedule around. On the designated date days you don't have dates, take yourself out on a date instead. Maintaining regular date days will foster a positive mindset towards the times you do have dates.

**Related Link:** [Dating Advice: How to Get Him to Commit to You!](#)

**3. Pamper yourself:** “Having things to look forward to in life are really important,” Olin says. “A woman who can overcome dating burnout has a life that is full and that she is passionate about.” Begin enjoying the rest of your life again. You’ll forget about your frustrations with dating and will be more likely to get back out there with a positive attitude. What’s more, people are drawn to happy, positive people. As Oshima says, “Don’t give up before the miracle happens.”

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## Relationship Advice: Tales of the Other Woman





By Dr. Jane Greer

Everyone feels they were scourged in the aftermath of betrayal, and in an effort to work through that and regain their equilibrium they like to talk about what happened, often to anyone who will listen. Sometimes, though, while that can make someone feel better in the moment, it can cause greater trouble down the line and further delay the journey back to personal peace and happiness. Whether you are in the public eye or not, speaking out about the person who hurt you can be tempting. For example, Evan Felker's ex-wife Staci Nelson reacted recently to claims that he cheated on her with country superstar Miranda Lambert. Doing this can feel like your chance to set the record straight by telling your side of the story, and it can feel like a way to fight back. You've been wronged, so this is your way to make it right.

**Sometimes speaking out about the one who wronged you can be helpful,**

**while other times it can cause more negativity. So how can you balance it? This relationship advice comes down to what you say, and whom you say it to.**

The obvious place to go to vent your anger and frustration is to friends and family, since they are the people who know you and support you. They may encourage you by asking you to tell them what happened, or they may be more provoking by launching a missile and speaking badly about your ex-partner, thus throwing logs on the already flaming fire. Try to be careful, however, about what you share with them for a few reasons. While the initial reaction is to look to end the connection, sometimes cheating can actually help people reevaluate and overhaul their relationship to make it stronger and more resilient than it was before. There are enough times that people get back together. If in fact you and your ex do reconcile one day you don't want your friends and family members to have turned so completely against him or her and become so alienated that it makes it difficult for you to reconnect. Also, there is always the matter of the people you shared while you were together. What if, during your relationship, your cousin became good friends with your ex-husband, or your college best friend's wife is now best friends with your ex-wife? These are hard connections to break, and it helps to be aware of the tricky position that putting down your ex, who may still be an important factor in their lives, can put the people you love in. While oftentimes there is a strong pull to rally as many people as possible to your camp, drawing these lines can sometimes be very divisive and you risk creating more losses for you with your existing relationships if people feel they have to choose a side.

**Related Link:** [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

Being able to vent and say bad things about your ex can be an important initial step, but you want to continue to take subsequent steps and have that not be where you remain. Instead of only demeaning them and looking to do a character assassination, start to shift what you are expressing to focus on the impact their betrayal had on you and how you are dealing with it. To begin the real healing, it is important to be in touch with all of your feelings, not just your anger. This way it can eventually become less about stirring the brew of your rage and more about developing your self-awareness. In my book *How Could You Do This to Me?: Learning to Trust After Betrayal*, I speak about blind trust. Was this going on for you? Were you too trusting, did you see signs and ignore them, or did you miss them completely? It is this reflection and understanding that will enable you to learn how to trust your own judgement so that you feel better equipped to protect yourself in the future and keep this from happening again. By doing this it helps you to stop perpetuating the negative by keeping yourself in the role of victim, and instead shift to moving forward and away from your ex and the fallout of the betrayal.

**Related Link:** [Celebrity Break-Ups: Evan & Staci Felker Were Trying to Have a Baby Before He Met Miranda Lambert](#)

Being deceived is devastating at best, at worst, if not dealt with, it delivers a blow that can keep you feeling low for a long time and can derail you from living your best life. For that reason, doing all this is your emotional health insurance as you go forward. Hopefully, Staci will be able to get back on track and become stronger as she carries on.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays*



are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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## Relationship Advice: I'm Scared to Get Back Out There and Date!





By [Rachel Sparks](#)

The [relationship advice](#) in this week's *Single in Stilettos* [dating advice video](#) will help you overcome that paralyzing fear of dating! Whether you've just gotten out of a bad relationship or have been battling dating anxiety, [relationship expert](#) and *Single in Stilettos* founder Suzanne Oshima interviews relationship coach Iris Benrubi for the top three tips on how to overcome fear and get back into the dating game.

**Relationship advice from relationship coach Iris Benrubi will help you overcome fear and help you start dating again!**

**1. Anxiety is normal:** Benrubi says, "Anxiety is your body's way of keeping you safe, but sometimes safe also means stuck." Getting back into the dating game is frightening. After

heartbreak, who wants to risk getting hurt again? Like Benrubi says in her relationship advice video, playing it safe often means doing what you already do, and that likely means staying alone. “Choose the pain,” Benrubi adds, “Would you rather have the pain of being alone or have the pain of putting yourself out there?”

**Related Link:** [Dating Advice Video: Dating After Heartbreak](#)

**2. Use dating to experiment:** “Online dating is going to give you the biggest bang for your buck,” Benrubi says. “Use it as a place to experiment.” Oshima reminds viewers, “You are totally in control.” See what works and what people respond to. If something doesn’t work, don’t be disappointed or hurt, and instead try a different approach. Viewing dating, especially online dating, as an experiment removes you from the anxiety and allows you to have more fun. Dating should be fun!

**Related Link:** [Expert Dating Advice: What’s Blocking Me From Finding Love?](#)

**3. Know what you want:** “Just saying you want a relationship is not enough,” Benrubi says. “Any man can give you a relationship.” Build a top ten list of traits and needs that a relationship should meet. Do you want a long or short-term relationship? Do you want kids? Do you want to live in the country or the city? Knowing these must-haves helps you avoid wasting time in the dating game and allows you to find someone who is not only a good person but also meets all your needs.

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# Relationship Advice: The Pitfalls of Dating While Divorcing



By Dr. Jane Greer

Dating someone new is exciting but often challenging, and adding the complications of a divorce that's not officially finalized yet, as well as kids from the fractured marriage, into the mix can create a whirlwind of possible pitfalls and new challenges. Waiting for a divorce to become official, though, can take some time, and it is often difficult to put the entire future of one's love life on hold until it is all

said and done. Actor [Brad Pitt](#), for example, has been seeing MIT professor Neri Oxman in the midst of ending his marriage to [Angelina Jolie](#). Dating while being separated from your ex-spouse can often feel like a no man's land of uncharted territory with no clear rules. There may be concerns about how quickly to move things along, or a newfound fear of commitment because the most recent union failed.

**While you may be eager to move forward and find new love, it can feel like a slippery slope where you can get in too deep quickly, sometimes without even meaning to. With that in mind, there are certain pieces of relationship advice to consider as you navigate this sometimes lawless territory.**

The first obvious question is how soon is too soon? It is a very personal journey in terms of how each person manages the sadness of saying good-bye to someone they loved and shared a life with. Some people have no immediate desire to meet someone new, and instead withdraw and go into emotional hibernation, unwilling to put themselves out there for a while and risk being hurt again or diving into another unsuccessful relationship. Others take the opposite approach and seek out a new romance because that is what they believe they need to survive the turmoil they are facing. Taking your personal inventory of what works for you, figuring out your own rhythm of moving faster or slower, can be helpful in gauging the best way for you to proceed. If you do decide to jump back in to

the pond of love, try to consider what didn't work in your marriage and attempt to avoid those behaviors in this new partnership.

**Related Link:** [Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

Along those same lines, how do you balance the responsibilities and devotion you have to your children, as well as all the things that go along with taking apart your old life, with this new person? Consider how much energy you realistically have to give to your new identity as a single person and to your new relationship. If you have met someone you really like and want to get involved, that is fine, but keep your kids in mind and pace yourself with how you introduce them, possibly saying your new love interest is simply a friend at first so as not to confuse them. On the flip side, you might find you are not ready to invest a lot of time into a new romance. He or she might want to jump right in, planning dates and weekend brunches, but you are juggling time with your kids and don't want to miss a soccer game or a dance performance which often conflicts with the proposed plans. Think about and prioritize what is most important to you, and be completely honest about what you are willing and able to put into this new situation. Be clear about your time and what you need to keep it balanced. It can be helpful to convey this upfront so that they can keep their expectations of you realistic and not bombard you with demands for getting together. By doing this it will help make the new relationship stay light and be a relief for you, instead of becoming another emotional burden and a new source of guilt.

**Related Link:** [Relationship Advice: Can You Cheat Jealousy?](#)

Finally, is it okay to talk about your ex and the details of your divorce with your new dates? There is no question that you have gone through a difficult time as you and your ex-spouse untangle the life you shared together. It has probably



been the focal point of everything for you, all that you can think about. It is natural, then, that it is what you are used to talking about, and very likely what you want to talk about. That is understandable, but when it comes to the people you are just meeting and getting to know, the less you say about the nitty-gritty of your ex and your divorce, the better. Try to keep the conversation focused on fun topics such as activities you enjoy doing as well as those you would like to pursue in the future. Instead of making this new person your support system while you go through the divorce, allow your connection to be about what is ahead of you and think about it as an opportunity to explore who you are now and who you are becoming.

While it is a lot to contend with, it appears Brad is handling these possible roadblocks and choices with aplomb. Neri seems to be taking everything in stride, and perhaps she and Brad can continue on this path to happiness together.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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# Relationship Advice: How to Heal a Broken Heart



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

## Relationship Author Duana Welch Offers Her Best Relationship Advice

# on How to Heal a Broken Heart

**1. Be brave:** “The things that we dream of most are the things we are most scared of,” Welch shares. Face your fear in order to pursue your dream relationship. It’s easier to sit on the couch and wallow in heartache, but that doesn’t help you move on. Dating is scary, but as the relationship author says, “Do it anyway.”

**Related Link:** [Relationship Advice: Dealing with a Dating Burnout](#)

**2. Move on:** May Weather once said, “The best way to get over someone is to get under someone else.” Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

**Related Link:** [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

**3. Learn relationship science:** There are boundless resources that can teach you about the human mating cycle. While that’s not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what works and what doesn’t. If you’re already hurting from heartache, how bad can failing at dating experiments be? As Welch advises, “Taking no steps is guaranteed failure.”

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# Relationship Advice for the Guys: How to Approach a Woman You're Interested In



By [David Wygant](#)

One of the biggest problems for men today is that they suffer from a made-up disease called Approach Anxiety. I keep waiting to see commercials during football games from a major drug manufacturer. It would start like this: a man staring at a woman who is staring at her phone. The man would be thinking about what to say. The woman would still be standing there, checking her Facebook feed or re-reading a text. You can

substitute any of the details for this situation because, wherever women go, they're staring at their phones. It's their safety blanket, their virtual crutch. It may be annoying, but it still doesn't give the men a reason not to go and talk them.

Unfortunately, most men will be in this situation and say, "I really wanted to talk to this woman, but she was too busy on her phone." Women will always have their phone. It's the way they protect themselves, which means that men have to learn to conquer their Approach Anxiety.

## Relationship Advice on Approaching Women from Relationship Expert David Wygant

**Related Link:** [Relationship Advice: When's the Right Time to Pop the Question \(Marriage\)?](#)

If you suffer from Approach Anxiety, try this new pill. If you are always trying to think of the right thing to say, then you need to take Approach No More. Now, the side effects may be substantial. You may itch. You may have a chronic stomachache. You may have heart palpitations, but at least you'll be able to go talk to a woman.

Honestly, I find the whole thing super silly. My [relationship advice](#) is to remember that you're just strangers passing each other during the day. It's so easy to start a conversation based on whatever is going on in the moment. I call it the power of observation.

Observe what a woman is doing and make a comment on it so you are jumping into her world. For instance, if she's at Starbucks and ordering a drink you've never had, say something like, "I've never had that here. Is it good? Is it your

favorite?"

Men are always looking for opening lines. Opening lines are the biggest con in the world. Speak, talk, say anything, *be human*. Talk to a woman like you would talk to a regular person, and stop treating her like she's ET's sister. That's how you approach a woman you're interested in. Remember that you're not truly interested in her until you get to know her.

**Related Link:** [Relationship Advice for Guys: Why Is It So Hard to Date?](#)

So how do you get to know her? You must talk to her. Communicate with her. Speak to her. Talk to her like you would anybody else. In my 20 years of being a [relationship expert](#) and helping men and women understand each other, I basically have told men the same thing over and over again: Stop worrying so much about what you say and just say anything. Realize women are more open than you think. They'll put the phone down if you come and talk to them, if you're confident about what you say, if you speak to them like you would an old friend. But if you go over there and try to say something clever that's really not clever, if you say something stupid that you've seen on the Internet, or if you're just shaking in your pants because you're so afraid to talk to her, she's going to feel that energy and want to run.

The only way you make a woman interested in you is if you treat her as you treat anybody else, and it's something that I do all the time. This [dating advice](#) works. The problem is that men have been marketed to death and made to believe that they need to do something so spectacular. Try talking to her about what's going on in the moment and listen to what she has to say. Just treat her like a human being.

*David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#),*



*his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.*

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

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## **Relationship Advice: 8 Ways to Tell If Your Online Date is a Cheater**





Online dating is a fairly new phenomenon, but one that is here to stay. For some, it's a great way to meet like-minded people who share your interests, activities, and hobbies. But, how can you tell if their online persona is accurate and truthful? Are they really single and ready to mingle, or is your online suitor married with children? Several studies have concluded that up to 30% of those men using an online dating service are already married. The online dating site eHarmony states that 53% of online users lie on their dating profile, mostly about age, height and weight, and job/income.

**Here are some signs to watch for so that you don't fall in love with a serial cheater.**

**1. He's on all of the online dating sites:** Online dating apps like Tinder and OKCupid make it easy to keep a lot of irons in the fire. Someone who maintains profiles on ALL these sites are probably not interested in monogamy; if something doesn't come from one contact, he is right back there working on his

next one. Be sure and check to see if his user ID is active on multiple dating sites before getting too involved with your selection.

**2. He refuses to meet you in real life (IRL):** Some men enjoy the online attention and have no intention of ever meeting you IRL. If you've communicated frequently and are ready for a face to face in a public location, ask for it and gauge his reaction. You will find out how serious he really is about pursuing a relationship by how easily he makes it to connect with him IRL.

**3. He may be unavailable and vague when asked direct personal questions:** For someone looking for love on a dating website or app, ambiguous responses to basic questions like where they live or what they do for a living are a huge red flag. You want someone who is willing to reveal himself to you on a personal level, even if it's just meeting for a cup of coffee. Serial cheaters stay intentionally vague so that you can't pursue them; they can only pursue you on their terms, which don't typically include living happily ever after.

**4. He's only willing to meet at odd times of the day or is unavailable for regular "date" activities:** Someone who talks all night but gets off the phone hurriedly at 7am may have something (or someone) to hide. This may not apply to those guys who work a second or third shift, but if they are a 9-to-5er then watch their behavior carefully. Don't accept rushed, last-minute invitations or booty calls!

**5. He doesn't appear confident in who he is and needs a lot of attention:** Often serial cheaters are men who don't like being alone or are very insecure. They use online dating to prop up their fragile egos by trolling for compliments, strokes, and contact with multiple women. You don't want to waste your time on a dud who only wants to get something from you and not give anything in return.

**6. He doesn't want to change his relationship status:** If you've already met in person and it seems to be getting serious, check out his reaction when you ask or tell him that you are ready to change your relationship status online. If he balks, he may want to continue appearing to be single so he can play the field. If you can have a conversation about it and mutually decide on this issue, he may indeed be serious.

**7. He avoids talk of the future:** If your guy likes to only discuss things in the here and now and isn't willing to talk about the future, that may be another red flag. Every couple needs to have hopes and dreams that they share about their future together; if your guy changes the subject when you bring up your upcoming summer vacation plans, you might want to ask what his true intentions are for your future. Men who are in it for the short term or until someone better comes along will not want to make future plans together.

**8. Sex is his primary objective:** If someone initiates sexual conversation, flirting, or asking for naked pictures too soon, then that may be all that they are down for! It is always a good idea to have your own intimacy rules in place before ever pursuing online dating so that you know where the boundaries are upfront. Be honest with the guys too – if they are legit looking for love, they will totally appreciate knowing what the rules are.

Like anything online these days, do your homework before committing to anyone or anything. Always meet in a public place until you know the person better and don't be afraid to hire a professional if you are truly serious about a guy and don't know if he is or not. Reputable [private investigators](#) such as North American Investigations can ease your fears about your online romance or perhaps dig up enough information to know that he's not a good fit for you.

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# Relationship Advice: How to Build a Lasting Love



By [Rachel Sparks](#)

This week's [relationship advice](#) from Single in Stilettos showcases founder and [relationship expert Suzanne Oshima](#) interviewing relationship author Wendy Newman. If you get stuck in the dating cycle, Newman's tips in this [dating advice video](#) will help you work past the dating stage into a successful long-term relationship, teaching you how to maintain a lasting love.

# Relationship Advice to Help You Maintain Love

Newman's three nuggets of wisdom will help you build that long-term relationship you've been after:

**1. No one is in trouble:** Ever heard of the phrase "the dog house?" Yeah, we're all pretty familiar with that one. Newman's relationship advice is that we no longer make our S.O. feel like they're in trouble. Instead of attacking each other, this mindset gives you and your partner the opportunity to attack the problem together. Newman asks, "Wouldn't that be an amazing place to come from – where we never put someone in trouble and instead create that best friend feeling?" We sure think so!

**Related Link:** [Relationship Advice: The Biggest Dating Pitfalls!](#)

**2. Schedule monthly relationship check-ups:** "There is never a good time to talk about unpleasant things," Newman says. It's important to tackle things that aren't working in a relationship. Newman and her love meet every month (they make a date of it on the full moon, but you can choose whenever works best for you) and ask each other a regular set of questions. They start with, "Is there anything you need from me that you found hard to get this month?" Another question they always ask is, "What did you make up about me this month?" Ask questions relevant to your relationship. No matter what you ask, we can all agree that a wellness check-up has its benefits.

**Related Link:** [Relationship Advice: Be a Fantastic Date for Anyone!](#)

**3. Have autonomy:** "When we collapse our own individuality into another's world, we lose ourselves in the relationship,"



Newman shares. Resentment and the blame game ends up following. Oshima adds, "When your life is great, and your partner's life is great, eventually, your life together will be great." That means you don't need to feel bad for girls' night! Pursue your own interests and encourage your partner to do the same. Happy lives individually mean an even stronger relationship and sense of happiness together.

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

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

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## Celebrity News: Find Out How Khloe Kardashian Reacted to Tristan Thompson Cheating





By [Jessica Gomez](#)

In [celebrity news](#), [Khloe Kardashian](#) is absolutely devastated and shocked that beau Tristan Thompson has been cheating on her through her pregnancy. She just gave birth to a [celebrity baby](#) girl yesterday after all the commotion. According to [UsMagazine.com](#), a source confirmed that Kardashian was in Cleveland at Thompson's home when she found out. Everyone was shocked when footage was released of the basketball player kissing a brunette last Saturday and being spotted leaving a hotel the next morning. "She is completely humiliated and has never felt betrayal like this. There's no denying what he has been doing," a source said. "[Khloé] feels sick that she is in Tristan's house in Cleveland with a nursery all set up and that everything all this time was a lie. She wants to get out of there as soon as she can and go home." However, Khloe's doctor did not allow her to go back home. Her family has rushed to be by her side during this difficult time. A question still stands: will the [celebrity couple](#) get past this? Time will tell. We'll keep you updated!

# In celebrity news, Khloe Kardashian is dealing with a cheating boyfriend as she prepares to give birth. What are some ways to tell if your partner is cheating?

## Cupid's Advice:

Cupid has some [relationship advice](#) for you! Certain things aren't black and white. There are red flags that can insinuate that your partner may be cheating, but there is no fool proof way of knowing without hard evidence. The important thing is to not jump to conclusions right away. However, there are some things that you just shouldn't ignore, and here they are:

**1. They're extra secretive with their phone:** One thing is wanting to protect your privacy, but it is a whole other thing to guard your phone with your life when around your significant other. If your partner pulls away whenever they're texting or typing in their phone code, or they take their phone everywhere they go every single time – then this is a red flag. Something may be up.

**Related Link:** [‘Bachelor Winter Games’ Star Lesley Murphy Breaks Silence After Split from Dean Unglert](#)

**2. They've become distant:** When the vibe just isn't the same anymore, something is up. People don't just pull away from their loved ones for no reason. The reason may or may not be cheating, but there is definitely something going on that needs attention and should be fixed quick.

**Related Link:** [Justin Timberlake Shares Sweet Instagram Photo, Saying Wife Jessica Biel Has His Back](#)

**3. You catch them in lies, big or small:** Whenever they give

you their side of a story, it is constantly changing... yeah, something's not right. If things don't add up, they may be cheating. Cheaters lie to not get caught, so this is a big red flag to look out for.

What other signs are there of cheating? We want to hear from you! Comment below.

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## Relationship Advice: 5 Signs You Want Your Ex Back



Does absence really make the heart grow fonder or is it just loneliness talking? After breaking up with someone, especially

someone you've had a long, meaningful relationship with, you may start questioning if it was the right thing to do. While breaking up because they cheated on you or abused you is never wrong, if there wasn't that type of strife, then you may question why you parted.

## **Here are five signs that you regret the breakup and want your ex back.**

### **1. Keep Tabs on Social Media**

One sign that someone wants their ex back is that they're keeping up with their life via social media. If you find yourself stalking his Facebook or Instagram to see who he is dating or where he is going on vacation, then it is obvious that you miss him. Instead of stalking him online, build up the courage to leave a nice direct message or text him. If he is interested in hearing from you, he will text or message you back. If you don't receive any return messages, that should be a loud and clear sign that your feelings are one-sided.

### **2. You Regret Your Decision to Break Up**

After breaking up with someone you've been in a long-term relationship with, you may immediately begin to regret it. Just because a relationship has become stale, doesn't mean you should give up on it. Successful relationships require hard work from both partners. Consider going to couples therapy to learn how to better communicate with each other, especially when things do seem stale or when you're in a rut. Good communication is a key component of a lasting relationship.

### **3. You Talk About Your Ex A Lot**

Your friends will probably be the first to mention that you're always talking about your ex. They may be tired of hearing about your exploits with him or how much you miss him. You may

not even notice that he seems to come up every time you hang out with your best friends, but they will.

#### **4. You Keep In Touch With His Family**

If you and your ex had a serious relationship, then you may have gotten to know his family very well. If you keep in touch with them, it may be a sign you miss and want him back. You don't necessarily need to part with the family after a break-up, but it is unusual to frequently reach out to them. If you regret the break-up, stop talking to his family and talk to him. Find out if he is interested in seeing you again by using these tips to [get your ex back permanently](#).

#### **5. You've Forgiven Him for His Wrongdoings**

If he wronged you in some way, then you will need to forgive him before you can consider getting back together with your ex. Resentment will eat away at you and the relationship if you haven't been able to forgive him for what happened. If you have forgiven him, don't use what happened to hurt him, but move on and rebuild the trust between you to create a better relationship.

If you recognize some of these signs within yourself, then start exploring opportunities to reconnect with your ex and build a stronger relationship with him or her.