

Celebrity Interview: Kelly Hansen Talks About His “Crazy, Wild Mr. Toad’s Ride” With Foreigner



Interview by [Lori Bizzoco](#). Written by Elizabeth Kim.

The Super Bowl halftime show is often just as exciting as the actual game. With the big event between the Denver Broncos and the Seattle Seahawks right around the corner, Pepsi got in on the action to get fans hyped for this year's Bruno Mars performance. On Sunday, Jan. 19, diners at Buffalo Wild Wings in Seacaucus, New Jersey, were surprised with their very own halftime show. Fronted by lead singer Kelly Hansen, '80s British-American rock band Foreigner delighted fans with

“Feels Like Halftime,” a remixed version of their 1977 smash hit “Feels Like the First Time.”

Celebrity Interview with Kelly Hansen

Foreigner formed in 1976, and since then, they’ve sold more than 80 million albums. Over three decades later, hits like “I Want to Know What Love Is” and “Cold as Ice” continue to make waves. After multiple lineup changes, Hansen joined the band as their vocalist in 2005. Although he’s been in the music industry since 1985, he feels that Foreigner has given him the kickstart he needed to do what he loves: sing.

It was serendipity that brought Hansen and Foreigner together. “I was in a place where I’d spent a few years doing things in the business, but I wasn’t singing as much. One day, I said to myself, ‘Geez, I’m not really doing the thing that I do best,’ and I wasn’t really happy with where my career was,” he shares in our [celebrity interview](#). “Previously, gigs had always just kind of fallen into my lap, and I realized sometimes you need to change course on how you do things.”

Related Link: [Ivanka Trump Discusses Career and Family](#)

He found an online article about a charity show where original Foreigner front man Mick Jones was performing. The piece also alluded to problems within the band. “I wasn’t aware of the status of Foreigner at the time; it was in limbo,” Hansen says. “So I got in touch with management. We went back and forth, and we ended up putting my voice on some Foreigner tracks.” The rest is history.

When you become the new voice of a band as world-renowned as Foreigner, the immense pressure to live up to the expectations of loyal fans can be intimidating to say the least. But Hansen has a different perspective. “For many reasons, there’s

pressure when you do this kind of thing,” he explains. “People liked to say I was filling Mick’s shoes, but I like to say I brought my own shoes.”

The lead singer believes that Foreigner isn’t trying to be a copy of what it used to be, saying, “My biggest thing is that I want to do the songs justice and deliver them sincerely.” To Hansen, upholding the proud history, reputation, and standard of Foreigner is more important than trying to duplicate Jones’s signature wail.

Foreigner Singer Talks About Maintaining a Relationship and Love While Touring

After his entrance into Foreigner in 2005, he describes the journey as a “crazy, wild Mr. Toad’s ride.” However, even he admits that when you live most of your life on the road, your family can fall by the wayside. The most important step in keeping a relationship and love alive is to remind yourself that your life does not begin or end on the road.

“You can’t wait to go home to live your life. That means incorporating your loved ones into the process,” he reveals in our celebrity interview. Whether it’s through scheduling Skype video chats and daily phone calls or even bringing your significant other with you, allowing the important people in your life to be a part of your world prevents emotional distance no matter how far apart you may be. “That’s helped me a lot because, while I was out on the road, I kind of held my breath, waiting to live my life once I got home. This is a much better way to do it,” he says.

Related Link: [10 Ways to Make Long Distance Love Work](#)

With stops in Paris, Belgium, and Israel – just to name a few – Hansen will have to stock up on calling cards as Foreigner

embarks on a mega world tour this year. "We'll come back and do a big summer tour in America and then go to Germany in the fall and do an acoustic tour, so that will be very cool," he shares.

As Foreigner preps for their global tour and their very first acoustic-only show, there is little time to partake in the Super Bowl festivities. "I'm going to be on a plane, so I think I'm going to miss most of the game." He remains tight-lipped on what team he's cheering for: "As long as everyone has a good time and no one is freezing to death, I think it's going to have a good outcome."

Regardless, Hansen believes that fans shouldn't have to wait for halftime to celebrate. He describes Foreigner's surprise performance as a way to help people not only celebrate the upcoming halftime show but also celebrate life. "You can have halftime in unusual places and during unusual things; it doesn't just have to be football," he divulges.

For more information on Foreigner's 2014 tour dates, visit their website at foreigneronline.com.

Date Idea: Play Romantic Dating Games





By Gabriela Robles

This weekend, spend the night indoors with your love by showing off your competitive side by organizing a few romantic dating games. This is a great night to share your best couple friends too. So hurry over to an arcade and have a fun game night with your sweetheart!

Find a luxury bowling alley that's specifically setup for romantic dating games. Usually these types of bowling alleys are done up in a glow-in-the-dark fashion and have a party-like environment that's extremely exciting. Most likely, there will be fun music, cocktails and tons of entertainment. Some luxury bowling alleys even have restaurant or grills attached to them as well as lounges, game rooms, cigar bars and dance areas. This atmosphere will insure an amusing night that both you and your date will enjoy.

If an arcade is more your style, you can still enjoy a romantic dating game spot such as Dave and Busters. This popular spot has a restaurant that serves delicious appetizers, salads, entrees and desserts – plenty of options.

After you've eaten, you can head over to the games and get busy with your man. Show off your gaming skills behind the wheel by playing Daytona USA or impress your date with Super Shot. If you're in the mood to compete, play some QuadAir Hockey or try Dance Dance Revolution. The best part is that they have great deals. In fact, their Eat, Play, Win Combo is a surefire way to have a great evening that your wallet will love! Dave and Busters even has new games, so if you're addicted to Temple Run or Cut The Rope on your phone, try the arcade versions!

Romantic dating games are about doing something fun and new with your significant other, so go in with an open mind and excited attitude. Who knows? You two might have such a good time that you'll head out to your local bowling alley or arcade each month. It's a great way to beat the chill and heat up your relationship.

What're some things that you do for your game nights? Share with us in the comments below.

Celebrity Interview: Lance Bass Gives Relationship Advice and Says, "It's All About Communication in a Relationship"



Interview by Shannah Henderson.

In our celebrity video interview with *NYSYNC member Lance Bass at the OK! magazine pre-Grammys party, we chatted with the singer about his Valentine's Day plans and best [relationship advice](#).

Related Link: [Lance Bass is Engaged to Michael Turchin](#)

Lance Bass on His Upcoming Celebrity Wedding

"We haven't started planning it yet," he says of his upcoming celebrity wedding to fiancé Michael Turchin. "We keep saying that so we need to start. We are guys. We need to hire a wedding planner...that is our next step."

For more celebrity video interviews from CupidsPulse.com,

check out our [YouTube channel](#).

Single in Stilettos Show: Why The “Perfect Marriage” Isn’t Always So Perfect



On this week’s show, [Single in Stilettos](#) founder Suzanne Oshima talks with transformational coach Jennifer Daure about why the “perfect marriage” isn’t always so perfect. Daure knows the truth in that statement from firsthand experience: She met and married her dream guy at 23 years old but realized

that happiness was missing from her so-called perfect life. Here, she shares her story and her advice for other women in a similar situations.

Related Link: [Jennifer Daure Discusses Why Self-Confidence Is So Important When Dating](#)

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

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

What is your number one tip for self-love? Tell us in the comments below!

Celebrity Couple Marc Anthony & Chloe Green Get Affectionate at Grammy's





By Louisa Gonzales

Marc Anthony and much younger **girlfriend Chole Green** were seen cuddled up together at the **Grammy's**, inside the Staples Center auditorium, Sunday January 26th. Anthony, 45, and Green, 22, aren't shy about showing their affection in public as they generously posed in front of the cameras before the awards show. The beaming couple showed up hand in hand on the red carpet and were spotted wrapped around each other throughout the night. The romantic pair appears to be as strong as ever, and Green has even become a part of Anthony and ex Jennifer Lopez' twins, Max and Emme, 5, lives. According to UsMagazine.com, the lovebirds were spotted last February, riding rides and bonding together at Disneyland in Anaheim, California.

What are some ways to show your affection toward your partner in public?

Cupid's Advice:

One of the greatest things about dating is having someone

there for you who you can count on. Being affectionate with your significant other is a way to show that you care. Cupid has some advice on ways to show affection toward your partner:

1. Find ways to touch each other: One of the greatest forms of affection is through physical contact. Skin to skin contact is good for your relationship as it shows you care, are passionate and attracted to your partner. Physical contact has been proven to sometimes help people in pain, with stress as well as increase sexual attraction. Touch you mate and get them to touch you. Start off with simple gestures like taking hold of their hand, embracing, or giving them a quick kiss as it will help them become more comfortable with showing physical signs of affection in public.

Related: [Jennifer Lopez Opens Up About Divorce From Marc Anthony](#)

2. Do activities together outside your homes: Show your affection by going out on dates together to public places. It's not about showing off your relationship to anyone it's about letting them know you are not afraid to be seen with them. It helps your lover feel more secure and confident about your relationship. Being able to take your lovebird out and about it a great way to show you care and you are fine with showing people you are a couple.

Related: [Do Your Friends Influence Your Relationship?](#)

3. Talk about how you make each other happy to friends and family: Don't be afraid to tell your family and friends how your honey makes you feel loved and why they're special to you. Using kind words to describe your other half and your relationship are nice ways to show your affection to others as well as to your love bug. Being open to talking about your relationship to other people you care about, also helps show your significant other you appreciate them and are glad they're a part of your life.

What do you think are good ways to show your affection in public? Share your tips below.

Teresa and Joe Giudice Ask Judge for Separate Trials



By Brittany Stubbs

The Real Housewives of New Jersey stars, Teresa and Joe Giudice, are facing up to 50 years in jail for 41 counts of fraud including loan and bankruptcy fraud. The couple recently filed motions to conduct separate trials in the federal indictment against them, [People](#) reports. According to the

court document: “Should the trails be severed, Mr. Giudice has affirmed his willingness to testify as to Teresa’s involvement in the alleged criminal activity. He would be unable to do so in a joint trial wherein his Fifth Amendment rights are invoked.” Simplified, Joe’s declaration states that he will testify that his wife had no knowledge or involvement in the fraud. Although there is currently no word as to whether or not their request for separate trials was approved, the couple will return to court on April 9.

How do you support your partner through legal troubles?

Cupid’s Advice:

While marriage by itself has many challenges, adding a court room and lawsuits definitely taxes on some issues. It is during these times you must remain supportive and remind yourself of those vows: *for richer or poorer, for better or worse*:

1. Keep communicating: You most likely have many other voices in your ear right now, whether it be lawyers, family members, or friends. Remember your partner’s voice at this time and the importance of your communication. Whether you feel unstable, scared, or emotionally drained, it’s important that you and your partner can both discuss these feelings with one another.

Related: [Teresa and Joe Giudice Say ‘We Have Never Lived Beyond Our Means’](#)

2. Keep your life as normal as possible: Although there are obvious changes that occur with legal troubles, you can show your support by continuing to be there for your partner just like you always have been. Whether that means cooking them dinner, leaving sweet notes, or simply asking about their day, it’s important during unstable times to make life at home feel as secure as possible.

Related: [‘RHONJ’ Star Jacqueline Laurita: “I Try My Best to Get Along With Everyone”](#)

3. Don't talk to the media: Maybe you don't have photographers and reporters following you around like the Giudice family, but you still have your own “media” you must choose your words carefully around. Sharing personal information about legal troubles in a marriage can often result in tension in your relationship. There's always the possibility of repeated information or rumors that will only harm an already difficult situation. So turn your attention away from others and focus on supporting your partner.

How do you support your partner through legal troubles? Share your thoughts below.

Do Your Friends Influence Your Relationship?





By Kerri Sheehan

There is nothing stronger than the bond between a girl and her closest group of BFFs. Best friends break their plans and bring over a trio of aloe-infused tissue boxes and a pound of your favorite jelly beans when the man you've been dating for five years tells you he's in love with the girl he just met at Starbucks. Friends are also the ones who support you when you have a Tom Cruise-like outburst after going on a date with a man who you claim is your life-long partner.

It's true that your pals can have a big impact on you, and often times, without even realizing it, this influence includes the type of men you end up dating or whether or not you settle down with someone permanently. If you don't think that these scenarios describe your situation, ask yourself the following five questions:

1. Do your friend's judge the men you date? When dating someone new, almost everyone looks for approval from those around them. The expression on your friend's face or the body

language they display when you introduce them to your new boyfriend could actually have a bigger effect than you realize. What if your friends don't like that it takes your new guy 48 hours to return your text message? Or maybe they know his last girlfriend and heard some bad things about him.

Life coach Stacia Pierce affirms this thought and says, "Men and women generally present their dates to their friends for approval, especially if they intend to deepen the relationship. The opinion of your circle is often taken into consideration and can affect a decision to either move forward or cut the relationship short."

Related Link: [Can You Date Your Friend's Ex And Keep Your Friend?](#)

2. Do your friends get along with your new man? Hearing your loved ones making negative remarks about the new guy you've fallen for can be a little disheartening. After all, we want the ones we love to also love one another, and that means having everyone in the same room on New Year's Eve, for your thirtieth birthday, or even for a Saturday evening of karaoke. In fact, when your friends and boyfriend don't get along, it can really put a strain on your life and influence whether your romance will fail or succeed.

3. Do they like and comment on your social media accounts? When we post a new photo or status update on Facebook, Instagram or Twitter, the objective is that our network of friends see it and give it a retweet, like, or positive comment. Posting a picture of you and your partner going ice skating in Rockefeller Center can give you a glimpse into the underlying emotions that your friends have about your current relationship. If your closest friends ignore the photo and don't respond, it can definitely bruise your ego. If you're feeling sad or hurt by their non-reactions, then they may have a stronger influence on your relationship than you thought.

4. Do you usually meet guys through your friends? In the past, you may have heard one of your friends squeal in excitement, “I know the perfect guy for you!” Many romantic relationships can begin via introductions from acquaintances. However, before you jump into meeting someone blindly, make sure that the person your friend wants to introduce you to has some of the same common interests or values as you do.

Amanda Wozadlo, founder and co-owner of The Dating Stylist, agrees and adds, “If your social circle doesn’t have the same goals as you, that may be why your dating game is lacking. It is important to have a variety of friends who share common life goals because they can introduce you to new potential dates.”

Related Link: [Should You Date Your Brother/Sister’s Best Friend?](#)

5. Do your friends want to settle down or stay single? Some people tend to follow the dating styles of their friends. For instance, if your friend is in a passionate relationship and always talks about the romantic candlelit dinners that their partner prepares for them every Friday night, then you may yearn for a lover who does the same. Consequently, if your friend is single and loves that they never have to worry about falling into the toilet bowl when their new guy forgets to put the seat down, then you may see the benefits of this lifestyle.

After asking yourself these questions, there’s only one thing left to figure out: What do *you* want for your love life? If your friends truly love you, they’ll support whatever decisions you make when it comes to dating and relationships, even if they don’t agree with them.

Cupid wants to know: How do your pals influence your romantic life?

What to Do When Your Partner Needs Space



By Louisa Gonzales

Being in a relationship means spending time together, communicating, and supporting each other. You want to respect your significant other and their choices, but what if that decision is your partner telling you they need space? Every person needs time for themselves and the chance to focus on their needs, without worrying about someone else's. Just because you're dating someone it doesn't mean you have to spend every single moment with them, it's something we all must learn. Cupid has some advice on what you can do, if your

lover says they, “need space”.

1. Define exactly what they mean: Does it mean they want space from you or your relationship? A break? It's good to establish things and ask what they're looking to get out of “having some space” and exactly what they want in terms of getting it. It will help you understand why they needed space in the first place and if the relationship is worth holding on to.

Related: [How to Handle a Clingy Partner in a Relationship](#)

2. Don't freak out on your lovebird: Take a breath and don't act on impulse, there's no need to get over emotional. There could be a million different reasons as to why your lover needs some space. Maybe they think you're smothering them or maybe they're just stressed. No matter what that reason is, if you don't want to push them further away, it is important to respect their request and not overreact. Their reasoning might have some valid points and in the long run your time apart could benefit your relationship, make it stronger, and give you the time to truly appreciate each other.

3. Do share your feelings: Express to your honey how you feel about their need for space, but let them know in a respectful and kind way that showcases your support about their decision. It will help them to take into account your feelings as well as let them know you are there for them. It is important for the both of you to hear and listen to what the other has to say. Doing this can set you on right track towards working out any kinks or issues in your relationship.

Related: [What to Do when He is Still Dating Others](#)

4. Give them their space, but get your own also: Give them what they want, but during this time on your own, take the time to focus on yourself. If your romantic mate, is getting some time for themselves, so should you. With all your free

time, you can start doing the things you've always wanted to try, but never had the time to. You can also spend the time reflecting on your relationship and the best direction to take to move forward, together or apart.

What do you think you should do if your romantic interest says they "need space"? Share your tips below.

Former 'Bachelorette' Trista Sutter Says Struggles Made Her Grateful



By Brittany Stubbs

It has been ten years and two kids since we watched Trista Rehn and Ryan Sutter fall in love on *The Bachelorette*. Although the wife and mother is living her happy ending, she has been through hard times that changed her life and ultimately made her a more grateful person. After struggling with infertility, and later, a difficult pregnancy and scary delivery, Trista began to embrace gratitude in a whole new way, [People](#) shares. She has not only opened up about how thankful she is for her struggles, her children, and little moments in her everyday life, but she is especially thankful for meeting Ryan. "It's an understatement to say I hit the jackpot," she says. "I want to be a better person because he is such a good person. He is the top of my list of things I'm grateful for."

How do disagreements and arguments make your relationship stronger?

Cupid's Advice:

It's hard to see the benefits of hard times while you're in the middle of them, but it's important to remember that these are the moments that allow us to grow and ultimately benefit in the end:

1. They show a relationship's strength: Nobody likes to fight with their partner, but when you overcome conflicts, big or small, you show what your relationship is made of and prove you can get through anything.

Related: [‘Bachelorette’ Trista Sutter Talks About ‘Happily Ever After’](#)

2. They result in communication: Although it may be through yelling or snide comments in the case of an argument, communication is communication. Arguments are hard, but they

often force you and your partner to express how you truly feel, and in the end, that communication is key to making your relationship stronger.

Related: [Trista and Ryan Sutter Renew Vows in Vail](#)

3. They prove you have something worth keeping: If you've been through difficult times as a couple, by sticking around and continuing to work on your relationship, you're proving that you both believe you have something worth the struggle. When disagreements or arguments arise in the future, you can look back on what you've already overcome and remind yourself there's a reason you haven't let go.

How has a disagreement or argument made a relationship in your life stronger? Share your experiences below.

Brad Pitt Flies to Australia to Reunite with His Celebrity Love Angelina Jolie and Kids





By Brittany Stubbs

It's a busy life for the handsome [Brad Pitt](#). Right after the Producers Guild Awards, he hopped on a flight to Australia's Gold Coast Airport and then onto a waiting helicopter, presumably to reunite with celebrity love [Angelina Jolie](#) and their six children, as [UsMagazine.com](#) reported. Although Jolie has been filming *Unbroken* in Australia and Pitt has had a busy few months with projects of his own, they always make time for their [celebrity relationship](#) and family.

Following Pitt's example with his celebrity love, what are some ways to put your relationship and love before a busy work schedule?

Cupid's Advice:

In an ideal world, we would have the perfect amount of time to devote to all our priorities, but that's not the way it is;

instead, life is often a constant balancing act. No matter what you or your partner have going on, even if you two are in different countries like Pitt and his celebrity love Jolie, it's always important to make sure your relationship and love never takes a backseat to your business:

1. Designate weekly “us” time: Make time to put down the cell phones or the kids' projects and just be together. Whether this means that you have a weekly date night or you spend 30 minutes chatting at the end of the day, if you are both committed to it, your relationship and love will benefit.

Related Link: [Brad Pitt and Angelina Jolie Keep a Right Family Tree](#)

2. Set boundaries: Every busy couple needs to set boundaries to keep their work life from getting in the way of their relationship. It may mean ignoring business calls and e-mails once you get home each evening or only traveling for two weeks out of every month. Whatever your rules might be, set them as a couple, reminding one another that they are meant to improve your partnership as a whole.

Related Link: [Is Angelina Jolie's Son Maddox Crushing on Jennifer Aniston?](#)

3. Continue to work at it: No matter how long you've been together, love is something you constantly must tend to and work at. Be open to additional opportunities to put your partnership before your busy work schedule. Even if you already have a weekly date night or nightly pillow talk, look for new ways to make the most of your time together.

What are some ways you put your relationship and love before your busy work schedule? Share your experiences below.

Single in Stilettos Show: He Can't Love You If You Don't Love You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to life stylist and mind body coach Diana Antholis about learning to love yourself. Antholis explains why self-love, self-confidence, and self-esteem are all important when it comes to falling in love with a man.

Related Link: [Find Out What Makes a Man Fall in Love](#)

For more information about Single in Stilettos shows,

click [here](#).

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

What is your number one tip for self-love? Tell us in the comments below!

NoGamesLove Video Dating Tips: I Miss Your Smile...But I Miss Mine More



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

Dating Advice from E!'s *Famously Single* Laurel House on Toxic Relationships

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for recognizing when it's time to end a toxic relationship and honor yourself and your intuition. "Sometimes the hardest breakup is when you have to do the breaking up," the dating expert explains. "You have to finally admit that this relationship isn't working."

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

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

How do you know when it's time to end a toxic relationship? Tell us in the comments below!

Avril Carruthers Reveals How to Maintain 'Freedom from Toxic Relationships'



By Leslie Chavez

When it comes to our romantic lives, so many of us have been stuck in a toxic environment, trying desperately to escape without success. Enough is enough! Life is way too short to be entangled in poisonous partnerships. Author Avril Carruthers paves the way for lasting love in her new book, *Freedom From Toxic Relationships: Moving on from the Family, Work and Relationship Issues that Bring You Down*, a guide that explains where these toxic relationships begin and what kind of psychological pain they entail. She teaches her readers how to observe these patterns, making it possible to truly move on. It's time to leave those destructive relationships behind and start creating more loving and meaningful connections.

You say that our love lives can become toxic without us being aware of it. How can a relationship that began with true love end up filled with anger, fear, and resentment?

Relationships go through phases. We might be aware that the initial “honeymoon” stage is called that for a reason. As the relationship deepens, we trust that our beloved will be kind, but at the same time, we fear that they will see something in us that we don’t like about ourselves. We then project our fear of rejection and make assumptions based on the inevitable baggage we’ve brought with us from previous relationships. We might react with anger or resentment based on what we imagine our partner is thinking or saying. Many relationships flounder at this point, when we cannot perceive past our projected insecurities.

Related Link: [How to Kick That Bad Relationship to the Curb](#)

What are some signs that we can look for in order to avoid this from happening? How do we maintain an awareness surrounding any negativity we may be giving off?

A major red flag is whenever we find ourselves having a strong emotional reaction. At that point, we need to take a step back and ask ourselves: Where is this reaction coming from? When might we have felt this before? Sometimes, we can see that our reaction is similar to a time when we were younger. What wisdom and resources do we have now that we had no access to then? How would we prefer to behave instead?

If your partner seems to be the cause of the toxicity – they might be inconsiderate, unreasonable, demanding, or cruel – we need to see how and in what way we might be inadvertently hooked into the dysfunctional dynamic and change what we can. If communicating with them doesn’t work, the best way to handle this situation is to move away, just as you would from a dangerous creature.

Shifting gears, the book explores the concept of “energetic psychic cords.” Can you explain this idea to our readers? How do the cords develop in our relationships? At what point do we need to “clear the cord”?

An energetic tie or psychic cord is a transference of emotion or thoughts that appears to have a life of its own; they occur between people who are in or have been in an intense relationship. We *feel* the effects of this cord when we find ourselves behaving in ways we wish we'd rather not or getting lost in the other's emotions or projections.

They sometimes develop to the degree in which we become needy and insecure and have low self-esteem and hold unrealistic expectations based on fantasies. The process of clearing a cord starts with awareness of the dynamic: How does this attachment control or affect us? If we can differentiate between what is the other person's "stuff" and what is our's, we may not need a cord clearing. But if it's an old, engrained cord that's hard to disentangle, we might need the help of the structured process that culminates in the ritual of a formal cord clearing.

You say that energetic cords can form instantly when people fall in love at first sight. So tell us: Do you believe that love at first sight exists? How can someone distinguish the difference between love and lust in the early stages of a relationship?

In my experience, instant attractions are likely to be chemistry based on physical or emotional appeal. It's not always lust because we can have a crush on someone when we are six years old with the same intensity as when we fall for that stranger across the room when we are in our twenties. Whether these instant attractions ever develop into something more lasting depends on whether we appreciate them as they truly are or have projected something unrealistic onto them.

If you find it difficult to distinguish between love and lust, try keeping sex out of the equation for a period. Can the relationship be sustained with conversation alone?

Related Link: [Five Ways to Stop Sabotaging Your Relationship](#)

And finally, what advice can you give to singles in order to attract a healthy, loving, and positively transforming relationship?

Be in the present; be genuine; appreciate the best in people; and respect yourself as well as others. This is difficult when a relationship represents comfort and familiarity – it's too easy to do what we've always done and not question whether we are being authentic to ourselves and to our partner.

It also helps to know what you want. Work to improve those things in yourself that you believe you want in your partner. This way, you will attract and recognize that person as the one you are looking for. But be discerning and remember that the universe doesn't only send us what we really want; it tests us to act in our own best interests.

For more information on Carruthers and her new book, click [here](#).

Bradley Cooper and Girlfriend Suki Waterhouse Go Public at Sundanace





By April Littleton

According to [People](#), **Bradley Cooper** and girlfriend **Suki Waterhouse** have finally gone public with their romance. The lovebirds attended the Sundance Film Festival together in Park City, Utah. They were spotted strolling down the street, while holding hands.

When is it the right time to go public with a new relationship?

Cupid's Advice:

Love is in the air. This may be true indeed, but sometimes, you just don't feel like sharing all of your happiness with everyone else. Keeping a new relationship under wraps for awhile is perfectly acceptable, but eventually you'll have to spill the beans to someone. Cupid has some tips:

1. You've dated long enough: If you've dated your partner for longer than five months, then it's definitely time to let the world know about your new romance. Everyone deserves their privacy and you don't have to give away every single detail

about your relationship, but wouldn't you like to spill a little gossip to your best friend? Being able to confide in someone about your new honey will eventually be a necessity when you least expect it.

Related: [Find Out About Demi Moore's New Guy](#)

2. Feels right: Everything about your relationship just feels right. The two of you want the same things in life, have similar goals and share some common interests. When you find someone so close to being your perfect match, you'll want to share the good news with your friends and family – and possibly the whole world.

Related: [New Couple? Courteney Cox Takes Snow Patrol's Johnny McDaid to Jennifer Aniston's Party](#)

3. Ask your significant other: Even though you might be ready to go public with your relationship, your partner might not feel the same way. Before you start blowing up all of your friends social media news feeds about the change in your love life, ask your honey how he/she feels about it first.

How did you know when it was the right time to go public with a new relationship? Share your experience below.

Date Idea: Rent a Cabin in the Snow





By Gabriela Robles

Rent a cabin in the mountains with your partner and settle in for a comfy, romantic weekend together. Whether you're actually snowed in or just pretending to be, this is a surefire way to light the flame together.

If you're on the East Coast, check out the Poconos Mountains for some snowboarding, skiing, horseback riding and snow tubing. Or try the Woodloch Resort for an all-inclusive package deal. If you're on the West Coast, take a trip to Breckenridge Ski Resort, where you can enjoy tons of activities such as rafting, sleigh rides, balloon tours and many delicious restaurants.

Before you go, think about what you may need. Besides the cozy sweaters and warm slippers, remember to bring something fun for entertainment. A board game will bring out the playful side in you, so pack Cranium, Monopoly or Scrabble. As you and your honey get into the games, talk about which one is your favorite. Reminisce over old games you used to play or still do. Once you're done with your board games, uncork a bottle of

wine and grab a deck of cards. Maybe your partner wants to learn how to play gin rummy, or perhaps you're both skilled poker players. If all goes well, you may have a new weekly tradition on your hands: game night!

Outdoor activities are also a great way to romanticize a trip. Before jumping in the car, research the town you're staying in and find exciting things to do during your time there. Exploring a new place together will make for great memories that you'll think about for years to come. Go hiking, wine tasting and – if the snow allows – sledding to bring you two closer. When you've had enough of the cold air, head inside, cuddle up together and talk about your experiences that day. Talk about what activities you want to conquer on your next mountain trip.

This weekend is about sharing new experiences together. Whether it's your first time in this quaint mountain town or just the first time you've gone snowshoeing, focus on stepping out of your comfort zone and testing your capabilities. After a delightful few days, you and your sweetheart will be glad you had a weekend away.

Have any suggestions of places to vacation? Share with us in the comments below.

Single in Stilettos Show: What Makes a Man Fall in Love?



Have you ever wondered how to make a man fall in love with you? If so, then this week's [Single in Stilettos](#) show is for you! Founder Suzanne Oshima talk to Professional Wingman's Thomas Edwards Jr. about the key qualities a man looks for in a woman, which include emotional stability, low drama, sexual compatibility, and a supportive and appreciative nature. If you're missing these characteristics, it's going to be hard to make your relationship last forever.

Related Link: [What Attracts a Man When You're Out](#)

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

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

Cupid wants to know: How do you know when a man is in love with you?

Make Your Relationship Count This Year



By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

how to improve your love life in the new year

Many couples come to me as part of my Date Therapy for Couples protocol and ask how they can make their relationships healthier. Being each other's strongest support system and not taking each other for granted is key. These underlining core values are the bond that makes it all possible. So whether you've been married for over a decade or you're in a brand new relationship, you can still keep the romance alive. Here are

five tips to help make your partnership the best it can be in 2014.

Related Link: [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

1. Date night: Love is easy and exciting in the beginning, but as we settle into real life, there's a noticeable shift. We're not always on our best behavior – which we automatically engage in during the courtship or “honeymoon” phase – but a date night can make a big difference. Keeping your romance fresh and making time for just the two of you is a great way to keep your love strong.

A date night can be as simple as preparing a romantic meal or as complex as planning a weekend getaway at your significant other's favorite bed and breakfast. Those of you staying at home can add a little extra romance with flowers and candles. Dress up and pretend like you're enjoying a fancy night out. Get creative and make this night your own!

2. Conflict resolution: All long-term relationships experience ups and downs, and it's important that you address the issues head-on. Find a moment in the nearby future to discuss it so neither one of you let the problem fester and get even worse. Gently, calmly, and thoughtfully share your feelings with your partner. Be sure to avoid using a fussy, loud, or defensive tone; instead, think of your situation as telling a story. Once you have the initial conversation, give yourselves about 15 minutes of alone time to fully digest everything; when you reconvene, I bet you'll work things out without any trouble.

Related Link: [3 Ways to Know He's Just That Into You](#)

3. Trust: Trusting each other enough to allow your partner the space they need is important. Take Jada Pinkett-Smith and Will Smith, for instance: While they are each other's strongest support system, they trust each other enough to enjoy their

space apart as well. This time is key in allowing yourselves the blessing of missing each other. After all, they say that absence makes the heart grow fonder.

Plus, taking care of your own needs outside of your relationship will help you be a better partner. When we are nourishing ourselves, we can better nourish our joined energy, our love.

4. Real expectations: As we spend more time together, it's natural to inadvertently take advantage of your partner and vice versa. As I've said before, healthy boundaries are key. Be fair in your expectations of your partner. For those of you who are workaholics, even if you work with your significant other, your work is your work, and your relationship is just that: your relationship. Take time to nurture and enjoy it, and it will thrive.

Think of all of the celebrity couples that have experienced long-term love: Kyra Sedwick and Kevin Bacon, Goldie Hawn and Kurt Russell, and Pauletta and Denzel Washington, to name a few. There are good and bad times in all relationships, but remembering why you love your partner and what first attracted you to them will help you get through the rough patches.

We all grow and change, and we need to allow our relationships do the same. Making new memories to tie into your growth as a couple will keep your love strong.

Related Link: [Kyra Sedgwick Opens Up About Love for Husband Kevin Bacon](#)

5. Gratitude: Remember that, in this day and age, whether you're married, living together, or only dating, you always have the choice to stay or leave. Take your relationship day-by-day. Visualize where you want to be in five or ten years, and share this exercise with your partner. If you start each morning with gratitude for your partner, a day becomes a decade before you know it. True love is a gift, so be grateful

for it!

Going Solo Again: Bold New Beginnings



By Cynthia MacGregor for Hope After Divorce

Ah...we're moving into a new year, and don't we all love new beginnings? It feels like a fresh start, a new chance, a do-over. It feels like an opportunity to "get it right this time." The reality is that we can make a new beginning, a fresh start, *any* time. We don't need a special date marked in red on the calendar or a month that we know is at the head of

a whole fresh year.

I've never believed in New Year's resolutions, but that doesn't mean I'm against making a fresh start. I just don't confine such activities to the first month of the calendar year. For instance, the beginning of spring is a time of rebirth. Your birthday is always a good day to re-evaluate your life and see what needs re-calibrating. In truth, *any* time is a good time to begin anew.

Related Link: [Finding Yourself Again](#)

The point of this column, then, is to advise you *not* to limit your new beginnings to the start of the new year. Now, I am not telling you not to make a fresh start now. I am just telling you that, if your life is not satisfactory or it feels like things have grown stale, *any* time is a good time to take matters in your own hands and *do something about it*.

You did that when you got divorced, assuming you were the one who initiated the split. Your marriage was – for whatever reason – not what you wanted it to be. And instead of “putting up with it,” you did something about it. You got divorced – a bold step, especially if it also meant that you would be raising your kids pretty much single-handedly from here on out.

Josh Brolin and Diane Lane are one A-list couple who recently broke up. They were introduced in 2002 by Brolin's stepmother, Barbra Streisand, and the two married in 2004. After being married for eight years, they announced their split last February. Sources reported them stating, “This was a hard decision for both of them to make; the relationship just ran its course.”

Related Link: [Josh Brolin and Diane Lane Are Officially Divorced](#)

Maybe now you're finding that being a solo, like Brolin and Lane, is a tougher gig than you anticipated. What you shouldn't do is find the first available unmarried male and hitch up with him just so you'll have help with the kids. Does the phrase "out of the frying pan and into the fire" resonate with you?

The same is true in other areas of your life too. Don't assume that any change is automatically a change for the better. Sometimes it is; sometimes it isn't. Maybe the change resolves one problem or set of problems but dumps a whole different problem or set into your lap and your life instead.

What are you unhappy with in your life right now? Is your income too low even with the child support money? What can you do about it? Can you switch jobs? Do you want to go back to school and study for a whole new career that pays better? Or do you want to approach your employer about a raise?

Do you see too little of your kids because you work eight hours a day and also have to figure in commuting time? Is it time to think of a job at which you can telecommute from home? Maybe it's time to be really bold and start a business of your own from home.

Is your home unsatisfactory for whatever reason: too small, too difficult to maintain, dicey neighborhood, inconvenient location, or simply too many memories of when you lived there with your former husband? It may be time to move to a different place – even a rental house or apartment where the landlord or building super is responsible for repairs and upkeep and all that falls on your shoulders is housecleaning. Or a large house you can share with another single mom who can help you with childcare, cooking, housecleaning, and expenses. Don't assume that, just because you're living now in a single-family dwelling that you own, you should confine your search for a new home only to another single-family dwelling you own. Be bold! What other arrangement would work better for you?

Related Link: [Maintaining a Positive Image During Divorce](#)

Are you dating a man you know you have no future with, just so you have “someone” in your life? Sure, that type of situation offers you companionship and perhaps other advantages as well. (Does he help with the kids? Fix things around the house for you? Make himself useful in other ways?) But if you don’t love him – or even if you do, but you realize he’s not your best choice in a life partner – now’s as good a time as any to end the relationship. If you don’t, it will be harder to meet your Mr. Right.

It’s the start of a new year and a good time for new beginnings – but remember, as 2014 unfolds for you, that *any* time is a good time for new beginnings. Whenever you aren’t happy with the status quo, stop and consider just what you could do to improve the situation at hand. Think creatively. Think outside the box. Be bold. And make the best of this year all through the year!

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



Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include “After Your Divorce,” “Divorce Helpbook for Kids,” “Divorce Helpbook for Teens,” “Solo Parenting,” “‘Step’ This Way,” and others. Forthcoming books include “The One-Parent Family,” “Why Are Mommy and Daddy Getting Divorced,” and “Daddy Doesn’t Live Here Anymore.” She hosted and produced the TV show “Solo Parenting,” which was broadcast in South

Florida over WHDT. Cynthia writes for [HopeAfterDivorce.org](#), [FamilyShare.com](#) and [LAFamily.com](#). Contact Cynthia at Cynthia@cynthiamacgregor.com, and visit her website.

New Dad Jesse Williams Says Fatherhood Is ‘Amazing’



By April Littleton

Jesse Williams and wife Aryn Drake-Lee welcomed a daughter named Sadie in December. “It’s hard to describe. It’s wonderful – a new discovery every day. It’s great and I’m loving it, the actor told [People](#).

What are some ways to keep your relationship romantic post-baby?

Cupid’s Advice:

When a baby is added to the picture, spending quality time with your significant other can be tough to do. Yes, the well-being of your newborn should be the most important thing to you, but you also want to make sure your honey knows the love is still there. Cupid has some tips:

1. Spend time together: For the first few weeks of your newborn's birth, spending some alone time with your partner might be a little impossible to do. When things start to calm down and you feel more comfortable in your new routine, try to spend at least five minutes with your honey. Give him/her a hug, or just chat for a little bit. Any time you share with your significant other from here on out is precious and shouldn't be taken for granted.

Related: [Rachel Zoe Welcomes Her Second Son](#)

2. Leave notes: Leave notes around the house for your partner to see. You'll probably be in and out of the house at random times, so it'll be nice to show your companion you're still thinking about them throughout the day.

Related: [Kate Winslet Welcomes a Baby Boy](#)

3. Dine together: When you find the opportunity to do so, eat dinner with your significant other. The meal doesn't have to be anything expensive or huge, but the few minutes the two of you share together while dining will mean the world to the both of you. You can choose to cook together, or simply order takeout if you're too exhausted from handling baby duties all day.

What are some other ways to keep your relationship romantic post-baby? Comment below.

Matthew McConaughey Thanks Wife Camila Alves for Motivation



By April Littleton

According to UsMagazine.com, Matthew McConaughey thanked his wife Camila Alves during his acceptance speech for Best Performance by an Actor in a Motion Picture Drama. The actor also thanked his mom during the Golden Globes Sun, Jan. 12. McConaughey lost 40-plus pounds for his role in *Dallas Buyers Club*. He shared a similar speech when accepting an award at the Palm Springs International Film Festival.

How do you support your partner's career aspirations?

Cupid's Advice:

Being supportive of your significant other's aspirations and goals is important if you want to have a successful relationship. Regardless of how hard it will be at times to understand your partner's motivation, it's your job to show them you're there for them through it all. Cupid has some tips:

1. Act interested: When your partner wants to discuss his/her career goals, listen to them with an eager ear. Be encouraging and add some useful advice when it's necessary. Your significant other doesn't want to hear negativity coming from the person they love. Suggest new ideas, but never appear as if you don't believe in their dreams.

Related: [Robin Roberts Publicly Thanks Longtime Girlfriend After Cancer Battle](#)

2. Help them make it: What better way to show your support by acting helping your partner make their dreams come true? Instead of just listening, go a step farther and take an active role in their aspirations. Do whatever it is they ask of you. They'll be more than appreciative and when they do finally make it to where they want to be, they'll remember who got them there in the first place.

Related: [Ben Affleck Says Wife Jennifer Garner Is 'the Most Important to Me'](#)

3. Be understanding: Sometimes you'll have to make a few sacrifices in your relationship if you want your significant other to be successful in pursuing their dreams. If they're late coming home for dinner a couple of times a week or if they can't call you every second of the day like they used, just realize what they're trying to achieve and try to understand that the lack of communication won't last forever.

How did you support your partner's career aspirations? Share

your experience below.

Cupid's Weekly Round-Up: Planning Your Big Day



By Maria Darbenzio

It's the end of the holiday season, which also means that the new year has brought engagements and weddings to plan. The road to your big day may seem like a long one, but with a few tips, you can get through the journey without any major detours. CupidsPulse.com gathered these great articles from our partners to help you along:

1. Prioritize: The most important part of planning a wedding is choosing a date and budget. Without knowing the timing, you'll be unable to pick out flowers, choose a color scheme, or decide whether your ceremony will be outdoors or indoors. In terms of budget, well, we all know that weddings can come with a hefty price tag if limitations aren't set from the start.

2. Find inspiration: Writing your vows can be a fun opportunity to express your love in a unique way. If you are struggling with finding the right words, try some of these quotes on marriage to help move things along.

3. Seek comfort: What you'll be wearing under your dress can be just as crucial as the dress itself. You're going to be in your dress for the majority of the day, so comfort and functionality is what you'll want to be looking for. There are tons of options available for the bride-to-be. Do some research on what's available, and then you can try them on and get a feel for what's best for you.

4. Talk honeymoon: Much like the wedding, honeymoons can leave your wallet looking a little barren. Talk to your significant other about what type of honeymoon you'd both enjoy and how much you're willing to spend. If you're a little lost, check out this list of destinations for a wide range of budgets.

5. Focus on the positive: It's hard to stay away from news of divorce and separation of both celebrities and non-celebrities alike. Don't let the negative news get you down! Focus on your relationship and take a look at couples who are happily married. On the other hand, those who have been divorced can give you some ideas of what causes a marriage fall apart.

What's your best tip for planning a wedding? Share below.

Date Idea: Go to an Eat-In Bakery



By Gabriela Robles

If it's too cold to enjoy the great outdoors and you and your sweetheart are going a little stir crazy at home, make a trip to a local eat-in bakery. It'll be a much-needed break from your usual routine of dining out at your favorite cafe or sports bar. Plus, you'll be able to keep warm and indulge in some delicious treats at the same time.

Eat-in bakeries will usually seat you, and then a waitress come take your order. They typically offer various supplies of

coffees, teas and hot chocolates, so you'll be able to have something to drink as you enjoy your sweet of choice. Think of tonight as a dessert date. Instead of a restaurant that smells like beer and fried food, you're in a place that holds the tempting aroma of pies and cookies. What could be a better way to spend a snowy winter night?

When you first arrive, take a careful look at the drink and dessert menus; seek out new treats that you think sound tempting and ultimately decide together what you'd like to order. Step outside of your comfort zone and order something that you've never had before. If you're really in the mood for some sweets, order a second small dessert that you already know you love. Relax with a cup of your favorite dessert-esque drink as you and your man chat about your weeks and take in the scent of the sugary bakery.

Consider trying a slice of Mississippi Mud pie with a macchiato or indulge in a piece of apple strudel with a nice, warm hot chocolate. If you're a chocolate lover, order some brownie or hazelnut cake pops along with a choco-banana frappe or a chocolate cream pie paired with a dirty chai.

After the desserts arrive, share the treats with each other. Or if you want to indulge in a more private setting, take them to go. Experience a great night filled with delicious pastries, scrumptious drinks and your loving sweetheart!

What's your favorite dessert treat to share with your date? Tell us in the comments below.

Camille Grammer Is Granted Permanent Restraining Order Against Ex-Boyfriend



By April Littleton

According to [People](#), *The Real Housewives of Beverly Hills* star has been granted a permanent restraining order against ex-boyfriend Dimitri Charalambopoulos. He allegedly assaulted Grammer in a Houston hotel room after she went a hysterectomy for endometrial cancer.

How do you cope with a physically or emotionally abusive ex?

Cupid's Advice:

Continuing to maintain contact with an ex who is physically and/or emotionally abusive is the wrong move to make. You need to take the necessary steps to rid him/her from your life for good before the situation gets even more out of control. Cupid is here to help:

1. Realize your worth: You need to realize that you don't need someone like your ex in your life. You're better than the situation, so you need to find the strength to move on and let them go. Get your independence back. Show your ex and everyone else around you that you will be just fine without all of the negativity. In fact, you'll be better for it.

Related: [Dwyane Wade Admits to Fathering a Child While On Break from Gabrielle Union](#)

2. End all contact: Cut ties with your ex completely. You shouldn't maintain any sort of contact with someone who is abusive and hurtful to you. Your ex is already just that, so there's no need for you to give them any additional explanations to why you're removing them from your life.

Related: [Taye Diggs and Idina Menzel Separate](#)

3. Get support: You can't handle a situation like this all on your own. Let your family and close friends know what's going on. They'll be there for you every step of the way. Whenever you feel like you're close to speaking with your ex again, talk to a loved one instead. Let them be your rock through this tough time.

What are some other ways to cope with a physically or emotionally abusive ex? Comment below.

Trevor Silvester Shares How 'Lovebirds' Can Help Us Better Understand Our Relationships



By Leslie Chavez

When it comes to love, the phrase “treat others the way you want to be treated” doesn’t always ring true. When we’re all so very different, it only makes sense that we would want and need to be treated in different ways specific to our individual personality types. Relationship coach Trevor Silvester agrees: He says that a lot of the difficulties that we come across in relationships are from the fact that we treat each other as if we’re the same. Once we understand how

we're different, creating intimacy becomes simple.

In his new book *Lovebirds: How to Live with the One You Love*, Silvester explores romantic relationships and personalities through a bird analogy. A series of quizzes divide people into two categories, sky birds and ground birds. They are then sorted into eight subcategories loosely based on the Myers Briggs Personality Inventory: sight, song, feeling, and thinking birds. After these differences are established, he explores the relationship dynamics between each personality type. We had the chance to talk to him more about this.

Related Link: [When Do Opposites Not Attract?](#)

Congratulations on your book! You were a police officer before you became a cognitive hypnotherapist...so what inspired you to study relationships and write a book about love?

Thank you! I think two parallel paths led me to the book. The first was discovering that, while I was in the police force, my calling was really to be a therapist. The second path was my spectacularly unsuccessful relationship history. Just about everyone I loved left me for someone else, and I think it made me curious about what goes on between people who start out loving each other but then can't sustain a relationship. The answers I got from working with couples with this question in mind led to *Lovebirds*.

You have said that one of the biggest mistakes we make is to treat other people as if they are just like us. What's the first step in better understanding our lovers and their differences?

Read my book! Seriously, assume that they've got a good reason for doing what they do and being the way we are. It's so easy to take it personally when a partner goes against the way you like things or sees the world a different way. When you see differences between you as just things to work out – and not

as name-calling opportunities – you’ve got a chance to turn potential weaknesses in your relationship into strengths.

With these differences in mind, you compare people to birds and define personalities as being either ground birds or sky birds. Can you describe these two types of birds in more detail?

Ground birds are people who like order. They have rules for how things should work and tend to think that their way is the right way. They like to know the detail of things and work steadily toward a decision. Sky birds get bored by detail; they don’t tend to have rules – or be very good at following them – and tend to make decisions intuitively. You can probably see how a combination of these types could create conflict very quickly.

Related Link: [Five Reasons Why Opposites Attract](#)

On another note, you explain that relationships are never done – love is about relating, and relating never ends. So how can we get better at maintaining positive interactions and keeping communication open?

That’s a great question. I’ve often helped couples who love each other, but couldn’t make each other happy, become closer by learning the things I point out in the book. One big bit of advice is to never make the argument about the relationship. Make that you’re staying together a given, which then makes whatever the dispute is about something smaller that you can work on. I work on the basis that all behavior has a positive intention, so even when your partner is doing something that annoys you, assume that, at some level, they have a good reason for doing so.

Would you say that types of people who are similar (two ground birds, for instance) will naturally get along better than types who are opposite (a ground bird and a sky bird)? Are there any celebrity couples that come to mind to support your

answer?

Yes, I find that they do. A saying I have is that opposites attract, and then, they drive each other mad. People tend to like people best who are like them, so similarity is a good basis for any relationship, but – and it's a big but – our lives can be made so much richer by learning to embrace other people's differences. My wife sees the world very differently than me, and I think we both feel that that makes our world's bigger and more fun.

I hesitate to label people I haven't met, but I would say that President Obama is likely to be a sky bird, possibly an owl. The First Lady, I think, is a ground bird, probably a swan. Sticking my neck out even further, I'd say Brad Pitt is probably a sky bird, and Angelina Jolie is a ground bird. She seems to be the engine of the relationship.

Related Link: [Celebrity Couples Where Opposites Attracted](#)

And finally, do you have any upcoming projects that we can share with our readers?

I'm hoping to run some Lovebirds Workshops in the United States this year. My next book is called *How to Click*, and it's using *Lovebirds*-type information to help single people date. I also have another book in the pipeline: *Grow! Lessons from a Therapist's Chair So Your Child Never Has to Sit in One*. It's about raising resilient children, and it'll be out in the United Kingdom in 2014.

To get more advice from Trevor Silvester on how to understand your lover, purchase his book at lovebirdsbook.com.