

5 Ways to Bond with Your Partner



By Jessica Nappi

It's Monday morning and your alarm clock goes off just as it does every week. You still have to shower, pick out an appropriate outfit and, with luck, even squeeze in some breakfast. But before you find the strength to start your day, you feel a slight tug on your arm. A longing pull from your beau followed by a whisper so soft you can barely make it out makes you want to stay in bed for the rest of your life. "Stay with me," your partner says. Of course, even the most romantic words often can't overshadow the piles of work you have waiting for you on your desk. If you're tired of your daily routine and stressed about missing out, consider these five ways to put your life on hold and keep your partner in

bed:

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1. Convince your partner it's 'World Stay in Bed Day': 'World Stay in Bed Day' is an actual holiday that falls on September 25th, but most people don't know that. This sounds like a legitimate enough of an excuse to stay in bed, and even if you don't have the exact day, it can be a little secret for you and your partner. Everyone deserves to stay in bed in for an entire day once in a while, and a day named after this guilty pleasure is the perfect way to justify it.

2. Date idea: Time spent together in bed can be far more romantic than any date night out, and much cheaper to boot. Lure your partner to stay and cuddle by making them breakfast in bed, but don't just stop there. Treat yourself and your partner by eating all three meals in bed, and even throw dessert in there to assure that neither of you want to set foot out of bed. Plus, when you're in your bedroom, you don't have to worry about too much PDA.

3. Movie marathon: Everyone needs an occasional movie marathon day. You can get your work done later. Consider buying or renting both movies that you and your partner enjoy and some new ones the neither of you have seen. That way, you can recite lines and bond over the movies that you love, but also keep your interests peaked by watching movies you've never seen.

4. Plan ahead: The more you plan, the better off you will be. Call in sick the night before, or use that precious vacation time. Either way, an excused day off will clear your mind of everyday stresses, whereas an unplanned absence leaves room for feeling tense. You and your significant other need to take the day off together, and pack on the overload of affection and cuddling in bed.

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5. Massages: As relaxing as a day in bed is, a massage can make it even more soothing. Take turns giving each other massages and focus on the areas that bother you most. After a massage, you'll be incredibly calm, and neither of you will want to leave your bed. To top it off, massaging is a guaranteed way to raise oxytocin levels in the bloodstream, which is a bonding hormone that will make you feel closer as a couple.

How would you keep your partner in bed? Tell us below.

Date Idea: Giddy Up at the Rodeo





By Ché Blackwood

Put on a pair of Daisy Dukes, tie a cute flannel shirt above your belly-button and giddy-on up to a rodeo this weekend with your love. Whether you're looking forward to the clowns, the bulls or just an excuse to be outside, you won't ever forget a fresh outdoorsy day with cowboys (and your sweetie.)

Start the day off with a delicious BBQ. Make pulled pork sandwiches and ribs with your honey, both ensuring you'll stay full while sticking within a western theme. Or, buy lunch at the rodeo, taking the opportunity to strike up conversation with the workers and other visitors. You may be surprised to hear the traveling life of the food vendor, or intrigued by the mother of one of the riders.

After the show, make sure to take a chance to pet the horses or see the bulls close up. You and your beau will have the chance to learn more about these animals we so rarely get to see, while also making one unforgettable memory together. Whether you love it or decide to never visit again, a rodeo date is not only a guaranteed fun time, but it will leave you

with something to talk about for years to come.

What's the most unique date you've ever been on? Confess to us in the comments below!

Can You Be 'Just Friends' After Dating?



By Matthew Sullivan

Many different writers and relationship experts, not to mention everyday people, have pondered the dilemma of whether or not two people can remain friends after they've dated. Clearly, this question has no easy answers. Whether or not a

couple can remain friends after their exclusive relationship has ended depends on a host of different factors, especially the personalities of the individuals involved. In order to accurately answer this question, it's important to look at and consider the different scenarios that might lead to a friendship:

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1. Your relationship was very casual: Sometimes two people date fairly informally before coming to the mutual conclusion that a relationship simply isn't in the cards. In this scenario, a friendship is a distinct possibility. For example, Kylie Minogue and French actor Olivier Martinez were courting back in 2007. Their relationship did not have much time to mature and they decided to split, however to this day they remain good friends. Casual courtships like this can easily turn into a solid friendship as long as both parties agree that a continued dating relationship is not the best idea. It's always easy to still be friends when deep romantic feelings emotions have yet to develop between two people.

2. Your relationship was more serious: When relationships develop beyond the casual stage, a friendship becomes much less likely. Many people have attempted to befriend their exes, but it's rare that they have any long-term success. In many cases, this is because breakups in serious relationships are rarely, if ever, mutual. The idea of friendship serves as a consolation prize. The party that agrees is in the midst of being broken up with and eagerly agrees in hopes of hanging on and winning their lover back. When the two parties are operating on these different wavelengths, the new friendship rarely works.

3. Neither party was wounded: Of course, as with all things in life, there are always exceptions to that rule about serious

relationships. Actors Bruce Willis and Demi Moore were married and had three daughters together, but their break up did not appear to be dramatic and they were further bonded in friendship by their responsibilities to their daughters. This made their separation one of the most amicable among celebrity couples. In fact, when Demi Moore later broke up with Ashton Kutcher, Bruce Willis was quite supportive of Moore. In the case of Willis and Moore and many similar situations, neither party was wounded from the breakup, meaning there are few lingering thoughts to make a new relationship with the ex.

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4. You've taken your time: In order for a friendship to legitimately grow out of a romantic relationship, time is essential for both parties to heal and for the emotional connection to dissolve. A solid six months in which the former lovers do not speak is often necessary for the emotional wounds to heal and for each person to decide if a friendship would be helpful. After that period, the two parties can come together and attempt a friendship. However, even in that situation, you can never guarantee success.

Remember, none of these scenarios are guaranteed to work out in these ways. Even more importantly, there isn't one answer that applies in all scenarios. It's best to know yourself when figuring out whether or not to try.

Matthew is a freelance writer and lifestyle coach. He enjoys writing on various online lifestyle publications, including the DatingWebsite.com.

Date Idea: Have a Dinner Date at Three Different Venues



By Ché Blackwood

Spoil you and your partner this weekend by indulging in an untraditional three course meal, at three different restaurants. After a long workweek and a definite lack of quality time together, bond with your lover while experiencing the cuisine and atmosphere of the best restaurants your town has to offer. Plus, with a constant change in scenery, you're more likely to stumble across a few memory-worthy moments.

If you're a reserved couple, scope out your local eatery scene and plan out the night in advance. For instance, try that new tapas bar for a drink and an appetizer, head to a swanky

steakhouse for dinner and then jet by a quaint coffee house for desert. By planning your night ahead, you won't waste time deciding on venues before you go. Plus, you'll have the luxury of making reservations, ensuring your night goes according to plan.

For more carefree lovers, make a goal to stop in the first restaurant you see. You may end up having ice cream to start, sandwiches for dinner and a glass of wine for desert. Wherever you end up, be sure to learn about the restaurant by savoring the house specialties and home crafted drafts.

If running from spot to spot sounds too hectic, or if you're craving a night at home, simply order in from three different places. Lay out an ever changing spread on your coffee table, grab Casablanca and cuddle with your sweetie. There's no wrong way to indulge!

Do you and your sweetie dinner-hop? Tell us in the comments below!

Is Divorce the Best Option?





By Punam Denley

Today, 40-50% of first marriages worldwide end in divorce. Interestingly, the statistic for second marriages is even higher, with 50-60% of them ending. This shouldn't be taken lightly. Deciding to divorce someone is every bit as serious as deciding to marry in the first place. Just like marriage, divorce is a legal contract, but more importantly, it also has the same sort of personal and family consequences that can last a lifetime. Sure, sometimes the welfare of everyone affected by a relationship will be best served by a divorce, but sometimes, a couple's issues can still be resolved. Whenever possible, that's a better plan, so be sure to think about your situation before deciding to split with your spouse. There are a lot of potential consequences, so give these things some thought before you accept divorce as the best course of action:

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1. Your children: If you have any children, the impacts of the divorce on them are incredibly important. Occasionally, as in

abusive relationships, it can benefit children if their parents split. However, more subtle relationship problems between adults can often go unnoticed by children, making a divorce more difficult in these circumstances. After all, you may no longer be husband and wife, but you're still Mom and Dad. Although the children of divorced parents are not condemned to have psychological problems, it still is essential to put them at the center of your deliberations.

2. Your happiness: Have you considered if getting a divorce will make you happy in the long term? People in general do better and are happier when they're in a relationship, and sometimes even very serious problems can be resolved by having a significant other. Keep in mind the emotional, financial and psychological implications of ending your marriage when deciding if a split is really a better choice for you than trying to sort out the problems.

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3. Professional help: Marriage and family therapy can be invaluable services when you're looking at issues as serious as divorce. Even if you ultimately feel that your marriage can't be saved and decide to divorce, these kinds of therapeutic processes can be very helpful in managing the issues surrounding the situation, especially if you have children. Professionals will help you weigh the pros and cons of your situation, in addition to helping you sort through things with your spouse if you choose to stay together.

After you've considered all of these details, you might still decide that divorce is the best option to ensure everyone's happiness. But if you do, be ready to live with the consequences of that decision. Divorce is an option, and it might be the best option for you, as long as you're clear that it is not the only one.

Punam Denley is a Solicitor at Blanchards Law, which

specializes in separation and divorce, cohabitation and family law matters.

Five Ways To Make Sure Your Summer Romance Falls Into Autumn



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

The fun and flirtiness of summer makes this season notorious for lust and love. Whether you're still testing the waters like Kim Kardashian and her new beau Kanye West, or you have

found long-lasting love like Jennifer Aniston and Justin Theroux, here are some tips to make your summer romance endless.

Related Link: [10 Ways to Get Into a Summer Romance](#)

1. Plan your fall activities now: With Labor Day right around the corner, you and your special someone will have no problem finding something to do as long as the long weekend is filled with activities. Consider the Hudson Valley Fall Festivals or visit Cape Cod in Boston to check out Martha's Vineyard for festivals and fairs going on all weekend. On the West Coast, travel to San Francisco (the weather is better in the fall than in the summer) or Laguna Beach. Wherever you decide to go or not, the point is that planning together strengthens the commitment in your relationship while giving both of you something in which to look forward.

2. Get into a routine: Things tend to get a little "real" when September rolls around and you realize that you have to get back into your work or school routine. Now is the time to ease into those very important chats about where your relationship fits among all of the other chaos. Fall also brings along family and holiday gatherings. Get a feel for each other's traditions and core values. Holidays tend to bring tension and anxiety to a new relationship, so reduce the stress with lots of communication, and be prepared for the family reunions and gift giving to come.

3. Get excited for football season: What is more fun than tailgating for a big game with all of your friends? Get all of the food and beverages together, and make an awesome day trip out of it. If either of you have a college homecoming game on the horizon or a professional football game you're dying to attend, go together for an unforgettable experience.

4. Fall means fall clothes: Shopping is my all-time favorite sport. Plan to go on a spree like a Kardashian, but do it

together. Hit one of those great outlet malls to make your shopping outing even more enjoyable. Helping one other select clothes you both like is an intimate activity – you’ll both be stimulated by the experience, so make sure to have a great night planned as well.

5. Stay in touch while at work: If you are both career people, the end of summer means an accelerated work schedule. Don’t let work have all of your attention. Call or text your honey to simply ask how his or her day is going. Try to keep it short to respect each other’s schedules, but do it at least once each day. It shows that you are in each other’s thoughts and that you care, which is essential to budding your relationship. When you get together after a long day, give each other a detailed breakdown to show your partner that they’re a part of your life even when you’re not together.

Related Link: [5 Reasons to Play Hooky From Work With Your Honey](#)

There are a couple weeks still left of summer, so keep up the romance by completing everything you have left to do on your checklist. Go kayaking, continue to dine outdoors and have another beach day before it’s back to business in the fall. All of the time you spend together now will help you develop and maintain the feelings that will keep your relationship thriving throughout the fall.

Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility’s protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC’s the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

5 Ways to Reconcile Arguments With In-Laws



By Deanna Atkins

We all laughed at Ben Stiller's struggle to remain in his fiancé's father's "circle of trust" in the hilarious film *Meet the Parents*, but it's hard to find the comedy of fighting with your own in-laws. Sure, we get to choose the person we marry, but unfortunately for us, we aren't able to pick their parents. Not everyone's father-in-law is a retired CIA agent, but in-laws are almost always tough to deal with. The next time you have to deal with the family of someone you love, try to remember these tips:

Related Link: [Will Smith Says Family Is All About Love and Communication](#)

1. Don't complain to your partner: The last thing you want to do is accidentally insult one of your partner's family members. Family is family, and even if you are just venting, you don't want your significant other to feel like you're making them pick sides. By talking to a relative or friend in your support system instead, you'll be able to get your feelings off your chest without hurting anyone in the process.

2. Be honest, mostly: Be clear about your needs in order to settle disagreements, but don't be too firm by telling your mother-in-law that she needs to stop calling so much. This may be true, but that straightforwardness can easily be taken the wrong way. To be safe, say enough to get your point across without going too far.

3. Arrange a family trip: A lot of the time, actions speak louder than words, which is especially true when it comes to feuding. If you can't reach a compromise by communicating, it's probably time for some family bonding. Taking a mini-vacation with the family shows that your relationship is more important than your issues. Plus, you'll get to enjoy some time away from home.

4. Be the bigger person: Every now and then it's best to just give in. You may be right in the disagreement, but sometimes you just have to count your losses and do what's best for you and your partner. Fighting with your partner's family doesn't benefit you or your lover, so put a quick ending to the problem by saying or doing whatever makes your in-laws happy.

5. Set some boundaries: If you've done everything you can to play nice with a feisty in-law but you still find yourself struggling, you might have to just accept that you're not going to get along. Keeping the relationship civil is sometimes better than forcing it to work or taking drastic

steps like forbidding them from coming over your house. Your spouse will appreciate your willingness to keep the peace.

Even if you seem to have the perfect relationship with your in-laws, eventually there will be a time when you'll have to work through an issue. Whether it's as little as making a phone call to resolve a disagreement or just dropping the entire matter, with patience you'll always be able to come to a solution.

What are some of your own bad in-law experiences? Share them below.

4 Things Jennifer Aniston Taught Me About Relationships And Love





By Liz of WeLoveDates.com

I've always been fiercely and annoyingly Team Jen, so when the news of her celebrity engagement to Justin Theroux broke out, I was possibly a bit too excited. As a complete and utter romantic, I'm just happy she's found her happy ending. In honor of America's Sweetheart, here are four things Jennifer Aniston has taught me about relationships and love:

Relationship And Love Advice from Jennifer Aniston

1. Keep on keepin' on: *"There are no regrets in life, just lessons."*

It's easy to look at someone like Aniston and wonder if she would have done anything differently. Would she have fought to stay married to celebrity ex Brad Pitt and gotten into a cat fight with Angelina Jolie? Would she have begged him to stay with her? But by having no regrets and choosing to learn from her past, she is telling the world that nothing that has

happened to her in life will ever define who she really is.

Related Link: [10 Love Lessons From Bruce Springsteen](#)

2. Take responsibility: *“Relationships are two people; everyone is accountable. A lot goes into a relationship coming together, and a lot goes into a relationship falling apart. Even if it’s 98 percent the other person’s fault, it’s 2 percent yours... You can only clean up your side of the street.”*

Even the best relationships and love can turn sour. A lot goes on behind the scenes, whether you’re part of a famous couple or not. Instead of playing the role of a heartbroken victim, good love advice is to evaluate where you went wrong in the relationship. You didn’t fall in love over night, and your relationship didn’t end in the blink of an eye.

3. Don’t try too hard: *“If you try and be sexy, you’ll never be sexy.”*

You never get the impression that Aniston is trying too hard. She doesn’t dress like she’s giving something away for free, and she isn’t overly gratuitous when it comes to her sexuality. There is a reason why she’s often referred to as the girl next door, and women all over the world look to her for style inspiration. Simply put, she’s not desperate, and you shouldn’t be either!

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4. Love doesn’t play by the rules: *“You know, it isn’t designed. Love just shows up and you go, “Oh, wow, this is going to be a hayride and a half.”*

Nothing about relationships and love makes sense, and the sooner you accept that, the more fun you’ll have dating. To get the most out of love, you have to be willing to let go of control and just go with the flow. Sometimes things won’t work

out your way, and you'll be heartbroken and alone, but other times, you'll be full of butterflies, loved beyond belief, and excited about the future – like we sure Aniston is over her celebrity engagement.

Liz is the social media manager for We Love Dates, a worldwide online dating site. Join for free now using code WLD GUEST, and check out the popular We Love Dates blog for more dating advice and tips.

Date Idea: Volunteer Your Time Together



By Ché Blackwood

It's good to get creative and thoughtful with the way you and your loved one spend time together. After all, there's more to a relationship than dinner and a movie. So, forget arguing over whether you should see the newest romance flick, or the latest blockbuster action movie. Instead, share your love with others by involving yourself in volunteer work.

A great way to spend your time together is by cuddling up with those who are less fortunate, and the animal shelter is the perfect way to start. Innocent pets that have been abandoned and abused need loving too. Maybe you and your significant other will both fall in love with these furry friends, and decide to adopt one of them. Regardless, you can spend time with one another by helping out some lonely animals in need. The shelter is always open to visitors.

If you enjoy spending time in the kitchen, why not share your cooking skills with the less fortunate at a food bank or homeless shelter. It will make you and your sweetheart think twice about the food we take for granted. Serving people who are less fortunate will help to put a smile on their face.

Life, as in dating, should be about the simple things. If you don't have time to volunteer right now, grab your calendar and do some planning. All you need to do is find a little time to help those around you.

Have some good volunteer experiences? Let us know in the comments below.

Liberty Ross Emerges Without Wedding Ring Post-Scandal



Watch out ladies, because Liberty Ross officially steals the title for Miss Independent. The British model stepped out in Los Angeles on Sunday with her two, young kids and a big smile. The only thing missing? Her wedding ring. Despite what the photos show, a source tells UsMagazine.com, "Liberty is very upset but hasn't made any decisions. It's too early to tell what will happen with them." What we do know from the source is that the 33-year old was aware of Sanders' affair with *Snow White and the Huntsman* star Kristen Stewart before the photos were ever leaked. The couple has not spoken post-cheating scandal.

What are some ways to know your relationship is no longer salvageable?

Cupid's Advice:

Deciding on whether to save a relationship can prove tricky depending on the situation at hand. Here are some great ways to help you decide if you should try to make it work or call it quits:

1. Destruction of trust: A relationship cannot function without trust. If you no longer have faith in your partner's actions and choices, the relationship is not worth it.

2. Lost feelings: Some experiences in your relationship hurt so bad that you no longer feel the same way about the one you love. If your desire to remain in a relationship fades, it's time to walk away.

3. Lack of concern: Being indifferent about your relationship means that you are fed up with it. If you don't care about the success or failure of your relationship, you may want to end things.

What are some reasons for which you would end your relationship? Share your thoughts with us.

How to Make Sure Your Divorce is Amicable, Fair and Fast





By Amy Osmond Cook

Thanks to Kris Humphries and Kim Kardashian, we have the celebrity divorce spectacle to which we've become accustomed. There are no kids (and apparently no deep feelings) involved, but oh, do we have drama! This divorce, like so many others, is all about money. Consider the top ten biggest divorce payouts in history below:

Related Link: [Five Celebrity Divorces We Really Weren't Expecting](#)

- Rupert Murdoch's divorce from Anna Murdoch; estimated at \$1.7 billion
- Adnan Khashoggi's divorce from Soraya Khashoggi; estimated at \$850 million
- Bernie Ecclestone's divorce from Slavica; estimated at £750m
- Craig McCaw's divorce from Wendy McCaw; estimated to exceed \$460 million

- Mel Gibson’s divorce from Robyn; estimated at \$425 million
- Michael Jordan’s divorce from Juanita Jordan; estimated to exceed \$260 million
- Charles Edgar Fipke’s divorce from Marlene Fipke; estimated at \$200 million
- Neil Diamond’s divorce from Marcia Murphey; estimated at \$150 million
- Harrison Ford’s divorce from Melissa Mathison; estimated at \$118 million
- Greg Norman’s divorce from Laura Andrassy; estimated at \$103 million

Most of us won’t have a divorce settlement in the millions, but there are a few things you can do to make sure that any future split with your partner is amicable, fair, and fast:

1. Write a prenup. An ironclad prenup is the easiest way to speed up the divorce process. In 1985, Steven Spielberg and Amy Irving wrote a prenuptial agreement on a cocktail napkin. Four years later, Amy contested the agreement—and won. As a result, she received a settlement of about 100 million, or half of her ex-husband’s earnings, after just four years of marriage. The reason? Her attorney wasn’t present, allowing her to contest the prenup on the grounds of fairness, full disclosure, and duress. In the absence of an ironclad prenup, husbands and wives usually split their assets equally.

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

2. Don’t cheat. Rudy Giuliani’s public affair with Judith Nathan cost him dearly when he and his wife, Donna Hanover, divorced. When they separated in October 2000, he was making a modest income as a government official. Then the 9/11 tragedy happened, and his popularity soared. Because they were already

separated, Donna wasn't legally entitled to the money he made following the date of separation, including an estimated \$8M in speaking fees alone. But because Giuliani wanted to keep some of the more salacious details of his personal life out of the public record, he settled—paying an estimated \$6.8M, a substantially higher amount than he was legally obligated to pay.

3. Don't forget about intellectual property. Sometimes the greatest assets are the intangible ones. In 2000, Michael Douglas agreed to pay his first wife, Diandra, half of the acting earnings he accrued while they were married, including money from any future “spinoffs.” In 2011, Diandra filed suit, stating that she was entitled to half of Michael's earnings from *Wall Street: Money Never Sleeps*, because it is a spinoff from the original *Wall Street* (which was filmed during their marriage). Michael claims that the new movie is a sequel and *not* a spinoff, so Diandra isn't entitled to anything. The case revolves around one point: Is the new movie a spinoff or a sequel? If it's a spinoff, she gets half. If it's a sequel, she gets nothing. In this case, a judge will decide. But you can learn from Michael's potentially costly mistake by shoring up your intellectual property rights.

The key to an amicable split is to decide money matters before it gets ugly. Whether you are happily married or contemplating divorce, considering a prenup, keeping your actions blackmail-proof, and dealing with your intellectual property will serve you well.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.

Prince William Dreaded Getting Caught On Kiss Cam at the Olympics



Although they may have had one of the most publicized weddings in history, Prince William was still embarrassed to appear with Kate Middleton on the Kiss Cam at the London Olympics' Velodrome. Although the two have been major supporters of the 2012 Olympic Games, and William and Prince Harry are two of the Olympic ambassadors, [People](#) reports that William said, "I was absolutely dreading they were going to come and show myself and my wife." Still, with the Games in full swing, there was a lot more to pay attention to, and William seems to

have escaped the camera's focus.

What are some ways that PDA can detract from those around you?

Cupid's Advice:

If you're with your partner, it's often hard not to show your affection through PDA. However, there are some reasons why it's often good to restrain yourselves when you're in public. Here are some things to consider:

1. Making others feel uncomfortable: There's nothing wrong with holding hands or some quick kisses when you're out with your beau, but go too far with sloppy make out sessions and you could make the people around you feel uncomfortable. Remember to keep your PDA not only at your couple's comfort level, but also at the comfort level of those you're spending time with.

2. Missing out on other things: When you're spending time with your partner, it's easy to feel like you're in your own world, especially if you're letting yourselves show some PDA. Don't let that take away enjoying whatever you've come to see. For example, if you went to a play, you don't want to miss the plot because you're so busy with your significant other.

3. Your partner might not be willing: Don't forget that PDA can detract from your partner's comfort as well. Some affectionate people aren't willing to show that side of them in public, so make sure that they're okay with cuddling before you start. You wouldn't want to make them do something they don't want to do.

What are your thoughts on PDA? Tell us below.

Find Out What Kristen Stewart's Body Language Reveals About Her Cheating Guilt



It seems that Kristen Stewart's shocking affair with her *Snow White and the Huntsman* director Rupert Sanders has marked the end of the actress' off-screen *Twilight* fairytale with longtime boyfriend Robert Pattinson. One body language expert even says the 22-year old showed signs of her infidelity months before the release of the photos on July 17th. In reference to a picture with Stewart, two of her co-stars and Sanders' wife, Liberty Ross at the movie's premiere, Dr. Lillian Glass tells UsMagazine.com, "This is the photo of the ultimate betrayal. Kristen has got what's called an ambivalent

smile. Her eyes aren't smiling, but she's got like a half smile of her mouth." Sounds like Stewart has bigger issues than simply choosing between Team Edward and Team Jacob.

What are some signs that your partner feels guilty for something they aren't sharing with you?

Cupid's Advice:

The feeling of guilt has a very negative impact on the course of a relationship. It has the potential to weaken it for days, months, or even years. Here are some signs to help show your significant other may be hiding something:

1. Avoidance: Avoiding your partner reduces the amount of guilt you would have to feel on a daily basis as opposed to being in their presence and constantly feeling guilty. Try to determine the underlying issue.

2. Unusually nice: Treating your significant other better than usual is a key sign of guilt. They figure if they're extremely nice, they can possibly make up for what they've done and even feel better about them self.

3. Lack of communication: Minimal communication is an attempt to keep their secret from slipping. Try engaging in conversation in order to learn the truth.

What do you do when you're feeling guilty about something you haven't shared with your significant other? Share your experiences with us.

Date Idea: Get Fishy



By Ché Blackwood

Take advantage of the weather this weekend by getting slippery with your cutie and go fishing. Regardless of how you feel about spending the day with a few worms, strap on some sneakers and a bikini top and take on Mother Nature with your beau. By sitting on a dock, buying some bait and maybe even grabbing a beer or two, you and your sweetie can make memories while being adventurous!

If possible, rent a boat and go out to sea. Other than the fish, you may be lucky enough to see even rarer marine life. Plus, with the sun beating down on you and the blue water reflecting back up, you'll be sure to catch a golden tan. Make a game out of it by seeing who can catch the biggest fish of all. If it's legal, take some home and make a delicious dinner

for your love with what you two caught. Not only is it healthy, but you'll bond over the satisfaction that comes from catching and cooking your own meal.

Get extra outdoorsy by going camping or renting a cabin with your honey. Disconnect from the world and take a few days to relax beside a lake, or in the mountains, with the one person that matters most. Even if camping or fishing isn't your thing, the quality time will be more than worth it. Plus, an outdoor vacation means you'll have the rare opportunity to sit under the stars together, a great romantic ending to a fun and fish-filled day.

Do you and your honey go fishing? What's your favorite way to spend the day outside? Tell us in the comments below.

Miss Independent: The Joys of the Single Life





By Audrey Melnik

Katie Holmes and Tom Cruise have been the center of a media circus since they announced their divorce. A number of rumors have surfaced about why their marriage ended, but no matter what the true causes were, it's clear that Holmes is doing what she thinks is best for her daughter, even if that means ending her marriage. Going through a divorce isn't easy and it always takes time to recover, but it should never be avoided when you think a split is important for you and your family. Thankfully, being single allows you to focus on what makes you a better person. Here are some great ways Holmes, and other singles, can enjoy their independence:

Related Link: [How to Handle Wedding Season as a Single Gal](#)

1. Work on your career: Now that you're single, you won't have any commitments other than your own. This will let you give your job the time and attention it deserves. Work hard, focus and you'll be able to rise to the top.

2. Take time for yourself: Singles can make their own rules,

so be spontaneous. You don't have to worry about anyone but yourself. Enjoy this time, it won't last forever. Find a hobby, read a book or do something you've never done before.

3. Travel: When you were in a relationship, you always had to coordinate schedules before you could travel. When you're on your own, you can just pack your bags and go.

4. Have a girl's night: Whether your girlfriends are single or not, plan a night every now and then to go out with just them. Have fun, go dancing and let loose. You'll see that even though you might not have a partner, there are still plenty of people who care about you.

5. Be a flirt: There's no better way to build confidence than to flirt. When you see someone staring at you from across the bar, go talk to them. Even if you don't wind up dating, it'll be good to give yourself a chance.

Related Link: [Celebrate Being Single This Year](#)

7. Buy yourself something nice: Without a partner, your money belongs to no one but you, and you know you worked hard for it. Find something luxurious that you love and splurge on it!

8. Be an awesome parent (if you have kids): For you single parents, devote more time to your kids. They'll make you happier than any partner could. Plan a fun day with them and do something you all love.

Sure, being in love is wonderful, but so is being strong and independent. You can pave your own way, make your own decisions with your own money and you don't need a man to do it.

Audrey Melnik is founder and developer of WotWentWrong, the breakup app for couples who never really broke up. It offers closure and answers for relationships past – and a blueprint for future dating success – directly from one's former

partners. Audrey is passionate about the intersection of internet technology and business and has successfully developed and enhanced the online businesses for both corporate and government clients in the U.S. and Australia. She credits NYC with her inspiration for WotWentWrong, realizing the web could coax former dating partners into spilling their secrets in a way people could not. Melnik received a Bachelor of Business Systems on scholarship from Monash University in Melbourne, Australia. WotWentWrong is headquartered in Melbourne, Australia but Audrey recently moved to San Francisco.

10 Budget-Conscious Ways To Impress Your Partner





By [Whitney Baker](#)

Sure, sometimes it's fun to splurge on a fancy date, but other times, it's nice to do something simple, entertaining and budget-friendly with your guy. Regardless of what you do, he'll be excited that you took the pressure off of him and planned a cheap outing. Whether you enjoy exploring a new area of town, staying indoors (and avoiding the summer heat!) or being active, there's a date idea on this list for you:

1. Be Outdoorsy: Sometimes the best entertainment is right outside your front door – no tickets required. Take a hike and soak up the sights and sounds of the great outdoors. When the sun goes down, take a moment to appreciate each other and do a little stargazing.

Related: [Date Idea: Cuddle While Counting the Stars](#)

2. Pack a Picnic: Using only items that are already in your pantry or fridge, fill up that picnic basket and head to your backyard for an impromptu lunch date. Spread out your blanket and chow down! Luckily, there's no pricey bill to face when

you're done eating.

3. Free Booze: Take a tour of a nearby winery or brewery. Not only will you learn more about your drink of choice, but you'll pick up some ideas for the next dinner party that you throw with your man.

4. Eat In: Treat him to a romantic dinner at home. Cook his favorite meal, light a few candles and pop open a bottle of bubbly. Taking the time to treat him to a home-cooked meal will remind him how much you love him – and maybe he'll even return the favor tomorrow night.

5. DIY Projects: Spend a day tacking those do-it-yourself projects that you both keep avoiding. Accomplishing something together will remind you of how well you work as a team. Plus, you'll have a new piece of décor to show off to your friends.

6. At-Home Spa Day: Get ready for a day – or night – of pampering. Takes turn giving each other a massage and then enjoy a bubble bath together. When you're finished, wrap up in your plushiest robe and snuggle up with a glass of wine and some relaxing music.

Related: [Date Idea: Relax with a Spa Day at Home](#)

7. Game Day: Enjoy an afternoon at the ballpark. Tickets can cost as little as \$5 – they don't call them the cheap seats for nothing! By doing something that you know he loves, you'll show him that you pay attention to his likes and work hard to fulfill his needs. Don't forget to take care of yourself too: indulge in a hot dog and cold beer as you root for your favorite team.

8. Hit the Gym: By showing him your sweaty side, he'll know just how comfortable you are around him. You can introduce a bit of friendly competition in to your relationship too: challenge him to a sit-up or push-up contest. Thanks to this

active bonding sesh, you'll have a smile on your face, win or lose.

9. Be a Tourist: Sure, you'd love to take a romantic getaway to somewhere exotic, but sometimes, you can have just as much fun exploring your hometown. Check out a local art fair or weekend farmer's market. Wander around a downtown museum and broaden your cultural horizons. Or just take to the streets and do some people-watching. You're sure to have a fun stay-cation with your man by your side.

10. Go Househunting: Spend an afternoon visiting different open houses in your area – everything from a fixer-upper to that mansion with a pool and three-car garage. Even if you aren't in the market to buy, looking at homes is a good way to test your compatibility and see where your future lies. Who knows? Maybe you'll be inspired to do some work at your current house or apartment.

Do you have any cheap date ideas to add to the list? Tell us in the comments below!

Date Idea: Let Your Love Fly





By Amanda Martin

Relax this weekend by flying a kite in the beautiful outdoors with your honey. It's an inexpensive way to do something laid back while still being romantic.

Kites should be flown in an open, breezy area, making the beach the perfect location. Find out if there are any kite clubs nearby. Flying with other people will allow you as a couple to admire these embellishments that are said to have originated in China. Don't worry about your beginner abilities or keeping up with the more serious people around you; just have a good time.

You can buy a single-line kite for less than \$10, or if you're looking for a challenge, you can get a dual-line stunt kite for \$20. It'll be fun to help one another make the tricky figure 8 shapes.

Once you've become tired of flying, set up an intimate picnic lunch in a shady area. Quench your thirst with freshly squeezed lemonade and indulge in homemade sandwiches.

Afterwards, take a walk together and admire the beautiful scenery.

This fun and relaxing day with your other half will help you remind each other of how special your time is together. Maybe you can even talk about your future.

How do you relax with your honey? Let us know in the comments below.

Creating a Celebrity-Style Wedding



By Rob Toledo

As summer wedding season continues, it's possible that your own marriage has been on your mind. There are a lot of stressful decisions to make before you say "I do," but you shouldn't feel intimidated. There's no better way to design a unique, stylish wedding than to look to those style-makers. Here are some top tips for using the style of celebrity couples to create your own memorable wedding:

Related: [What to Wear to a Summer Wedding](#)

1. Find your personal estate: From Justin Timberlake and Jessica Biel to Carey Mulligan and Marcus Mumford, estate weddings are very popular among celebrities. Luscious green lawns with perfectly pruned roses and long, elegant white tables can make any ceremony memorable. Sure, you might not be able to rent out Downton Abbey, but you still can turn almost any big backyard into an elegant property. Find a landscaping firm that will let you line the yard with your favorite flowers. Consider swapping expensive bouquets for colorful fruit bowls with a country elegance look. Wedding planning can be the perfect reason to start a backyard fix-me-up project, so get your yard in shape with floral gardens or a stone pathway that you'll be able to enjoy year after year.

2. Celebrate in good conscience: When Natalie Portman and Benjamin Millepied got married, they did it with their morals on display, doing things like buying recycled platinum and conflict-free diamonds. These same ethics are easy to apply to your own wedding. Take a cue from Alicia Silverstone and print your invitations and programs on recycled paper embedded with seeds so guests can plant their own gardens at home. Try booking a sustainable venue such as a wilderness retreat or with a self-sustainable resort like the one where Kristi Yamaguchi got married. Have compost and recycling options readily available throughout the ceremony and use only locally grown food for an all-around low footprint wedding.

3. 'Smush smush' down the aisle: Okay, so Jersey Shore star Snooki has yet to marry her sweetheart Jionni LaValle, but we have a feeling that the vows will be exchanged in pure Jersey style. If you want a wedding like hers, start by getting the biggest rock you can find. The bride's dress should be form-fitting, and there should definitely be a tiara and six-inch heels involved. Men should dress in fully unbuttoned shirts to show off their blindingly bronzed pectorals. For the wedding reception, make sure to rent several hot tubs and place them by a pumping dance floor to continue your hot, Jersey style late into the night.

4. Bring your furry friends along: Are you the type of person who can't be without your four-legged companion? Be like Jennifer Hudson and invite your dogs up to the stage. Better yet, have guests to bring their own dogs as well and serve dog biscuits right beside that wedding cake. Your canine friends will be sure to keep things fun and playful, and they'll give you a good pick-me-up lick if your energy starts to drop. Just make sure their paws stay away from that white dress!

Related: [Five Celebrity Couples Who Had a Low Profile Wedding](#)

5. Paparazzi it up: Want to feel like a celebrity? Encourage your friends and families to bring cameras. Put little disposable cameras at the entrance table and encourage lots of photography. Get everyone snapping pictures: the more flash the better. This is a great way to get hundreds of unique photos of your wedding. Ask your photographer to focus on mostly candid shots so you can have a celebrity-style photo album. If you run a red carpet down the aisle, those flash bulbs will go wild.

Celebrities are bursting with unique wedding ideas. Use them as a model and plan a big special day of your own!

Rob Toledo is planning his own wedding in the Pacific Northwest this summer. He probably won't use the Jersey Shore

idea himself, but thinks you should and share lots of pictures. He is working alongside Embrace pet insurance to create fun guides to animal ownership and encourages considering dog insurance for your four legged canines.

James Righton and Keira Knightley Love Being Engaged



Keira Knightley and her musician fiancée James Righton are among many young, hot Hollywood couples. The *Pirates of the Caribbean* veteran and her talented man seem to be over-the-moon happy and in love since the announcement of their engagement in May. A source close to the pair tells

UsMagazine.com, “Honestly, they’re great for each other. They love being engaged.” The future bride and groom have been dating publicly since April of last year.

How do you know when it’s time to propose?

Cupid’s Advice:

Deciding when you should propose can be tricky, even if all the feelings seem to be there. Here are some signs that can help making your decision a little easier:

- 1. Your heart:** Follow your heart. If you cannot imagine your life without your honey and are madly in love, you should take the next step without hesitation.
- 2. Hints:** Hints are a girl’s best friend; whether she’s ready for a ring or wants a specific birthday present. Taking advantage of these moments can prove helpful in the future.
- 3. Long relationship:** A pair who has been together for quite some time knows each other inside and out. Don’t waste any more time, and go after what you want while you have it.

How would you know it’s time to propose? Share your thoughts with us.

Date Idea: Try an Unusual Sport





By Amanda Martin

Get out of your comfort zone this weekend by trying a unique sport with your other half. Summer is the perfect time to be adventurous. It's warm outside and there are a variety of activities that can keep you and your partner learning something new.

For example, you can act like cupid and shoot arrows during an archery lesson. Or, spend time in the country and fire up some heat at a shooting range. You can make a game out of either of these activities and whoever wins gets to pick a romantic location for lunch. Don't forget to bring your camera to capture these very special moments.

Another unforgettable sport for the two of you to try is trapeze. Take your love off the ground and experience what it's like to perform in the circus. Trapeze schools are common in major cities, and there are lessons for beginners of all ages. You will be able to try moves that are as basic as the knee hang to a more complex mid-air catch. Although this is a gutsy sport, the support of your loved one should help

you get up that ladder and flying in no time.

What's the most unusual date you've ever been on? Let us know in the comments below.

When One Partner's Needs Are More Important



By Jane Greer, Ph.D. for GalTime

Why has it been so surprising to us that Katie Holmes filed for divorce last week in an effort to end her marriage to Tom Cruise when so many of us had a hard time taking their union seriously in the first place?

Maybe it's because despite the public's initial cynicism, people eventually embraced the couple as an example of a true Hollywood love story.

According to the papers, Tom was as blindsided as we were by the news, but, unlike the couple's fans who watched from a distance, he was close to the action. How is it possible that he was chugging along, seemingly happy, when she was evidently so unhappy that she secretly planned her exit?

Related: [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

Tom might have been looking through only one lens, which he does in his role as a director and producer, and was seeing things working according to his vision. Is it possible that he didn't consider her needs at all? Tom's previous two wives, Mimi Rogers and Nicole Kidman, have each said that during their marriage their concerns were incidental to his, especially when it came to his religion, Scientology.

It has been reported that Katie wanted out because their daughter, six-year-old Suri, has reached the age at which she would begin to be educated in the ways of Scientology, and Katie did not seem to want that for her child. In fact, in addition to the divorce she has filed for sole custody. If it really is Scientology that made her want out, then she must never have fully accepted it in the first place or this wouldn't have emerged as a problem. Her concern over Suri's education may have been simmering on the back burner for some time.

Related: [Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man](#)

The push and pull around Scientology might not be so different from what any couple struggles with if one person wants to raise a child one way, and the other partner has a strong

commitment to a completely separate religion. As I wrote about in *What About Me? Stop Selfishness From Ruining Your Relationship*, whenever there are two people who want two different things, one person is going to feel that they've given up more than the other. But for a marriage to be successful, there has to be an attempt to hear the other person and work out a compromise. With Tom and Katie, it appears that wasn't happening. Tom's way seems to have been the only way.

The other thing that may have been going on is that Katie stopped fighting for what she wanted. I see this over and over again with my patients. One partner gives up, realizing that all the conversation in the world is never going to make a difference. But the other partner takes that silence to mean the first partner is now okay with the situation, when in reality they have shut down. They may be waiting for the right time to sever the relationship, or become vulnerable to romantic involvement outside the marriage. This myopic vision, in other words, "my" view, on one person's part, leads them to believe that everything is just fine.

Whatever the case, Tom seems to have left no room for the necessary give and take that a healthy marriage demands. It might be just the right time for him to be making a movie called *Oblivion* since that seems to be exactly where his third marriage is headed.

Date Idea: Beach it with Your Babe



By Amanda Martin

Enjoy the sun this weekend by hitting the beach with your babe. The clear blue sky is the perfect backdrop for you and your honey as you listen to the sound of the waves crashing and feel the soft sand beneath your feet.

This is supposed to be a relaxing day, so don't put too much pressure on planning it perfectly. Simply pack a picnic lunch to bring along, and make sure it includes a lot of water so you don't get dehydrated. Put together a fresh fruit salad with cantaloupe, honeydew and the sweetest assortment of berries for you and your significant other.

One thing you don't want to forget is sunscreen. You can apply it onto one another to get close while taking the rays, and you won't have to worry about getting burnt.

Channel your inner child and build a sandcastle or bury your partner under the sand. If you want to be active, bring along a Frisbee or volleyball and find other people to play with – and of course being on the same side as your other half will ensure the chance for hugs and kisses when you score.

What's your perfect beach date? Let us know in the comments below.

5 Lies Your Single Friends Like to Tell



By Ché Blackwood

Everyone has their own preferences when it comes to dating. Usually these differences are insignificant, like preferring blue eyes or waiting until the third date for the first kiss. However, other differences matter a lot more, like those who love the single life versus those who prefer to stay coupled up. While few will say no to being treated to an expensive dinner date, not everyone wants to commit afterward. You can tell these “commit-a-phobes” the advantages of dating over and over, but they’ll be filled with reasons why they’re better off on their own. While there’s nothing wrong with staying single, there’s also nothing wrong with taking on a partner. We gathered the most common arguments for staying single, and explained the reasons why they’re wrong:

Related: [‘Miss Advised’ Dishes Surprising Single-Gal Advice](#)

1. Single folks have more fun: It’s hard to argue that being single can be enjoyable. After all, you can focus on your own desires and dreams. However, the same should be true in relationships. Deciding to be exclusive shouldn’t strip you of freedom. A healthy relationship leaves plenty of room for both partners to focus on themselves, as well as on each other. If you feel you have to keep sacrificing your dreams, your relationship isn’t average, it’s unhealthy.

2. Singles are too busy for relationships: Between focusing on a career, balancing friendships and trying to squeeze in a single afternoon for that long overdue dentist appointment, it’s not surprising that some think the addition of a significant other is too much to handle. Of course, falling in love is not the same as working toward a promotion or scheduling in a root canal. Love is a wonderful treat that breaks up the monotony of everyday life. If you have the time to do things you don’t want to do, you certainly have the time for some romance on the side.

3. Singles are too independent to answer to anyone: There

isn't much room for selfishness in a relationship. Your actions are, in a lot of ways, going to directly affect your partner. Even something as minor as going to sleep at 3 a.m. on a weeknight could wake your beau up. As a result, compromise is a huge part of successful relationships and that will never change. However, considering someone else's feelings is very different than having to answer to someone. You're even allowed to be a little selfish now and then. While couples will discuss their weekend plans together, they can choose what to do together and what to do apart, and both are equally valid. If you find yourself having to answer to your partner all the time, you should probably call it quits.

Related: [Five Steps To Turn a Date Into a Relationship](#)

4. Singles know relationships are too hard: Every relationship will have bumps now and then, so it's clear that relationships aren't always easy. Spending the majority of your free time with one person can be stressful and you're bound to fight occasionally. Still, nothing good in life comes easily. You and your best friend undoubtedly have a few fights under your belts, but that doesn't negate how much you love each other. The same can be said for dating.

5. Casual dating is better: Running into the grocery store, catching the eye of the cute guy in the vegetable section and leaving with a new number in your phone is the kind of encounter single women dream about. The constant chance that you may run into your next date is always an adrenaline rush. However, though first dates are interesting and offer you the chance to experience new things, you won't form lasting memories if you change partners every Friday. Eventually, even your single friends will feel the need to couple up. All it takes is the right start.

What do you think are the advantages of dating as opposed to staying single? Tell us below.

Kanye West Serenades Kim Kardashian at His Concert



Kimye is at it again. Bad-boy Kanye West held a solo concert in Atlantic City this weekend in which Ms. Kardashian attended. The rapper performed for thousands as the reality star sang and danced in the V.I.P. box. According to UsMagazine.com, West sang directly to his equally famous girlfriend as he performed his hit song "Way too Cold," in which Kanye sings "I admit I fell in love with Kim." The musician later yelled to the crowd, "If you love someone tonight... hold on real tight!" Although the pair weren't side-by-side, it is clear the rapper is taking his own advice when it comes to his love for Kim K.

What are some ways to publicly show you care about your partner?

Cupid's Advice:

Showing your significant other you care is important in every relationship because words are not always enough. Here are some great ways to express how you feel in more active ways:

1. PDA: Showing affection to your love is the simplest yet sweetest gesture to show you care. Simply holding their hand or kissing their forehead can go a long way.

2. Recite a poem: Bring your honey to an open mic night and surprise them with your poem. Share your deepest feelings for them in front of a crowd of strangers.

3. Invite them to a special event: Take them to an awards show or a fancy business dinner. Sharing a special moment with them really shows how important they are and how much you want to show them off.

What does your partner do that shows they care about you? Share your experiences with us.