

How to Avoid the Reality Show Relationship Curse



By Brea Gunn

One more Hollywood divorce has entered the official records. Kim Kardashian and Kris Humphries' fairy tale marriage lasted less than three months. Say what you will, but I think that this whole mess could have been avoided if they made their relationship more private. When you live your life so publicly, I'm sure that it's difficult to separate reality ... from reality TV. Even so, it seems that many stars have been swept away with the ratings, only to realize that they aren't as perfectly matched as they originally thought.

Why don't we start at the beginning of the end? Here are seven former celebrity duos whose relationships may or may not have dissolved as a result of being featured on reality TV:

1. Jessica Simpson and Nick Lachey: We all fell in love with Jessica Simpson and Nick Lachey on their

series, *Newlyweds*. She was so sweet and innocent, and he was her protector. Unfortunately, they split shortly after their show wrapped in 2005.

2. Carmen Electra and Dave Navarro: This former couple took a run at reality television, too. They split while planning their wedding because they had agreed to air their plans on MTV and couldn't make up their minds.

3. Hulk Hogan and Linda Hogan: Hulk and wife Linda split after filming multiple seasons of *Hogan Knows Best*.

Related: [Hulk Hogan Supports Ex's Engagement](#)

4. Jon Gosselin and Kate Gosselin: This duo lasted longer than most, but split during their series that focused on them and their eight children.

5. Travis Barker and Shanna Moakler: Remember *Meet the Barkers*? The former couple filed for divorce after only two seasons ... and two and a half years of marriage. This on-and-off again couple is still a little confused about whether they should be together or not.

6. Christopher Knight and Adrienne Curry: Christopher Knight, a.k.a. Peter Brady, and his love, *America's Next Top Model* winner Adrienne Curry, split in May of this year. Apparently their show, *My Fair Brady* wasn't enough to keep them together.

7. Kim Kardashian and Kris Humphries: Let's face it: This whole debacle is going to be well overplayed while their divorce is pending.

Related: [A Reminder About Relationship Mistakes to Avoid](#)

The question is, what can you learn from all of these couples? A lot, actually. And your other half will thank you. Here are a few quick tips:

Have a Courtship

It's old fashioned, but it's necessary. Kim and Kris dated for six months and look where it got them. Yes, Khloe and Lamar were engaged and married much faster and they are happily married, but they're the exception, not the rule. So take your time and date your mate a while before deciding on marriage. You'll learn more about each other, and be more prepared for a lifetime.

Watch for Warning Signs

I don't want anyone to be paranoid, but think about this: how often did Kim and Kris fight during their relationship? I'm not talking about the little disagreements, like where to have dinner. I'm talking about kids, your home, and money. If you can't come to an agreement that makes you both happy, you're not going to be happy, and you'll follow in some pretty famous footsteps.

Discuss the Big Stuff

Before the wedding, hash out all of the big issues. Discuss kids, money, location, pets and general life preferences. These are big items that you need to agree on before you walk down the aisle.

And after you've tied the knot, how do you keep your relationship going strong? The most important thing is to remember three simple words: I love you. Say them, and then say them again.

Brea Gunn writes about the best Westchester wedding venues. Check out what these wedding business marketing insiders have to share.

Date Idea: Thanksgiving for Two



Thanksgiving is a time to celebrate with family, watch football and indulge in turkey, stuffing and pumpkin pie. As fun as the day may be, it can cause strain on your personal relationship if things aren't planned out properly. The day will be extra special if you set aside time to work together as a team.

For example, if you're preparing to host Thanksgiving with your partner, begin the process by sharing responsibilities and scheduling time together in advance. Pick a day where you will choose the turkey and get all of the accompaniments together. This will make things much easier and it will show your partner how committed you are to having a nice experience with them.

As for decorations, unleash your inner child and make them yourself. After all, who didn't enjoy creating outlined hand-print turkeys from construction paper as a child?

An early start and an organized plan are essential for Thanksgiving Day success. For the romantics at heart, leave time for a break with your sweetheart in between all the preparing. Or, spend a few moments making a list of all the reasons you're thankful for each other and then read it aloud. This will also remind you why your relationship is so special and once family and friends arrive, you'll be ready to serve up the meal and mingle.

For those looking to spend some time alone, one idea is to cook and eat dinner together and join your families for dessert. Just don't forget to clean up as a couple – it'll go twice as fast and will end the holiday on a positive note.

No matter what you decide to do together this holiday, remember to give thanks to your partner and tell them how much you appreciate them.

On Thanksgiving, what are some activities you and your honey work on together? Let us know in a comment below.

Five Ways Social Media Can Help Your Relationship





By Diamon Hall

Perhaps you reconnected with the girl who used to pinch you on the playground, the professor who inspired you to land your dream job or a long lost distant relative who lives in Germany. Whatever it may be, websites like Facebook, Twitter, LinkedIn, Google+, or MySpace are used in many different creative ways. In fact, it seems that people can hardly function without social media nowadays. It helps you keep in touch with family, friends and even people you wouldn't normally communicate with if it weren't for those sites. If social media can help you in the platonic aspects of your life, then it can certainly help your love life, whether that means meeting a new flame or enhancing a relationship you already have. Here are five ways social media can aid you in matters of the heart:

1. More ways to keep in touch: Just like social media can help you keep in touch with family and friends, it can also help you keep in touch with your mate. You may not always be able to pick up your phone to call or even shoot a text. If you're at work and there's a computer available, it's probably easier to log on to a social site like Facebook and chat for a quick minute or send a personal message just to say "I love you."

Related Link: [5 Reasons Why Men Text Instead of Call](#)

2. Dig deeper before the first date: If you're just meeting someone for the first time, social media can greatly assist you in figuring out who this person is and what you can expect. Although you shouldn't judge solely on what you read online, the image someone gives off via social media sites can be telling. Browse through their identifying information, photos, and friend's comments. Often times it's insightful to see how a potential partner interacts with others.

3. Stay close even when distant: You or your honey may have to go out of town without the other sometimes. You can upload pictures of yourself to let them know what's occupying your time while they're not there. Facebook has even incorporated video chat on their site, which is a great way to seemingly shrink the distance between the two of you.

4. Communicate more with his or her family: Finally, social media is a way around being the shy one at the extended family dinner table. Your partner's family is going to want to see you in person sometimes, but for the other times, talk to them via a social site. They'll be thrilled to know you think enough of them to include them in your virtual social life.

5. Everyday use: Sometimes you may not have the money to send flowers and candy, or even to go out to dinner. Your lives may be very hectic and you may hardly get enough time to talk. Utilizing social media will help you feel connected.

Related Link: [Do's and Don'ts of Flirtexting and Sexting](#)

How has social media helped your relationship? Share your experiences below.

Rob Pattinson Says He Began Acting to Meet Girls



On Tuesday night, Robert Pattinson revealed on *The Late Show with David Letterman* that he began acting to meet girls. According to UsMagazine.com, Pattinson's role as Edward Cullen in the *Twilight Saga* not only attracted girlfriend Kristen Stewart to him, but it also swept many female fans all over the world. "It's not just teenage girls," he told Letterman. "It's older [women] too. The older ones are far more passionate fans."

What are some ways to get out and meet potential partners?

Cupid's Advice:

Not all of us can land a career as an actor, so us "normal" folk have to use other methods. Cupid has some advice:

1. Join a class: Enroll in a class that appeals mainly to the opposite sex. For instance, take a cooking class if you're a

guy or boxing lessons if you're a woman.

2. Online dating: They might not be for everyone, but you'll never know unless you try it. You might even end up finding The One on a dating site.

3. Socialize: Attend parties or join an organization. Going out in the world and communicating is the best way to find a partner.

What are some other ways to get out and meet potential partners? Share your ideas below.

Divorce: Kris Jenner Says Kim Kardashian Needs to 'Cry It Out'



According to Kris Jenner, this past week hasn't been easy for Kim Kardashian as she deals with her divorce from Kris Humphries. Jenner says that her daughter will eventually open up about the issues that led to her decision to file for divorce, but for now she's still trying to sort things out. "She needs to do what she's doing now and cry and figure it out," Jenner tells Extra Magazine. "She's just trying to follow her heart, and she's going to be OK." Recently, Kardashian flew to Minnesota to see Humphries because, "She really needed to talk to him," said Jenner. She was there for less than 24 hours, and the two allegedly met with the pastor who performed their wedding ceremony to discuss what went wrong.

What are some ways to cope in the midst of a stressful divorce?

Cupid's Advice:

Going through a divorce can be a hectic and stress-inducing. Here are some ways to make process more relaxing:

- 1. Give yourself a break:** Getting a divorce is not an easy task, and it will take a toll on you emotionally and physically. Take the day or a weekend to get away and indulge in some quality 'you' time. Do something that makes you happy.
- 2. Don't isolate yourself:** Don't bottle everything up, because you'll inevitably explode. Talk to your friends and family about how you're feelings and what you're going through. Join a support group where you can talk to people going through the same thing. Don't be afraid to get help.
- 3. Remember things will get easier:** You may be stressed out now, and things might only seem to be getting worse, but it will get better. Allow yourself to feel the pain you're experiencing so you can get it all out and start fresh.

How did you cope during your divorce? Share your experiences below.

Happiness Expert Sophie Keller Gives Us Some Tips about Having a Happy Love Life



By Linda Guma

Are you looking for a happier love life? Happiness expert, author, life coach and TV personality Sophie Keller gives us 50 key ideas for improving your relationship in her upcoming book, *How Happy Is Your Love Life?: 50 Great Tips to Help You Attract and Keep Your Perfect Partner.*

The book is part of a four-book series coming out November 27. Keller notes her goal for the 'How Happy Is' brand is that [her] practical, easy to use advice will help you discard outdated attitudes, habits and beliefs in order to make more positive choices in your life.

We had the pleasure of interviewing Keller to find out just how she does it.

What motivated you to become a happiness expert?

When I was young I didn't feel particularly understood. But I knew I was meant to be happy, so when I searched for how, I found it inside. I realized that when you drop the masks, armors and pretenses, you will find who you are. The person you should be with will magnetize to you. Otherwise, you will magnetize people who have the same armor. That's why relationships don't work. Someone's armor must come off.

What is happiness?

Happiness is about feeling complete within yourself, feeling like you're making a difference in your life and the lives of others. It's about expressing yourself fully and completely.

It's interesting that on a worldwide scale, happiness and wealth don't correlate with each other. Happiness is about focusing on the moment. For example, those in third world countries focus on feeding themselves and their children. They value their relationships above material things. I always say we're human *beings*, not human *having* or human *doings*. The more "human being" we are, the happier we'll be.

What sets this book apart from other love advice books on the market?

Everything is actionable. Also, it teaches you how to focus and work on yourself. Most of all, this book teaches you to break down defense mechanisms that have been holding you back.

What would you say is the most important tip you have for those who strive to be happy in their love lives?

Be yourself to the fullest and be really positive. Relax, have fun and have faith. There is someone out there for you. You also have to work on your self development. Clear out your insecurities. You need to shift how you think about yourself and any past issues that keep resurfacing.

How do you know when it's right to tie the knot?

Every cell in your body says "yes," with no doubt. You never know what it's going to feel like but when it happens you'll know. The person you end up marrying could surprise you.

Sophie Keller is the creator of [Howhappyis.com](http://www.howhappyis.com). She has been a featured life coach for Martha Stewart's *Whole Living* magazine, a contributing expert for Sirius radio and she appears frequently on *KTLA 5 Morning News*. She also appears on *FOX, NBC, ABC, and CBS* where she gives happiness tips and lifestyle advice. She was recently appointed the 'Good News' Ambassador for LG Electronics. She lives in Santa Monica, California.

To order a copy of her book, visit <http://www.howhappyis.com/books/love-life/>.

Should You Channel Your Inner Sadie Hawkins?





By Tanni Deb

In the 1934 classic comic strip “Li’l Abner,” Al Capp wrote about a lady named Sadie Hawkins who was frantic about the length of time she was waiting for suitors to approach her. When Sadie turned 35 years old, her father also became quite concerned and took it upon himself to find his daughter a mate.

So, he announced a “Sadie Hawkins Day” and summoned every eligible bachelor in town to a foot race. The foot race began with the men running as soon as they heard the first gunshot. A second gunshot was the signal for Sadie to run and the first man she caught would become her husband. By 1952, Sadie Hawkins Day was celebrated at 40,000 venues in the form of a dance where women asked men out.

More than 50 years have passed, and many women still wonder if it’s acceptable to ask out a man. If you’re a gal who is thinking of making the first move, know the pros and cons of the Sadie Hawkins scenario:

Why it Turns Him On:

1. Exudes Confidence: Many men have difficulty figuring out if a woman is interested because they don’t have the courage to approach her. Asking a guy out shows how confident and

comfortable you are in your own skin and many men love a secure woman. He'll feel a lot less pressure being around you and it sets you apart from the others.

2. Flatters His Ego: When a woman strikes up a conversation with a man she likes, it can be flattering to him. After all, men are expected to be the gender to take charge. When you make the first move, it's a compliment to his psyche and often boosts his ego. This is a great way to get his attention. If your approaching him first seems to make him happy, he will credit that good feeling to you.

3. Demonstrates Sincerity: Having the courage to approach a man and directly ask him out shows a guy that you're serious about getting to know him. Men realize that it's not the norm for a woman to approach them and they know the difficulty of rejection. So, when the role is reversed, it makes him feel warm inside.

Related: [How to Master Being in a Relationship](#)

Why it Turns Him Off:

1. Feels Desperate: Some men think that a woman who makes the first move is desperate. They may even begin to wonder if there's something wrong with her or if she's after something more. It's assumed that if a man is interested in a woman and thinks that she's worth it, he'll ask her out himself.

2. Sends a Bad Message: Some guys label a woman easy. He assumes that she's looking for a fling or one-night stand if she asks him out. The guys who are not interested in getting serious may take the offer to go on a date in hopes of something more, while the men looking for a serious relationship may feel awkward about the woman's forthright approach and never take things any further.

Related Link: [Find Out Why You're Single](#)

3. Takes Away the Challenge: Most guys love a challenge. They enjoy trying to win a woman over, especially if she's not easy to get. Men are attracted to chasing after what they want. So when a woman asks a man out, the challenge is over. The worst case scenario: if a man really loves the thrill of the hunt, he might reject the woman's offer...even if he's initially interested in her.

It can be downright frightening for a woman to make that first move but sometimes you just can't let destiny dictate a relationship. There are many men out there who would love for a woman to approach them. So, if you have the urge to get to know someone better, push the gender stereotypes aside and go for it. If the guy rejects your offer, he probably wasn't right for you anyway.

Millionaire Matchmaker: Patti Stanger Helps Millionaires Find Personality Before Seeking Love





BRAVO's The

Millionaire Matchmaker Patti meets up with drag queen Frank (who sometimes impersonates Patti herself!) and gives him tips to be himself while dating, instead of the larger than life personality he sometimes embodies. As a "celebrity", Frank and Patti discuss the good and the bad about dating when you're well known. Going from too much personality to zero personality, Patti's other client this week, Jason, is way too uptight and needs to loosen up to find a match. Keltie, a body movement coach meets with Jason to help him relax. Will he be able to take what he learns and apply it to dating, or will he leave all his new moves at the dance studio? Find out this **Tuesday 11/8 @ 9/8c on BRAVO's The Millionaire Matchmaker**

Thinking Like a Drag Queen: Patti Stanger and her millionaire female impersonator are on the same page.

Pulling the Stick Out: Patti Stanger has this millionaire go to a dance class to find some personality.

Thinking Like a Drag Queen

Pulling the Stick Out

How to Campaign for a Better Relationship



By Tanni Deb

With Election Day around the corner, this is the best time to campaign for a better relationship. Whether that means leaning to the left with a liberal approach or moving toward the right with a more conservative one, you deserve the best you can get. Use the following guidelines and you just may win a vote from that special someone:

To find the perfect partner:

1. Figure out what you want in a partner: Knowing exactly what you want in a partner will help you narrow down your choices just as you would with a candidate in an election. Otherwise, you'll settle for anyone.

2. Figure out what issues/things you can compromise: Figure out what things you're willing to let go, such as finding a

mate who doesn't have certain features or doesn't meet your height requirement. Although compromising is important for a healthy relationship, never do it for major issues. For instance, if you want a family in the future, don't make a life with someone who doesn't like children.

Related Link: [Three Tips to Enjoy Marriage Despite the Battles](#)

3. Search: You'll probably need to search in a variety of places before you find your perfect partner. Dating sites, clubs or even attending a party at your friend's house can lead you to your ideal mate.

4. Get to know him/her: After you've found the person you think is "The One," date seriously for at least a year. If you find that the person has way too many red flags or your feelings for him or her aren't strong enough, it's best to end the relationship so you don't drag it out for four more years.

5. Marriage: Talk about settling down and moving onto the next step in your relationship if you can see yourself married for the rest of your life. Unfortunately with relationships, it's not quite as easy as electing a new candidate whenever you hit a rough patch.

To improve your relationship:

1. Communicate: Communication is the key to every successful relationship. It helps avoid misunderstandings, fixes problems, and aids in understanding each other in order to improve your relationship. Ask your partner how their day was, if they have any new interests and any other common questions. You should also show that you appreciate your partner by complimenting him or her once in a while.

Related Link: [How to Communicate to Get What You Need](#)

2. Listen: Just like communication, listening is another major factor in a successful relationship. Your interest and focus

is important to your mate and when you show that they have your full attention, it means the world to them. It will also build a sense of respect and trust between both of you.

3. Think positively: When you concentrate on the negative aspects, it'll cause tension in your relationship. The next time you have a negative thought about your significant other's actions, come up with a more reasonable explanation for his or her act and then discuss it. If an argument arises, control your tone and figure out what the major issue is or the message your partner is trying to communicate. Lastly, remind yourself frequently of the good times you've spent together.

4. Common goals: Having similar ambitions in life makes your relationship stronger. Figure out what both of you want and where you both want to be in the future. Find common goals and talk about how to achieve them together.

5. Find time for each other: Work is important, but for relationships to flourish, it's essential to have time for your significant other. Instead of taking things too seriously, spend time with your sweetheart, have fun and just relax.

If you know other methods of finding the perfect partner or changing the relationship you're in, let us know in a comment below. Best of luck this election season!

Relationship Advice: Wine

Taste Your Way to An Intimate Date



By Sarah Batcheller

If you and your partner enjoy the luxury of indulging in expertly crafted wines, then attending a wine tasting event can be the perfect date idea. Watching a movie or dining at a crowded restaurant doesn't always give you the opportunity to be intimate. Who could ask for more than learning about – and sipping on! – smooth wines in a cozy tasting room?

Date Idea for Wine Enthusiasts

Have you ever wanted to feel like former *Bachelorette* [Kaitlyn Bristowe](#), and enjoy your favorite crisp, white wine while conversing with your beau? Well, it's not as far-fetched as it sounds! Just find a winery in your area to give a classy and elegant edge to a typical weekend date idea. You can even find one that calls for more formal attire if that's the style you and your lover prefer. You'll be feeling like a reality TV

star in no time!

Related Link: [Celebrity Couple Kaitlyn Bristowe & Shawn Booth Talk Wedding Plans & Mile High Club](#)

Don't forget to take your budget into account. This experience can be a full day event, and you may buy several bottles to take home. It's also good to confirm the cost of the tastings. Some places charge a fee to participate, while other venues are free. Finally, if you're hoping to purchase food to pair with your favorite new wine, you'll have that additional cost to factor in. Check out www.winerybound.com to find the winery closest to you.

Follow this additional [relationship advice](#) if you don't live near a winery: You can create your own wine-tasting experience by packing some bottles and enjoying a romantic picnic. Or you can look in your local paper for restaurants or wine shops in your area that are hosting tasting parties. For an even cozier option, consider planning your own event. Invite your partner over to your place for a private sampling of reds and whites from a particular region. You'll be regular connoisseurs before you know it!

Related Link: [Date Idea: Tease Your Taste Buds](#)

Whether you're a wine expert or simply looking to try something new, wine tasting is a fun, educational, and intimate date idea.

Have you ever been on a wine tasting date? Tell us about it in the comments below!

Eva Longoria Is Not Dating Matt Barnes, Despite Rumors



On Sunday, the *New York Post* claimed that actress Eva Longoria was getting romantic with L.A. Lakers forward, Matt Barnes. They cited a source who said that she seemed “very flirty” and had “a spark” with Barnes during a Thursday dinner in New York City. Although the article included a statement from Longoria’s rep who said the duo were only “friends,” she followed up on WhoSay, saying, “First Jessica Simpson, now this. Once again, press gets it wrong, matt barnes and I are not dating! We are doing a charity event together for Padres and Athletes vs Cancer.”

Do you need to defend yourself if rumors spread about your personal relationship?

Cupid’s Advice:

You might’ve been told that when you ignore a rumor, it proves

that it isn't true. However, if you react to it, it's a sign that you're guilty. But when rumors spread about your personal relationship, it's difficult to ignore. Here are some things to consider:

1. Your feelings: If the rumor will hurt your relationship, you may need to rise up and defend yourself. Doing nothing might do more damage to your emotional state.

2. Others in the rumor: When the rumor is hurting the other person who was mentioned in it, make sure everyone knows the truth. There's no reason to let suffering continue when the rumor is a lie.

3. Others' reputations: Defend yourself if this gossip will harm reputations. People work hard to establish themselves as a certain kind of person, and ruining that based on a lie isn't right.

How do you defend yourself if rumors spread about your personal relationship? Share your ideas below.

Would You Date a Single Parent?





By SMF Marcus

Osborne for GalTime.com

There are so many roadblocks to lasting, loving, relationships in our lives that I can't help but to cringe when I hear some of the dealbreakers that people throw up on those cockamamie love lists they construct.

Can't be black, can't be divorced, can't be under 6'1", can't make less than one-hundred grand a year, can't drive a hooptie (if you're unfamiliar with the term "hooptie" consult your urban dictionary) blah, blah, blah.

Why do we do it? What's worse, we often fail to acknowledge our own shortcomings as we judge the next person. Boy, we can be self-centered. But that's another story to be told another time. Some of these "*can't be's*" appear on these lists with rather alarming regularity. Can't be divorced?? Are you kidding? Good luck with that one after age 30.

And there's such an overt bias against single parents or adults with kids from a previous relationship – wow! When you think about the debris of judgment these folks have to swim through in the dating pool on a regular basis, it boggles the mind. Why are they so persecuted? Why are they filtered out so quickly?

Yes, there's plenty of baby-mama/baby-daddy drama to spare in many a single mom/dad's world. But I'd submit that it's not always a nightmare. As a matter of fact, I'd say it's not nearly as awful a situation as we trick ourselves into believing it'll be. But since we only hear about the disastrous outcomes of single-parent dating, we assume it's the rule and not the exception. No one's more averse to drama than yours truly, but I'd at least take a chance before taking the blanket approach to all single moms.

Ok, so if the guy has 9 kids by 8 women or if she's got 5 kids by 4 guys, there may be some issues. I cede the point. But if you're really into a guy who has children from a previous relationship, why would you cut yourself off from him for that reason alone?

"Marcus, he was soooo great, but he's got a kid." I've heard this a million times, yet I still don't completely get it. And I'm uncertain which gender draws a harder line on kids. From my own, unscientific poll, it seems that guys are a little more willing to date a woman who has kids from a prior marriage or relationship – but I could be wrong.

Mark this day on your calendar. Marcus Osborne said, "I could be wrong."

I do notice a dramatic difference in the dating attitude of the men I know who have kids, whether their kids live with them or their exes. The single moms are quite often paralyzed by the fear of rejection: "What guy is going to want to date a woman with kids?"

Should I even get into the whole "mother's guilt" thing? You know, the idea that as a single mom the only thing you should be worried about is *being a mom*. The notion that the only way you can be a good mom is to forego a love life or social life until the kids are all grown up and out of the home.

Personally, I think that idea is great – in theory. In

practice I think it often results in lives that feel incomplete. And how can your kids be happy if they see that *you're* unhappy? Worse yet, they quite possibly could blame themselves for your unhappiness or loneliness. But hey, you're a single mom, you don't deserve to a partner, right?

On the other hand, the guys, though they may experience some trepidation about stepping into the dating world, seem far more willing to take their swings at love again.

I'm certainly not an advocate of having a bedroom with a rotating door. I think we've all seen and heard and learned enough to know that a single parent with a carousel of bed buddies probably isn't good for the children's emotional health and well-being. But tell me please, what's wrong with a responsible single parent going out on responsible dates with respectable people?

How on earth is this a bad thing?

Rumor: Jessica Simpson Is Pregnant





According to [RadarOnline](#), Jessica Simpson is allegedly showing off a baby bump! Although the singer has refused to publicly comment on whether she is indeed pregnant with her fiancé Eric Johnson, she was seen walking through LAX with her jacket open, and revealing a suspiciously sized belly on Sunday.

How do you keep your pregnancy a secret?

Cupid's Advice:

When you're pregnant, everyone – including co-workers – want to know. If you aren't ready to announce the big news to anyone just yet, here are three ways you can keep your pregnancy a secret:

- 1. Clothes:** Wear long dresses and shirts with various prints on them that will cover your stomach. Or, if you're asked if you're pregnant, say you've just gained weight.
- 2. Secret between you and spouse:** Make sure your spouse doesn't announce it to anyone until you're ready to do so.
- 3. Excuses:** If anyone asks, say, "We're trying, and when I do become pregnant, you'll be one of the first to know."

Share with our readers if you know other ways to keep your pregnancy a secret.

How to Communicate to Get What You Need



By Dating With
Dignity's Marnia Battista for GalTime.com

While some men just aren't Mr. Boyfriend Material, others just need clear communication from you about what you want, need and expect from them. To make things trickier, many women have difficulty articulating exactly what they're looking for. That said, imagine if you knew the following:

- Exactly what you want in a partner, including his values and goals in life.
- How to effectively communicate your needs and expectations without having to be bitchy, brash or judgmental.
- Simple ways to set boundaries to allow the possibility

of a relationship to unfold before you knee-jerk kick him to the curb.

In order to get your needs met, you have to be able to articulate exactly what you need and then be able to communicate those needs in a way that is appropriate, kind, compassionate, and reveals your true, authentic self.

Here are three steps you can take right now to begin to clearly express your desires to the man in your life so you can begin getting what you want:

1. Decide exactly you want.

If you're going to communicate your needs and desires to your man clearly, you need to be clear in your own mind about exactly what those needs and desires are. Whether you want him to be on time, call instead of text, move the relationship to the next level, call you his girlfriend, or propose marriage, the first step is to own those needs and desires in your own mind.

2. Tell him directly.

No matter how great a guy is, he's most likely not a mind reader. If you want him to call you instead of his usual texting, you're going to have to tell him so. He may or may not be willing to comply. If he isn't, it's up to you to decide if the issue at hand is a deal-breaker. The bottom line is this: Once you communicate, he knows what you need and expect, and you are both agreeing to whatever resolution is reached together.

3. Set boundaries—and enforce them.

This is the most difficult part of self-care for many women. One of my clients recently shared a story with me about a date that went horribly awry. She had met the man online, and then they had met in person for coffee. Upon leaving the coffee

shop together, her date discovered his car had been towed. Instead of politely excusing herself from the impending drama (setting a boundary), she felt obligated to be part of his crisis-management team. He called his mom, complained loudly about the \$200 fee he had to pay to get his car back, and whined for hours while she drove him around searching for his car, an ATM machine, and so forth.

My client, who had known this man for only an hour (give or take a few exchanged emails and texts), spent the entire time she was with him fantasizing about how she might exit the drama without hurting his feelings. The result was that not only did she see a part of him he most likely didn't want to share on a first date, but she also became annoyed with herself for not speaking up. She felt bad that she could not set the boundary immediately. Had she followed the two steps outlined above, it would have been simple from the get-go. Knowing she did not want to do crisis management for a man she had just met, she should have stated simply, "Thanks for the coffee. It's such a drag your car was towed. I'm going to get on with my day now, but I look forward to hearing how it turns out when we talk next." Instead, she wondered why he didn't give her an out, excusing her from dealing with his mistake so she could get back to her life.

Men deserve to know what you want so that they have an opportunity to deliver. It's that simple. Men are not mind readers. It's up to you to tell them what you want, need and expect.

Former 'Bachelorette' DeAnna Pappas Ties the Knot



DeAnna Pappas and Stephen Stagliano have officially tied the knot! Stagliano, a high school teacher, who met *The Bachelorette* season 4 star at the 2009 party for *The Bachelorette: The Men Tell All* special, wed in the Serenbe community of Palmetto, GA, on Saturday. "We're so ecstatic to be husband and wife and we're thrilled to be sharing this day with all our family and friends," the couple told UsMagazine.com. Although Pappas ended up with Jesse Csincsak after her season of the hit reality show, it didn't end up working out and the duo broke off their engagement.

How do you keep hope for marriage alive after a split?

Cupid's Advice:

After a split, it's tough to move on, and you may think that you'll ever find, or even wed, "The One". Here are some ways

to keep hope for marriage alive after a split:

1. Meet new people: After you're done healing from the break-up, go out and meet new people. Otherwise, you'll never find the right person.

2. Think positive: Avoiding thinking negative thoughts about the opposite sex and figure out what you're searching for in a future spouse.

3. Behavior changes: Once you know what you want in a marriage, find someone who is compatible with you. Don't settle until you do.

Do you know other ways to keep hope for marriage alive after a split? Share your thoughts below.

Eva Longoria and Eduardo Cruz Attend Burlesque Show





Eva Longoria and Eduardo Cruz were spotted at a Burlesque show at Beacher's Madhouse inside the Hollywood Roosevelt Hotel. Although it may be a unique kind of date night, [People](#) reports that the couple laughed, cuddled and enjoyed the show. Longoria is far from the jealous type. When drag queen Vicky Vox rubbed Cruz' head in her chest, Longoria just laughed it off. Cheers to that!

What are some unique events you can attend as a couple?

Cupid's Advice:

Date night is a great way to keep your relationship hot and spicy. However, the same old routine can get pretty boring. To keep your date ideas fresh, try new events and locations:

- 1. Circus:** Going to the circus isn't just reserved for kids. When one comes to a town near you, take your partner to see the acrobats and elephants. Pretend you're a child and bond with your sweetie in a new way.
- 2. Symphony:** If you're getting sick of dinner and a movie, taking in some classical music is a great way to relax with your mate. Get all dressed up, drink some wine and indulge in an elegant night out.
- 3. Comedy show:** Let go of the stress of the week by hitting up

a comedy club with your significant other. Laugh out all of your worries.

What unique date night have you experienced? Share your ideas below.

Chris Martin Says Marrying Gwyneth Paltrow Is Like Winning the Lottery



In an interview with CBS Sunday Morning, Chris Martin publicly spoke about his wife, Gwyneth Paltrow, for the first time. The couple, who's been married for eight years and has two children, try to keep their marriage out of the public eye and rarely photograph together, according to [RadarOnline](#). The Coldplay frontman admitted that he's had one serious romance, and he's in it.

When he was told that he made “quite a leap,” Martin replied, “It’s a big leap? What, from being a loser to going out with an Oscar winner? It’s a giant leap. Let’s face it, it’s like winning the lottery.”

What are some ways to keep your relationship intimate?

Cupid’s Advice:

For relationships to be successful, it should be both healthy and intimate. Cupid offers advice on how to keep the latter in your relationship:

- 1. Dating:** Take a day out of every week to spend alone with your partner.
- 2. Communicate:** Have daily discussions about your day, feelings, latest news, etc., so you both will be updated on what’s going on in each other’s lives.
- 3. Encourage each other:** Encouraging your significant other to follow their dreams and goals, and giving him/her advice will let them know that you care.

Let us know some of the ways you keep your relationship intimate.

Millionaire Matchmaker: The Cruz Brothers Search for “The One” with Patti Stanger’s

Assistance



BRAVO's The

Millionaire Matchmaker: This week Patti takes on broken-hearted brothers who are ready to make a change and find “the one.” The bodybuilding brothers certainly have the cards stacked against them. Older brother Abe spent the last three years in prison and younger brother David married young only to be cheated on, leading to divorce at 24. Patti has a good feeling about these guys, but will she be successful in finding women who can look beyond their troubled pasts? Find out this **Thursday 10/13 @ 9/8c on BRAVO's The Millionaire Matchmaker**

- Venturing into the World of Abe Cruz: This millionaire was incarcerated for the past three years but is determined to turn his life around. <http://bravo.ly/oLCIub>

- Got Burned Young: David Cruz got burned as a young guy and is now trying to do the right thing. <http://bravo.ly/oR50J3>

Venturing into the World of Abe Cruz

Three Tips to Enjoy Marriage Despite the Battles



By Patty Newbold,
author of the award-winning marriage blog, AssumeLove.com

It can't be easy marrying into a reality TV show, as Kris Humphries recently did. Kim Kardashian and her family speak their minds, and it's all caught on camera. Kris already gets his share of it from her siblings, and it can't be long before he catches angry words or insults from his new wife Kim, too.

It's the Ratio, Not the Number

Let's hope Kim's already figured this out, but fighting words do not kill a relationship. Marriages fail when the

nastygrams are not matched with at least five times as many respectful, loving and encouraging words and gestures. Remember: Five times. Or more.

That's what psychologist John Gottman's research found. He uses it to predict, in just a few minutes, which marriages will last and which will not. It doesn't matter how many or how few unloving words, eye rolls, or shrugs are used in a relationship; only whether the good stuff happens at least five times as often as the bad.

It Won't Be What You Expected

Here's a tip for Kris. There is only one thing you should expect when you marry: love. We all show up to our weddings with a boatload of expectations, and many of them will be dashed. Your marriage will not go the way you thought it would, and you'll make yourself miserable if you tell yourself this means you are not loved or respected. Kim, like any wife or husband, will love you her own way.

Therefore, due to the unique ways we all choose to show our love, it's important to stop yourself when you hear yourself thinking, "If she loved me..." Unless she is actually doing you harm, she loves you, and you are missing it. You will make a mess of your marriage by getting angry when it's not what you expected, not what someone else you know might do. That's exactly what I did the first time around, and I could not see how much love I had overlooked until after my husband's sudden death at the age of 35.

Never Compromise

Just about now, Mr. and Mrs. Humphries are probably discovering that they disagree about things like where shoe polish should be stored and which family events cannot be missed. Well, there are never just two options for a resolution. Instead of disagreeing and eventually

compromising, look for a third alternative to the problem that both makes you happy and also delights your mate.

Disagreeing is inevitable in any relationship, and if you're not doing it, there's probably something wrong. That said, it's important to outweigh those fighting words with words full of love, kindness and respect. If you do, your relationship will thrive.

Date Idea: Don't Let Fall Cool Your Dates Down



Fall is here, and what better way to get ready for the cool weather than by heading indoors for dinner and a movie? Try something new by heading to a recently opened restaurant in your town or trying a dish that you and your date can share. Not only are you

creating memories, but you're getting ready for the holiday, which is all about giving thanks to one another.

To get current information on new restaurants coming to your area and for some great deals (who doesn't want to save money before the holidays?), check out websites like Bloomspot, Groupon and Living Social.

If you'd rather stay in, become a chef in your own kitchen and start whipping up some fall-flavored creations. Bake a pumpkin pie for your sweetheart, or embrace the season by making it together. Whether you decide to cook a three course meal or just dessert, finish the evening with a movie by the fire, which will put you in the mood to cuddle well into winter.

Do you and your special someone have a specific restaurant you love? Let us know by commenting below.

The Best Relationship Advice Came From Steve Jobs





“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don’t settle.”

—Steve Jobs (1955 – 2011)

Millionaire Matchmaker: Patti Stanger Helps Ayinde and Mitch find True Love





BRAVO's The Millionaire Matchmaker Patti's client's this week need some help, but nothing too challenging for Patti to tackle. Her first client is looking for perfection, but on the way to perfection will find every fault with a potential mate. On the other hand, Patti's other client doesn't know when to hold back and keep his mouth shut. These rusty daters are depending on Patti's expertise, but will she come through and find these men the love they've been searching for? Find out Tonight **10/6 @ 9/8c on BRAVO's The Millionaire Matchmaker**

Fault Finding Territory: Patti Stanger believes this millionaire is headed towards being a fault-finding, nit-picking millionaire. <http://bravo.ly/ntlU8q>

Vomit Too Much Information: Patti Stanger helps this millionaire who is a bit rusty in the dating world. <http://bravo.ly/nnXCcg>

Fault Finding Territory

Vomit Too Much Information

The Secret to Staying Married



By Marianne Beach,

GalTime.com

Ever wonder the secret to staying happily married? Why some people make it look so easy, while you're feeling like you're in a struggle for your life? A new book, *The Secret Lives of Wives: Women Share What it Really Takes to Stay Married*, rounds up a diverse cast of happily married characters who have the tenacity and audacity to make their marriages work.

We interviewed the author, Iris Krasnow, who calls her book "an antidote for divorce", and asked her to spill her own secrets of wedded bliss.

What made you decide to write on this particular topic?

Marriage can be hell, we need to know that truth, and not be fooled by the gauzy myth portrayed throughout much of modern history – that a wedding is a ticket to perpetual bliss. After reading this book, every young woman will know that there's no happily-ever-after, there's happy, there's sad,

there's heaven, there's hell.

You do throw a dish once in a while and hope it misses your husband's head. You do storm out the door in your bathrobe some mornings and perhaps call a divorce lawyer on your cell phone while driving around the block. You may loathe your in-laws. It can be disgusting to share a bathroom. Alas, then there's the peace and the contentment that comes with knowing you don't have to date anymore, that you can count on someone, that you have found a partner to be by your side while you navigate child-rearing, your parents' illnesses and the woes of the world.

I love my 23-year imperfect marriage that has produced four perfect sons – that's when I don't detest it!

You call the book an antidote for divorce – tell us what that means.

The Secret Lives of Wives is THE book to pick up if you feel like you're on the brink of divorce. You'll read stories in here of cheating and lying and frustration and even emotional abuse. Still, many of these wives in those situations have weathered the storms with guts and tenacity and come away with better marriages than ever.

One of the big problems with the myth of happily-ever-after in marriage that has prevailed for decades is that brides and grooms go into the institution believing that getting hitched is going to fix their lives. They believe there's a gold standard marriage in which the man and the woman become soul mates, that they become twined as one. My book delivers the raw and real truth: There's no gold standard marriage toward which we all should aspire. Couples who seem blissful and hold hands all the time and call each other "sweetie" may be flinging pots at each other at home. No one knows what goes on in a marriage except the two people in it.

And that's good news! That means you get to write your own

rules, create a marriage that's based on individual needs and desires and not feel like you have to surrender to pack mentality. I interviewed a wife of 30 years who swings with other couples! Do I want her marriage? No. Does it work for her and her husband? Yes. Who are we to judge? You'll hear plenty of other juicy strategies and secrets that are hardly status quo, but they have helped wives stay in long marriages and have it both ways: A committed marriage and adventures in uncharted territory. People get divorced often because they're bored or frustrated with a perfectly good spouse. Lower your expectations: Don't expect someone else to make you happy, you must do that for yourself, and this book shows you the way!

Talk a little bit about the women you interviewed for this book.

They're an awesome and assorted cast. They were rich, poor, black, white, Muslim, Jewish, evangelical and old hippies. They were diverse in backgrounds and experiences, yet they share this common and significant trait. All the women in *The Secret Lives of Wives* are determined to make their marriages last, and some of them are sustaining their relationships in conventional ways and some of them need to be naughty once in a while.

I'll tell you about one of favorite stories in this book that really speak to the resilience displayed on these pages. Beth's husband routinely told her she was fat and ugly and when they argued in the car, he would pull over to the side of the road, open the door and push her out. This went on for years. She was beholden to him with three small children and no job of her own so she stuck it out. That's until one day, when her kids were older, she got really smart, really angry and decided she had enough. She started losing weight, got a job, started to stash her money away and began to hatch a getaway plan. Then one night when he was belligerent, she fired back. Beth told her husband that she and the children

were leaving and if he kept acting like an ass, he'd be a sad and lonely old man without any family ties. She spewed all the pain and anger she'd stored up during the entire course of their marriage. And, well, he crumbled. He cried. They talked. Over time he realized he didn't know how to give or receive love because of the cold family he was raised in.

Beth and her husband on that day were re-born. They spent evenings together, talking and drinking wine. They started to have great sex again; hot, hot lovemaking. They even texted during the day about sex. "My kids would die if they knew what their parents are doing at night!," she said. She's one of the heroes of this book.

If you could only give one vital piece of advice to a wife – what would it be?

At every stage of your marriage, make sure you have your own work and projects that are yours alone. Stay engaged in YOUR life. The happiest wives I've interviewed over a 30-plus year journalism career have their own sense of purpose and passion and adventure outside of the home. It's a cliché, but true: Get a life! The first question I ask every woman who writes me about her dissatisfaction with her spouse, is this: "What are YOU doing to make your life better, richer, more exciting?" No one can make you happy in the long run, that must spring from within.

There are a lot of women struggling with their marriages right now. Is there hope for them?

If Beth can turn an ass into a prince and turn a lousy marriage into a steamy love affair at midlife, most women can make their marriages succeed. We all hit periods of malaise in long-term love relationships. Often there's an eggshell-thin line that separates love from hate; there's even a very fine line that separates staying married from initiating divorce.

After reading this book, I believe that most wives will find strength and wisdom from the stories about older women who have pushed through waves of sadness and rage and are now deeply grateful that they have loyal mates at their sides. Life is tough. Our parents die. Our children grow up and leave home. I love knowing that my husband, Chuck, who watches too much hockey and doesn't talk enough, is loyal, predictable and wants nothing else than to keep our family intact. For better or for worse, and yes I've thrown a dish or two, we've been able to stay married and create a safe harbor for ourselves, for our children, for their children.

The book is available Monday 10/3! Connect with Iris on: www.iriskrasnow.com

8 Tips Smart Women Know about Living "Happily Ever After"





By Amanda Martin

While most of us want to believe in the happily ever after ending, it sometimes takes a lot of work and effort to get there. With the news media feeding us frequent stories of celebrities who can't seem to make their relationships work, it's no wonder everyday couples who don't have an abundance of money or fame are struggling to keep their marriage alive.

With the national statistic for divorce in the United States still holding at 50 percent, we don't have reason to believe that fairytale endings exist anymore. So, what do the couples who stay married know, and why are they hiding it from the rest of the world? Best-selling author Iris Krasnow shares the secret to staying married forever in her new book "The Secret Lives of Wives." Check out eight of her tips below for achieving your happily ever after:

1. It's okay, even healthy, to have secrets: It's your relationship, not anyone else's, and there is no gold standard marriage. Everyone has issues, problems, and most importantly, their own secrets, so don't worry that your marriage isn't measuring up. No one knows what's really going on in a marriage except the two people in it. That gives each of us the freedom to write our own rules and keep our own secrets.

2. You don't get it all in one place. Staying married takes bold creativity, a variety of sideline adventures. If you

depend on one person in a house to sustain you until death do you part, that's a ticket to divorce. A marriage that runs on multiple tracks makes for a happier wife who gets to have it both ways – a committed marriage and adventures in uncharted territory.

3. Resurrect childhood passions. Those hobbies and sports you loved to do, and excelled at, as a child bring raw primal energy and invigorated self-esteem. Take up surfing again, become a potter, get back on a horse, go back to school. Too often those hobbies of childhood get left behind as we sit on benches and watch our children race around playing fields and accrue academic kudos. Getting back out there yourself and re-engaging with the best of the old brings on a re-birth of youthful optimism and vigor.

4. Hang out with outrageous girlfriends: The wives with the highest marital satisfaction have a tight circle of wild and warm women friends with whom to drink, travel and vent. With women in their early 90s comprising the fastest growing segment of the aging population, and many marriages lasting more than 50 years, we're going to need all the laughs and support we can get! Our girlfriends, ever-forgiving and always empathetic, provide the escape hatch from the inevitable storms and challenges that come with long marriages.

5. Take Separate Vacations – or Separate Summers: You like to camp and your husband likes to golf? Spend a month in the Adirondacks while he goes with his buddies to Scottsdale or better yet, Scotland. After some weeks apart from each other, removed from the grind of ordinary life, marriage seems way hotter than the tepid state in which you left each other in. Couples who allow each other to grow separately are the ones with the best chance of growing together and staying together.

6. Indulge in boy-best-friendships: Platonic friendships are a sexy pick-me-up without the complications of adultery. Women who love the company of men shouldn't have to eliminate male

friends from their lives; these extra-marital males who always think we're smart and beautiful (because they don't live with us) are actually a relief for any smart husband. Benign boyfriends that offer manly insights and advice means less work for the man you are married to.

7. Lower your expectations: It's a dangerous fantasy to think marriage really means happily ever after. Expecting perfection in a marriage or a mate is a fast ticket to divorce. This realization forces women in aging marriages to be urgent about creating their own purpose and passions outside of their relationships. Marital bliss is possible if each partner is blissful without the other.

8. Be grateful: In between wifely gallivants and self-exploration, remember to love the guy you're with – kiss him hello and goodbye, and make time for conversation and intimacy, no matter how crammed your schedules are. Remember to thank the confident and flexible husband that allows you to have an independent and fulfilling life beyond your marriage. Don't try to win every fight; give in, surrender and say "I'm sorry" (even if you're not sorry one bit) instead of holding onto snarly anger that forms toxic wedges over time. Demonstrating ongoing vulnerability and compassion definitely makes spouses behave better. And the ability to bounce back from strife and arguments is the real secret that makes marriages last forever.

For more tips on staying happily married, check out Iris Krasnow's new book "The Secret Lives of Wives" at Amazon.