

Donna Estes Antebi Talks 'The Real Secrets Women Only Whisper'



By Kari Arneson

When it comes to dating and relationships, do you ever feel confused and unsure how to maneuver around the often bumpy terrain? If so, Donna Estes Antebi is here to help. The entrepreneur, patent holder, business consultant, author, blogger and life coach has made it her mission to help women from all walks of life navigate modern-day relationships. Her latest book, *The Real Secrets Women Only Whisper* has a warning: "Keep this book away from men!" because of her real insight into the nature of men's minds. She gives women brutally honest advice about sex, love, dating, money, marriage, divorce, cheating, children and everything in between. According to Antebi, "Every single woman who reads it will absolutely utilize one piece of information in there that will change her life for the better."

We spoke with Antebi via phone last month. Take a look at what she had to say:

What inspired you to write such an honest book about relationships?

I originally wrote the book because I was asked to speak to my friends' daughters who were moving out on their own. My friends wanted me to talk to them about what it's like being a grown-up woman in the world, the kind of things mothers feel uncomfortable doing. I started putting my thoughts together, and then I thought, *Oh my goodness – if I knew at their age what I know now...*and off to the races I went.

This is the right book at the right time. It's for all the women trying to play a new game by old rules. Women no longer have the luxury of learning from their mistakes. I would continually loan it out to women who were dealing with some sort of crisis. Then we wanted to make it available to all women simply because the stakes are so high.

Where did your knowledge and advice about love, marriage and men come from?

The Real Secrets is a culmination of my life experience as an entrepreneur, a life coach, a wife, a stepmother, a mother. I found a way to humorously pass on insight into easy-to-remember segments. Between myself and my husband, we have eight children. Five of his, one of mine and two of ours.

We've been together 20 years. This book is about my experience and things that I've observed from the women around me.

Why is it important that women keep this book away from men?

I reveal to women the secrets that allow them to fully understand the nature of men. And there are so many secrets about understanding human nature that we really don't need to give men any ideas. For example, I share with women the 21st century high-tech ways men are deceiving 21st century women.

But the interesting thing about my book is men can't keep their hands off it. My book gives them anxiety. But then when they read it, they find it valuable. They feel like it's eavesdropping on a conversation they want to hear. I think it's good to have secrets. Men can't resist anything that comes with a warning: "Keep away from men." It gives women an understanding of the nature of men and insight on how to leverage that knowledge.

If women take away one piece of advice or life lesson from your book, what should it be?

This book helps woman change the domino effect of her choices.

The book shortcuts the learning curve for women so they don't have to learn every lesson the hard way. The single most important decision a woman will make is who to have a child with. It really will determine the rest of your life. You can have a starter marriage, but not a starter family. I have very counter-intuitive advice to help women save their marriage. There's an infidelity crisis in America. For women with marriages in crisis, I give advice on how to save it.

Do you have any upcoming projects we should know about?

I'm still in the middle of doing a book tour, radio and television interviews and I have a couple of speaking engagements coming up. I'm an entrepreneurial mentor in the Founder Institute, an entrepreneurial incubator for small businesses. I do a lot of life coaching and work with women in business. I'm good with helping women get to where they want to go.

Cupid thanks Donna Estes Antebi for her time! For more information, visit her website at www.TheRealSecretsWomenOnlyWhisper.com, Facebook page, or follow her on Twitter: @donnaantebi. To purchase a copy of *The Real Secrets Women Only Whisper* go to Amazon.

Brandi Glanville and Elin Nordegren Are Bouncing Back





Brandi Glanville and Elin Nordegren are finally moving on from their bitter breakups. Glanville, 38, divorced actor Eddie Cibrian after UsMagazine.com broke the news that he was having an affair with LeAnn Rimes. Elin Nordegren also knows a thing or two about infidelity. After finding out that her husband, pro golfer Tiger Woods, cheated on her with multiple women, the 31-year-old Swedish supermodel also filed for divorce. Glanville is trying to move on by making an appearance on Bravo's *The Real Housewives of Beverly Hills*, while Nordegren has been playing the field, most recently dating a banker in Florida.

What are some ways to show you've moved on after a bitter divorce?

Cupid's Advice:

After a breakup, everyone finds a different way to move forward. Cupid has some ideas on how to show your ex you're over it:

1. Dating: Seeing someone new is one of the surest ways to start moving on from a past relationship. It's also a good way to let your ex know that you're officially over him or her.

2. Revenge: Getting revenge on an ex-partner who broke your heart can give you a lot of satisfaction and the feeling that you're even. Just be careful that you don't go too far and end up regretting it.

3. Change: After a painful divorce, sometimes you just need a change. By getting a makeover, moving to a new city or getting a new job, you'll show your ex that you have a new life that doesn't involve him or her.

After your last breakup, how did you show your ex you were over it? Share your comments below.

Mayday, Mayday! 5 Tips to Get Your Relationship Out of

Sinking Waters



By Amber Belus

Trouble on the high seas? Not to worry. Every relationship, whether short-lived or long-lasting, hits shipwreck status at some point. While your sailing days may seem like they're over, this could just be a rough storm that makes you and your

first mate stronger. Here are a few tips to help you get back on board:

1. Communication is key: If there's an issue, address it fast. Bottling it up will only hurt you in the end. If your partner is doing something you don't like or has made you upset, discuss the matter calmly. This will avoid a screaming match, an emotional breakdown and excess stress.

2. No third parties: Relationship problems are between you and your partner, not the entire ship's crew. You may think your friends know best, but you should follow your heart and do what you think is right. At the end of the day, it's your happiness – and relationship – on the line.

3. Don't be manipulated: Sometimes, you've already done everything that can be done. If your partner expects you to steer the wheel and insists on laying back, it might be time to cut ties. Breakups are due to faults from both parties, and you each need to take responsibility for your actions. Don't flip everything onto one person.

4. In-person beats technology: Texts or emails can be easily misinterpreted and it's a cowardly way to handle problems. Talking one-on-one will avoid miscommunication, and you'll get a better sense of how your partner feels. Sparks may even fly during your conversation, reminding you both why you love each other in the first place.

5. Try to compromise: However, there's just no agreeing on certain issues. You can either argue about them until one of you can't take it anymore, or try to strike a deal. If you're serious about fixing things, you should each learn to go with the flow of your relationship. After all, a ship can't sail without both partners on board.

If you and your beau can't get through these steps, it may be time to bury things at sea. Cupid wishes you fair weather and

smooth seas ahead. Happy sailing!

‘Saved By the Bell’ Star Mark-Paul Gosselaar’s Ex Seeking Joint Custody of Kids





In the midst of a painful divorce, Mark-Paul Gosselaar and his estranged wife have found some common ground, according to [People](#). The former *Saved By the Bell* star filed for divorce from wife Lisa Ann Russell in June, citing “irreconcilable differences.” The couple, who were married for 14 years, both filed for joint custody of their children, Michael Charles, 7, and Ava Lorenn, 5.

What are some ways to compromise during a divorce?

Cupid’s Advice:

Divorce is difficult, but if you can meet each other halfway, it can be made a little easier. Cupid has some tips on how to compromise:

1. Think about the kids: For your children's sake, try to find some middle ground. Try to come to a custody agreement sooner rather than later to spare your kids some heartache.

2. Remember: There can be a lot of hostility during a divorce, but if you remember you were in love once, maybe you'll be easier on each other.

3. Take the high road: As much as you want to stand your ground and fight to the bitter end, don't. Consider solutions that work for everyone, not just yourself.

What are some other ways to make a divorce easier? Share your comments below.

How About We...Find a Date This Spring





After spending three months bundled up inside the house and sitting in front of the fireplace, why wouldn't you be thrilled when spring finally arrives? The best part about this time of the year isn't just the warm weather or the endless places to visit – there's tons of new people spending time outdoors. If you're lucky, maybe you'll find The One while soaking up the sun's rays.

Since it can be difficult to find a date, HowAboutWe.com suggests these five easy tips to successfully land a date this spring:

1. Ladies, ask guys out: Men and women are asking one another out at equal rates, and in fact, ladies are at a slight advantage. Dates proposed by women get an average of 5.8 responses each, while men get about 5.5. Gals, the odds are in your favor, so use 'em to your advantage!

2. Be specific: Dates that involve doing a particular, such as eating at a *specific* restaurant or doing a *specific* activity, are 40 percent more successful than ambiguous date ideas. Here's an example: "How about we try and complete a 500-piece jigsaw puzzle while sampling one of Gorilla Coffee's famous maple lattes?" See – easy!

3. Plan ahead: Wednesday is the best day to ask someone out on a date. The worst day to propose a date? Sunday.

4. Keep it short: A date idea that gets communicated in 120-140 characters is ideal, so keep it to the length of a tweet.

5. Two-part dates have the most success: Sixty percent of the most responded-to dates are two-fold: a short, active first part followed by a more intimate second location. Here's an example: "How about we practice our swings at the driving range then get some slices at my favorite brick-oven pizza joint – it's just a few blocks away."

HowAboutWe.com is a dating site that focuses on helping members find a compatible mate by getting them away from a computer screen and actually going on a date. Unlike other online dating sites, where you find potential partners by looking through someone's profile, HowAboutWe.com allows you to suggest an ideal date and connect with those who share your interest. If you don't have a preference, then scroll through a list of dates suggested by others and see which of them fit you best. You can invent dates or browse them, then ask people out, going on the types of dates that match your interests.

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Lorenzo Lamas Marries for the Fifth Time





Let's hope that the fifth time's a charm for Lorenzo Lamas. The 52-year-old actor married wife number five, model Shawna Craig, 24, in Cabo San Lucas last weekend. Lamas' eldest daughter, who is older than his new wife, was in attendance at the wedding. Shayne Lamas told [E! Online](#) that she wishes the best for her father and new stepmom. "They are both really excited and seem very much in love, so they of course have my blessing."

What can you do to help a relationship last?

Cupid's Advice:

Starting something is easy, but making a relationship last is the hard part. Cupid has some tips on how to stay together for good:

1. Communication: To make a partnership last, make sure you and your significant other are honest with each other and feel comfortable talking about your feelings.

2. Love: If you base a relationship on lasting love and respect and not just initial lust and attraction, you're more likely to stay in it for the long haul.

3. Fun: Enough with the heavy stuff. If you and your mate have fun together no matter what you're doing, you're more likely to stay together longer.

What do you do to make sure your relationship lasts? Share your comments below.

Justin Timberlake Talks About Friends With Benefits





Sure his role in the upcoming film, *Friends with Benefits*, involves him having a casual relationship, but Justin Timberlake recently opened up to Ellen DeGeneres, saying he's not a big fan of the idea, according to [People](#). "It's a really good idea until it becomes a bad idea," Timberlake said. "It probably becomes a bad idea really fast." The 30-year-old Prince of Pop said it's hard to keep emotions in check in those type of hookups, and it gets worse once sex is involved. "If you're going to be intimate with someone at some point somebody's going to feel something," he said.

When can a friends with benefits situation be a good idea?

Cupid's Advice:

1. Fresh off a strikeout: A 'no strings attached' relationship may be beneficial if you just got out of a serious relationship, and you need a boost of confidence.

2. The big move: It's tough to tie yourself down to a city you don't live in anymore. If you anticipate either a move to a different city, but still want to have fun, this type of relationship may be appropriate.

3. Flying solo: For whatever the reason may be, if you're not ready for a committed gig, then it's okay to want to have a non-serious partnership. Just make sure you let your partner know what you're feeling.

Do you think a "friends with benefits" situation is a good or bad thing? Comment below.

Something Borrowed with Kate Hudson, Ginnifer Goodwin, John Krasinski and Colin Egglesfield





Rachel (Ginnifer Goodwin) is a smart, talented and driven attorney at a top law firm in New York. She spends most of her free time with her best friend Darcy (Kate Hudson), who is a bride-to-be ... to-be married to Rachel's longtime crush from law school, that is. Friendships are tested when a series of unexpected events lead Rachel to sleep with Darcy's fiancé (Colin Egglesfield) after celebrating her 30th birthday. Rachel sucks her good friend Ethan (John Krasinski) into the mess, and the three of them try to clean things up while Darcy finds something old, something new, Something Borrowed and something blue.

What should you do if you find out your friend is being cheated on?

Cupid's Advice:

Knowing that a close friend of yours is being played by their partner is a tough situation. Figuring out what part you play in the messy situation can be difficult, so Cupid thought of some steps you can take:

1. Talk: It's always smart to talk to the cheater before anything else. Make sure you're right about what's going on, and try to figure out what he or she plans on doing about it. If there's no plan to stop, give him or her the option of telling your friend. If not, tell your friend yourself.

2. Hint: A safe approach you can take is telling your friend ... without actually telling him or her. Make subtle comments about how their partner has been "working late a lot lately," and point out how it doesn't make sense with his or her schedule. This way you can help your friend without actually starting problems with the cheater.

3. Tell: If the cheating doesn't stop and your friend still isn't getting the hint, just be up front. Don't stall! The longer the affair lasts, the more hurt your friend is going to be.

Release date: May 6, 2011

Cupid's rating 4/5

Kristin Cavallari and Jay

Cutler Are Engaged



Former *Laguna Beach* star Kristin Cavallari has found her happy ending with boyfriend Jay Cutler, [People](#) reports. Cavallari and the Chicago Bears quarterback, who have been dating since last fall, got engaged during a weekend getaway to Cabo San Lucas, Mexico. A source close to the couple says, "He

surprised her with a quick trip to Cabo to ask her to marry him.”

Where are some unique locations to propose?

Cupid’s Advice:

When you feel ready to pop the question, it’s best to do it somewhere special. Cupid has some ideas on unique places to get engaged:

1. On the beach: Take your mate on a surprise trip to a tropical locale, like Jay Cutler did for Kristin Cavallari. You and your partner will never forget the sun setting on the water.

2. On a mountain: If you want to propose in a memorable location, climb to the top of a mountain. You’ll feel like you’re on top of the world (literally). Plus, it’ll make for a great post-engagement photo op!

3. Where you met: Whether you first laid eyes on your honey on top of the Empire State Building or in a supermarket, revisit that place to propose. It will remind you of the magic you felt when you first met.

Got any creative proposal ideas? Share them below.

**Newly Married LeAnn Rimes
Talks First Easter As a Wife**



LeAnn Rimes celebrated Easter as a new wife after marrying beau Eddie Cibrian last weekend, according to UsMagazine.com. The 28-year-old actress and singer gushed about her new hubby and his two kids when she tweeted, "Brunch w/my husband on the beach, massages and an impromptu Easter Egg hunt w/ 2 special boys! Perfect day, perfect weekend!" Cibrian, 38, and Rimes met in 2008 on a movie set and famously started dating while married to other people.

How do holidays change after you get married?

Cupid's Advice:

When you're part of a couple, holidays change completely. Cupid has some insights on what to expect:

1. Share time: After you get married, for better or worse, you'll get to know your in-laws well. When a big holiday rolls around, you may find yourself splitting time between your mate's family and your own.

2. Split holidays: Some couples divide up holidays so that you spend Christmas with one family and Easter with another, for example. Decide with your partner what works best.

3. Get more presents: When you have a spouse, your family doubles! Now you'll have more people to cook and shop for ... but the more the merrier, right?

How did you celebrate Easter with your significant other? Share your comments below.

Save The Date: American Cancer Society's 6th Annual Taste of Hope





There's no better way to celebrate Cinco de Mayo than by indulging yourself with luscious libations and fabulous food from New York's most talked about establishments, while also giving back to society.

Taste of Hope is the American Cancer Society's signature culinary, wine and spirits tasting event featuring some of New York's most popular restaurants and beverage vendors. Hosted annually, all proceeds from Taste of Hope go toward the organization's goal of eliminating cancer as a major health problem. Together, we can save lives and create a world with more birthdays by helping you stay well, helping you get well,

finding cures, and fighting back.

Some of the featured restaurants participating in this event are Blue Ribbon, Buddakan, Nuela, Tribeca Grill, The Stanton Social, Haru, Bareburger, Delicatessen, STK and Macbar. More than \$150,000 was raised in 2010. Let's raise even more this year!

Who: American Cancer Society

What: Taste of Hope

When: Thursday, May 5

Where: 82 Mercer
82 Mercer St.
New York City, NY 10012

Cost: \$250 VIP Admission (6:30 PM entry), \$150 General Admission (7:30 PM entry)

Ticket includes:

- Tastings from 70 restaurants, wineries and spirit companies
- Open bar
- Incredible silent auction, raffle prizes and gift bag

Can't make it, but want to donate to the cause? Go to cancer.org to find out how you can!

Kate Hudson Discusses Why She Fell In Love with Matthew

Bellamy



Kate Hudson has finally opened up about her new beau and soon-to-be father of her child, Matthew Bellamy, 32. [People](#) reports Hudson, 31, told *InStyle* that what made her fall in love with her British rock star boyfriend was his kindness. "Matthew was polite and immediately protective, which for

somebody like me who's all over the place – one minute I'm over here and the next I'm over there – is important... He is just an amazing person.”

Is it important for your partner to be protective of you?

Cupid's Advice:

Being protective is wonderful, but it's easy to cross the line into being overprotective. Cupid has some tips on how much your mate should defend you:

1. The good: It's extremely important that your mate at least *feels* protective of you. That way you know that someone's always got your back no matter what.

2. The bad: Sometimes a partner can use being protective as an excuse to be possessive and keep you from doing things you want to do. Make sure your significant other isn't crossing the line.

3. The ugly: Being watchful over you can sometimes result from jealousy. If your significant other won't let you see certain people, talk to him or her about the real reason for their sheltering.

How protective is too protective? Share your comments below.

**Prince William and Kate
Middleton Practice Balcony**

Kiss



With less than two weeks left until the big royal day, everyone at the Westminster Abbey is buzzing with excitement. UsMagazine.com reports that Prince William and Kate Middleton have rehearsed the entire ceremony, including the 1:25 p.m. balcony kiss. “It’s not the actual kiss that needs

rehearsing..." an aide told the magazine. "However, the angle that they come in at needs to be correct, otherwise they could block the shot and the world will miss out on that momentous moment."

What kind of kiss should you use at your wedding?

Cupid's Advice:

So your wedding day is almost here, and you're still undecided about which wedding kiss to have. No problem! Cupid offers suggestions on how to decide:

- 1. Mutual decision:** Speak with your significant other about what kind of wedding kiss you both want. If one of you wants a long intense kiss, but the other wants a short and sweet peck, perhaps you can compromise with something in between.
- 2. Practice:** Once you figure out what kiss you both want, practice it. As they say, practice makes perfect.
- 3. Keep it short:** We all understand that it's your wedding day, but try not to make out in front of a crowd. Keep your kiss short, sweet and sincere.

What kind of kiss did you share on your wedding day? Comment below.

Khloé Kardashian and Lamar Odom Face a Best Friend Issue



Khloe Kardashian and Lamar Odom may be sickeningly cute on their new reality show, but that doesn't mean the two don't have disagreements. [E! Online](#) reports that when the couple recently spent some quality time together on a hilltop overlooking Los Angeles, Kardashian brought up her husband's best friend, Jamie. The 26-year-old said she thought Jamie was taking advantage of Odom, who was ignoring it because of their friendship. The NBA pro finally agreed to talk to his

pal to sort things out.

What do you do if you have an issue with your partner's best friend?

Cupid's Advice:

When you have a problem with your mate's BFF, you have to walk a fine line and make sure you don't offend your partner or break up their friendship. Cupid has some tips:

1. Make it work: If you don't get along with your partner's pal, keep trying. Don't give up on at least being friendly with the BFF because he's an important person in your mate's life.

2. Be careful: When you have an issue with your significant other's buddy, bring it up delicately. To avoid starting a conflict, don't accuse the friend of anything until you know all of the facts.

3. Have a talk: If there's some bad blood between you and your partner's best bud, talk to him or her to clear things up, and figure out how to improve the relationship for the sake of your significant other.

Ever been in a similar situation? Share your comments below.

**'Water for Elephants'
featuring Reese Witherspoon**

and Rob Pattinson



Following the death of his parents, Jacob Jankowski (Robert Pattinson), a student who is almost finished with his veterinarian degree, jumps on the train that is home to Benzini Brothers Most Spectacular Show on Earth. Before he knows it, he's in charge of the caring for the circus

menagerie. While at his “salvation and living hell,” Jankowski meets Marlena (Reese Witherspoon), who is married to August (Christoph Waltz), described as the charismatic yet demented animal trainer who is unable to train a special elephant, Rosie. *Water for Elephants* has the elements of popular love stories such as *The Notebook* and *Moulin Rouge*, while set in a time period where love is something available to very few.

How far should you go in the name of love?

Cupid's Advice:

It's tough to know if you've gone too far for love. Cupid has a few things to keep in check when you're in pursuit:

1. Patience is a virtue: Although most love movies that depict a love triangle show them ending happily, in real life that's hardly the case. If things are truly supposed to be, then you'll have to wait for the opportune moment.

2. Don't quit your day job: There's a fine line between love and obsession, and dropping everything you have for true love is pushing that divide. It's one thing to make sacrifices for love and another to abandon your life.

3. Blood runs thicker than water: When in doubt, talk to family or close friends. Even though they can't make your decision for you, they can definitely help give you insight for your decision.

Release date: 4/22

Cupid's Rating: 4/5

‘Amazing Race’ Couple Christina Hsu and Azaria Azene Get Married





A father-daughter *Amazing Race* duo had to make a quick pit stop ... at the wedding altar, reports [People](#). Ron Hsu, 61, and his daughter Christina, 29, were teammates on season 12 of the hit reality “game” show, and Christina met her future husband, Azaria Azene, in the process. “After filming we would talk on the phone as friends and now we’ve been together for over three years,” Christina said. “I can’t explain it – the gift of true love. I feel very lucky. We have a lot of common goals and values and we both love traveling, exploring, and growing. We had a great foundation.”

Where are some unlikely places to meet a potential partner?

Cupid's Advice:

There's an old saying that you'll meet your lover when you least expect it. Here are some off-the-wall places you could meet your next partner:

1. Public county love library: Most people, when looking for books at the public library, are not finding the Kama Sutra.

2. Go team!: How many of your friends go to professional sporting events looking for a date or a spouse? Then again, a partner who has common interests in sports may lead to a solid foundation.

3. Paper or plastic?: For most guys, shopping trips are in, out and back on in life. Finding a new lover while picking out fresh fruit could make a great love story at a wedding.

Know of any hot spots to meet new partners? Tell Cupid about it in a comment below.

Rihanna Says 'Khloe and Lamar' Makes Her Want to 'Barf'





Rihanna recently tweeted that the new E! show, *Khloe and Lamar*, makes her sick ... but in a good way. According to [E! Online](#), the 23-year-old singer said, “@KhloeKardashian crazy, just watched ur show in the studio! Yall make me wanna #BARF... or atleast find a man!! ! 2 cute for words. Rah Rah.” It seems like Kardashian’s new show has gotten the stamp of approval from Rihanna, but does this mean that the beautiful Barbadian pop star is lonely? Khloe Kardashian responded by tweeting, “@rihanna LMAO! Trust me you just need to make your pick and baby girl you got a man. Thank you for watching! Rock it out in the studio!”

How do you avoid being bitter about others in love?

Cupid's Advice:

When you're single, sometimes it's hard to see friends who are happy and in love without feeling bad about your own love life. Cupid has some tips on how to stop the jealousy and bitterness:

1. Enjoy the single life: You may be jealous of your married friend, but the truth is, she's jealous of you, too. So while you're single, enjoy it by going out, meeting new people and having fun.

2. Don't lose hope: If you want to settle down in the future, just know that your time will come. Remember that you're single because you're picky, but one day the right person will come along.

3. Support your friends: Instead of feeling bitter toward friends who are in love, why not be happy for them? You know if the roles were reversed, they would support you and your relationship.

How do you keep from feeling bitter about love? Share your comments below.

When The Party Is Over In Relationships



By Marla Martenson, Author of *Diary of a Beverly Hills Matchmaker*

There's a new survey out in Britain that suggests the "three-year glitch" has replaced the "seven-year itch" as the tipping point where couples start to take each other for granted. I notice that when I'm asked how long my husband and I have been married, I get a response that is a mixture of surprise, shock

and awe. “Ten years? Wow!” The reaction is then followed by a knowing nod of the head and a silly grin, as if we have unwittingly found the cure for cancer or something equally as impressive. That said, marriages do seem to be getting shorter and shorter. 50% percent of first, 67% of second and 74% of third marriages end in divorce, according to Jennifer Baker of the Forest Institute of Professional Psychology in Springfield, Missouri.

The British survey shows the top two passion killers as being weight gain/lack of exercise and money/spend thriftiness.

It doesn't seem to make sense in the celebrity world, where couples seem to change partners as fast as Lindsay Lohan goes in and out of rehab. After all, celebs don't seem to gain weight; they all have personal trainers and private chefs, right? Money woes? Puhleeze! But one thing that celebs tend to do is rush into marriage. A few romantic scenes with their sexy co-stars and whamo! The oxytocin kicks in, and the girl is gliding down the aisle all decked out in Vera Wang.

What can we learn from our beloved celebs? Take it slow. Really get to know the person that you are dating. Don't let your biological clock's tick tock rush you into thinking that it's now or never and that you'd better grab onto anything with a pulse. Finding out if this person has the qualities and values that you are seeking will help ensure a lasting marriage and happy family.

Prince William and Kate

Middleton Invite Exes to Wedding



There will be six (yes, six!) former lovers in attendance for Prince William and Kate Middleton's royal wedding. According to an article on UsMagazine.com, a source leaked the guest

list, and it was confirmed by three palace sources. Middleton invited Rupert Finch, her ex from St. Andrews University, and her high school crush Willem Marx. Prince William, on the other hand, invited Arabella Musgrave, from his university days, Rose Farquhar, his first girlfriend, Jecca Craig, who was rumored to be his first love, and Isabella Anstruther-Gough-Galthorpe. What were they thinking?

Are there complications that arise when you invite your ex to your wedding?

Cupid's Advice:

It can be difficult to decide whether to invite your former lovers to your wedding. After all, you may still be friends with some of them. Cupid's got some things to consider:

1. 'Graduation Goggles': There is a possibility that you will see your ex at your wedding and remember the "good ol' days" of when you were good as a couple. If there's any chance of that happening, don't invite him or her. You want to be focused on the person you're marrying on your wedding day.

2. 'I, Ross, take you, Rachael': Although it's unlikely that you'll say the wrong name during your vows like Ross did on *Friends*, your ex may see you and realize what he or she is missing. The last thing you need is drama at your wedding!

3. 'Battle of the Exes': Similar to the old *Cheers* episode, your future spouse may become jealous if you feel the pull to invite your ex to your wedding. Either convince him that there are no leftover feelings and you only harbor platonic feelings toward your ex, or don't invite him.

Would you invite your ex to your big day? Leave a comment below.

Jennifer Aniston Says She's Not a Fan of Dating



She's 42-years old and has been with some famous guys, but in spite of her track record, Jennifer Aniston said she's not that into dating. "I'm not a big fan of dating," Aniston told [Red Magazine](#). The *Friends* star added that she wouldn't be anywhere without the support of her friends. "We come from homes far from perfect, so you end up almost parent and sibling to your friends – your own chosen family," she said. "There's nothing like a really loyal, dependable, good friend."

How do you keep your independence in a relationship?

Cupid's Advice:

It's great to share experiences while you're in a relationship, but at the same time, it's important to keep your independence as well. Cupid's got some tips:

- 1. Slow it down:** Don't jump into a relationship, because if you move too quickly then you'll have to meet the commitments that come with it.
- 2. Keep your space:** Although it's important to spend quality time with each other while in a serious relationship, it's important to have your own friends and sometimes do things without your partner.
- 3. Time for you:** Try to remember that it's important to take some time for just yourself. Your mate should understand this if you're in a healthy relationship.

Know any other ways to maintain your independence? Tell Cupid about it below.

Singles Event: Horseback Riding Adventure



Whether you're a beginner or an expert horseback rider, Meet Market Adventures has a place for you this Sunday afternoon. Spend the afternoon on a Horseback Riding Adventure, right in

the heart of Brooklyn. Groups will meet at 11 a.m. and saddle up for an hour-long ride through Prospect Park. The ride may include walking, trotting and cantering, depending on your level of expertise. After the excursion, you'll head over to the Cross Roads Cafe. So take a trot on the wild side and unleash the inner rider in your!

Who: Meet Market Adventures

What: Horseback Riding

Where: Kensington Stables

51 Caton Place

Brooklyn, NY 11218

When: Sunday, April 17, 11 a.m. to 1 p.m.

Cost: \$59.99 (food and drinks at Cross Roads Cafe are not part of the cost)

Cameron Diaz Cheers On A-Rod at Yankees vs. Red Sox Game





There's nothing more heartwarming than couples being there for each other. Cameron Diaz showed her support for boyfriend Alex Rodriguez when she cheered him on at the Yankees-Red Sox game last weekend. [RadarOnline](#) reports that Diaz joined other players' wives and girlfriends in a luxury box at Boston's Fenway Park. The 38-year-old actress must have been good luck, too, as A-Rod helped the Yankees earn a 9-4 victory against their biggest rival with a run in the second inning and two singles. Rodriguez, 35, and Diaz have been dating since July 2010.

What are the best ways to support your partner's career?

Cupid's Advice:

Your significant other always needs your support, including for their career choices. Cupid has some ideas on how to show you care about your mate's job:

1. Show up: If there's a work event and your partner wants you to come, clear your schedule and go to show your support for his or her career endeavors.

2. Advise: If your mate has to make an important career choice, let him or her know you're there to offer any advice or to help him or her cope.

3. Learn about work: We all know what our significant other does for a living, but sometimes we don't know the details about their workplace because we don't ask. Listen to your partner talk about his or her day, and ask questions to show you care.

How have you shown your support for your mate's career? Share your experience in a comment below.

Are Rob Pattinson and Kristen Stewart Ruining Their Relationship With Busy Schedules?





Rumor has it that *Twilight* stars Rob Pattinson and Kristen Stewart may have broken up after spending way too much time apart due to their busy schedules. According to [Hollywood Life](#), a source told [UK's Mirror](#), "The excuses why they couldn't meet up basically got weaker and weaker" and "Rob figured they should officially cool things off and have some time to figure out what they each want." The pair is currently shooting the final *Twilight* installment *Breaking Dawn parts 1 & 2*.

How do you make love work with little time?

Cupid's Advice:

In today's age, people are not only obsessed with their careers, but also with finding love. With busy schedules taking over lives, it can be difficult to make a relationship work. Cupid has some tips:

- 1. Make time:** Being a workaholic can ruin a relationship, not to mention your life in general. Spare some time out of your busy schedule every day to be with your significant other, no matter what it takes.
- 2. Phone calls:** Spending quality time might not be an option for many, so make phone calls or text each day during your breaks. This will let them know that although you're busy, you're thinking about them.
- 3. Take off:** If you have to, take work off to go on a mini vacation with your love. It's crucial to relax and not allow stress to get the best of you... especially when it might ruin your love life.

Jake Gyllenhaal's Exes Taylor Swift and Reese Witherspoon Bond





When Taylor Swift and Reese Witherspoon chatted at the Academy of Country Music Awards this past Sunday, they found they had at least one thing in common: Jake Gyllenhaal. But UsMagazine.com reports the 30-year-old actor was nowhere to be found when his two ex-girlfriends met and posed for pictures at the show. Swift, 21, who won the Entertainer of the Year Award, and newly married Witherspoon, 35, showed no hostility toward each other during the event.

Should you be friends with your ex-partner's ex?

Cupid's Advice:

It can be awkward meeting your ex's ex because you know you've both been in the same place. Cupid has some tips on whether to befriend your ex-partner's ex:

1. When it's complicated: It depends on both of your relationships with the ex. If either of you had a nasty breakup, or heard bad things about the other, it may be difficult to strike up a friendship.

2. When there are still feelings: If one or both of you still have feelings for the ex-flame, it's better not to get close because you'll probably end up resenting each other if one of you reunites with the ex.

3. When you're over it: Sometimes, when a relationship is in the past, it stays there. If you feel like you've gotten over your ex, then why not make a new friend, even if it is your ex-partner's ex?