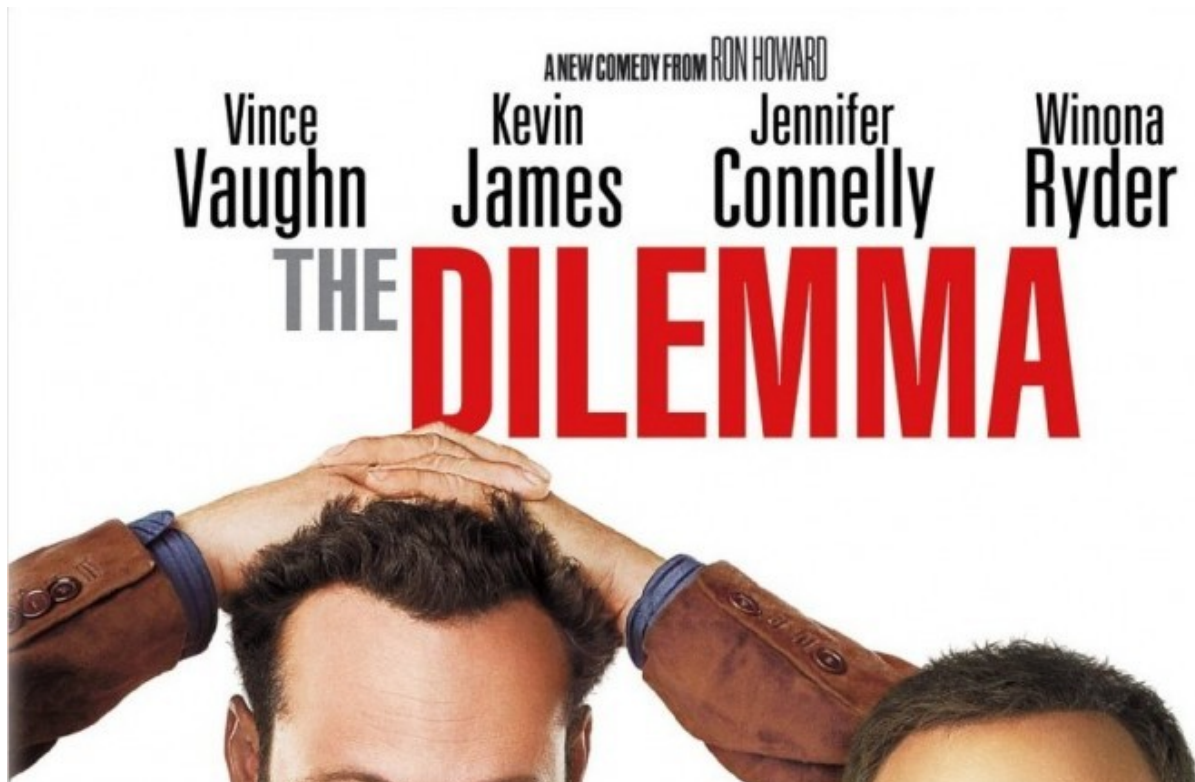


Vince Vaughn & Kevin James in 'The Dilemma'



From Academy Award winning director Ron Howard comes a tale of friendship in the January release of *The Dilemma*. This particular friendship, a bromance between Ronny (Vince Vaughn, *Wedding Crashers*) and Nick (Kevin James, *Hitched*) is stretched to the limit when Ronny catches Nick's wife, Geneva (Winona Ryder, *Black Swan*) with another man. Should Ronny tell his BFF the truth of his wife's indiscretions, or keep his lips sealed and wait for Geneva to come clean on her own?

Packed with a star-studded cast, *The Dilemma* promises to bring bros closer than ever before in this year's winter rom-com.

Should you keep secrets from those you love?

Cupid's Advice:

It may be easier said than done when it comes to obeying the age-old rule that "honesty is the best policy," but nine times out of ten, it may be best to forge ahead and be upfront with the one you love:

1. Switch roles: Ask yourself how it would feel if your positions were switched. If you would want the truth no matter what, then your loved one deserves the same treatment.

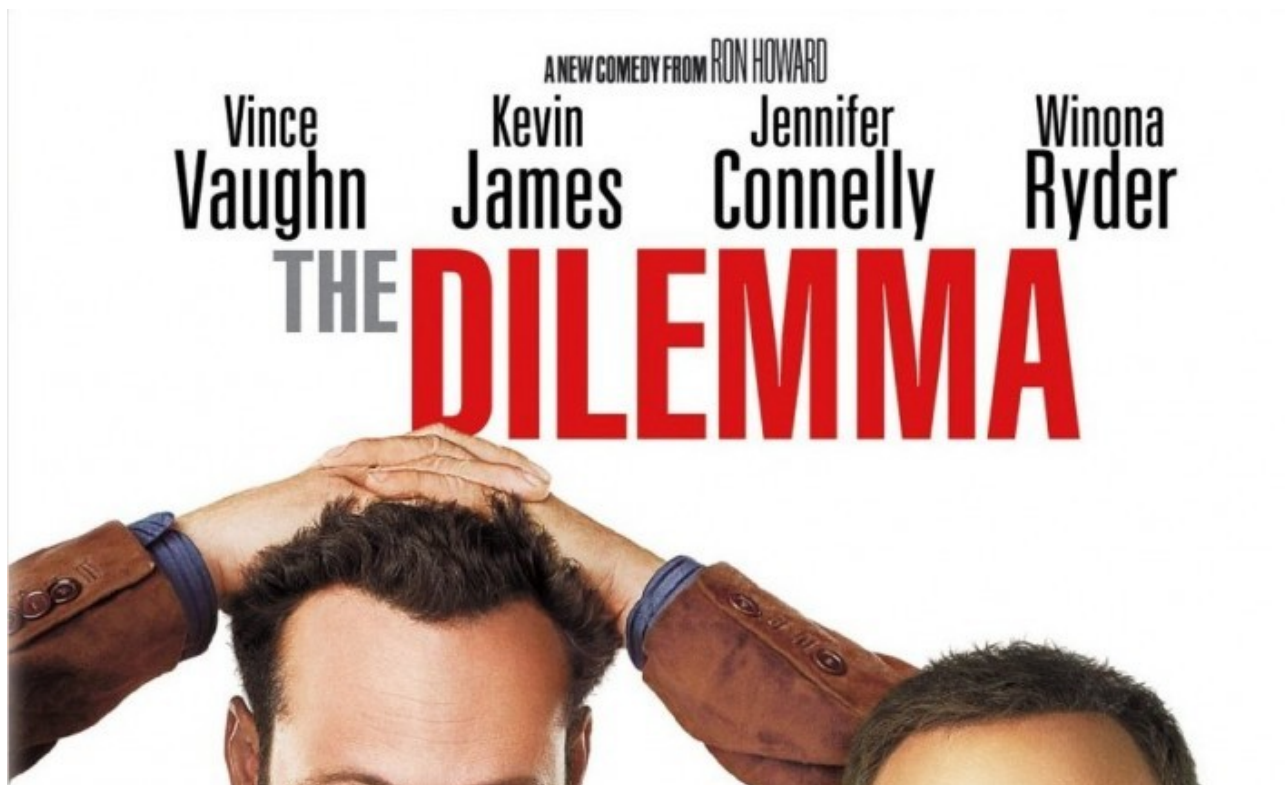
It may be hard to get the words out, but you'll feel better once you do.

2. Avoid piling on the lies: Little white lies can come back to haunt you. One untruth can turn into another, which can then turn into an even bigger lie. Instead of trying to continuously cover your tracks, come clean from the beginning.

3. Look at the big picture: If you picture yourself with your partner for a long time, you owe it to him to keep secrets from ruining your relationship. A little fib isn't worth destroying your happiness.

Release Date: January 14, 2011

Sandra Bullock and Ryan Reynolds: New Couple Alert?



Former *Proposal* co-stars Ryan Reynolds and Sandra Bullock were seen ringing in the new year at Bess Bistro in Austin, Texas, according to *UsMagazine.com*. Sources said the two looked “very playful” and were “smiling all the time and sometimes touching.” Reynolds, who filed for divorce from Scarlett Johansson at the end of last year after a two-year marriage, and Bullock, who’s been divorced from Jesse James since last June, may be bonding over their breakups. And although Bullock’s rep says there is nothing going on between Reynolds and Bullock, a friend of Reynolds said that chemistry is obvious between the two.

Can you trust a man to get serious again only a few weeks after leaving his wife?

Cupid’s Advice:

As intoxicating as a new relationship can be, starting one

with someone who is just ending a major chapter of his life can be toxic. Cupid has some tips:

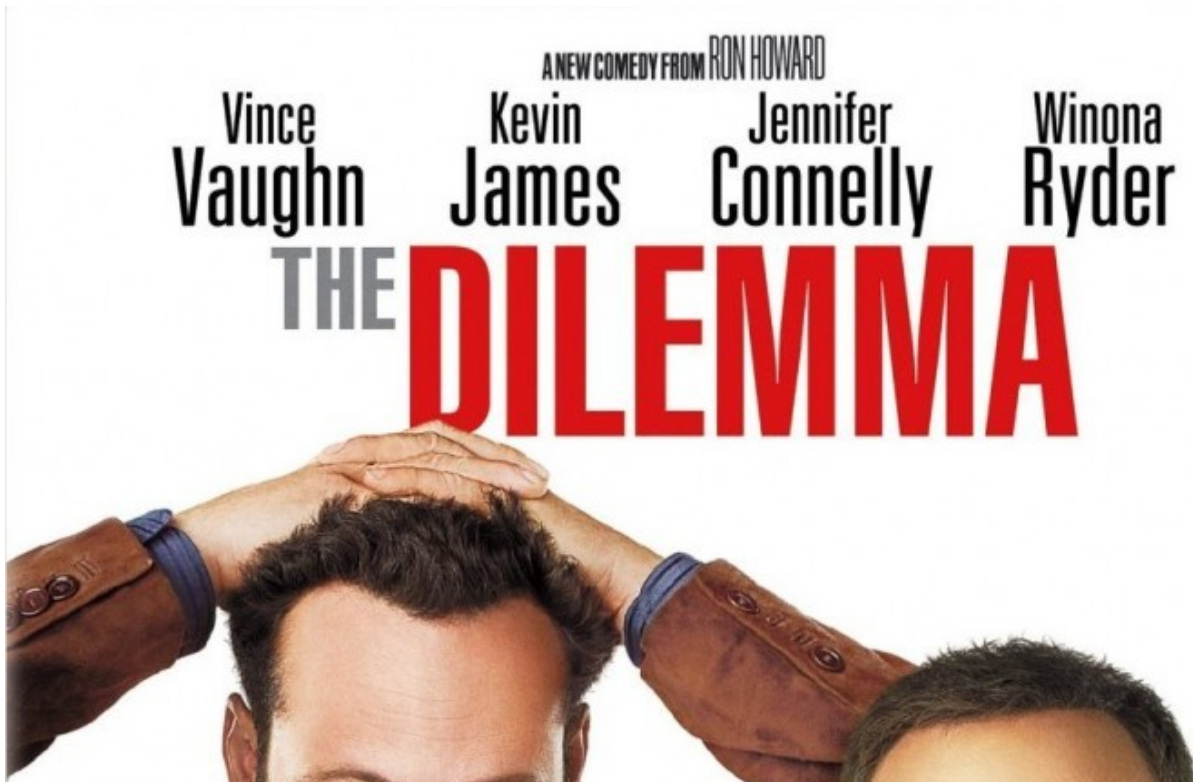
1. Understand the situation: Even if he says he's ready to be with someone again, don't be so quick to believe him. He may *want* to be over his last relationship, but that doesn't mean that he *is*.

2. Get the facts: Find out the specifics of your parent's past relationship. The longer and more intense the relationship was, the harder it's going to be for him to make a commitment to someone else so soon, especially if his heart is broken.

3. Move forward with caution: New relationships are always fun and exciting, but having one with a newly single man can be dangerous. To prevent yourself from heartbreak, go into the situation slowly and with caution.

**Courtney Cox Admires
Estranged Husband David
Arquette for Entering Rehab**





Courteney Cox let David Arquette know that she's there for him in spite of their separation, *People* reports. When Arquette entered rehab a few days ago, Cox was one of the first to show her support. The actor entered the rehab facility for alcohol and depression, almost three months after separating from wife Courteney Cox. Arquette, who is also the father of their six-year-old daughter, Coco, was not handling the separation well, sources say. Cox said, "I really admire David and his choice to take charge and better his life...I love and support him." **How do you support your partner through a hard time?**

Cupid's Advice:

Sometimes in a hard situation, less is more. By letting your partner know that you're there with an open ear and a shoulder to lean on may be all that he needs to hear. Here are some tips:

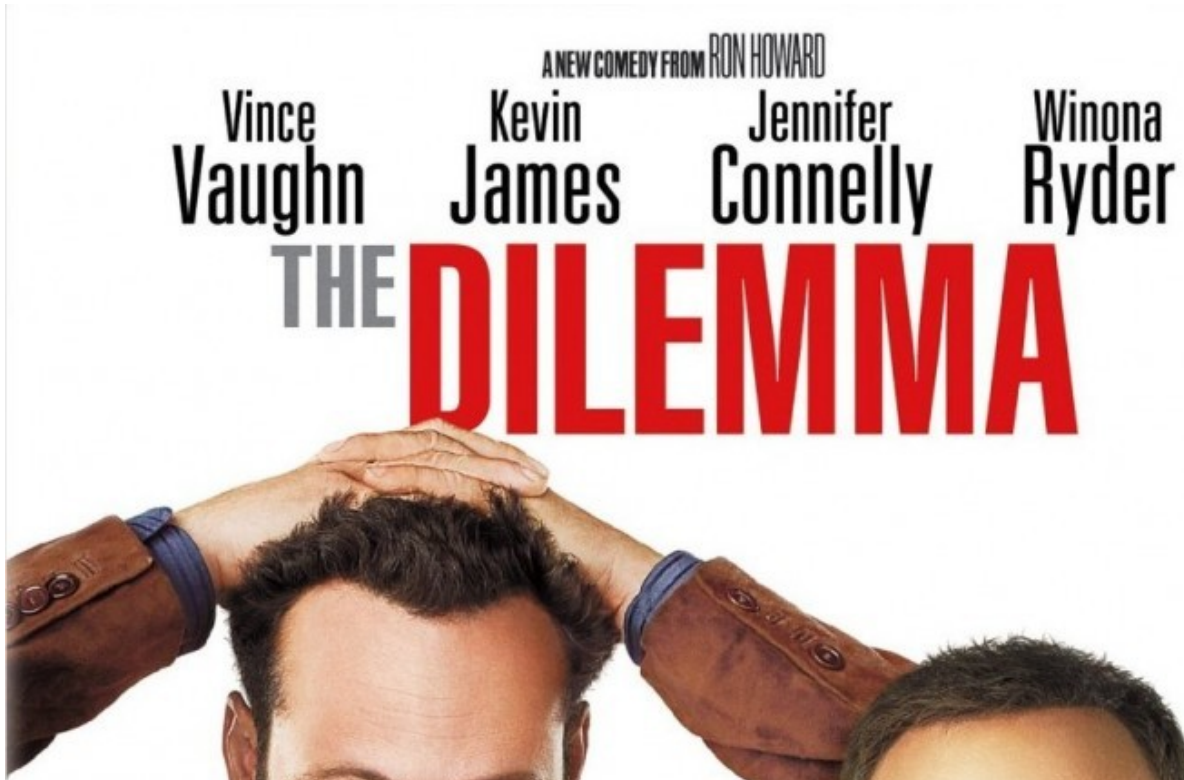
1. Listen: Hear all that he has to say, and pay attention to how he acts as well. If he's the type of person who needs space, give him some. If he needs a comforting touch, oblige!

2. Be there and mean it: Ultimately, let your partner know that you're there for him anytime he needs to talk, and then don't let him down. When you get that call, make sure you give him all of your attention.

3. Know your role: Depending on how long you and your partner have been together, it may determine how much of a supporting role you play during his tough time. If you just started seeing each other, don't be surprised when he takes a little longer to open up to you and goes to his parents or friends first.

Kelly Osbourne Says She is Head Over Heels for Ex-Fiance, Luke Worrall





Despite a recent rant about ex Luke Worrall over Twitter, Kelly Osbourne tells the British version of *Cosmopolitan* that she's still not over her former fiancé. According to *People*, Kelly Osbourne says that she has not been with anyone since splitting from Luke Worrall six months ago. "I think we need to spend time working on ourselves, but it doesn't erase the fact that I'm head over heels in love with him... I haven't been with anyone since Luke."

How do you get over your ex?

Cupid's Advice:

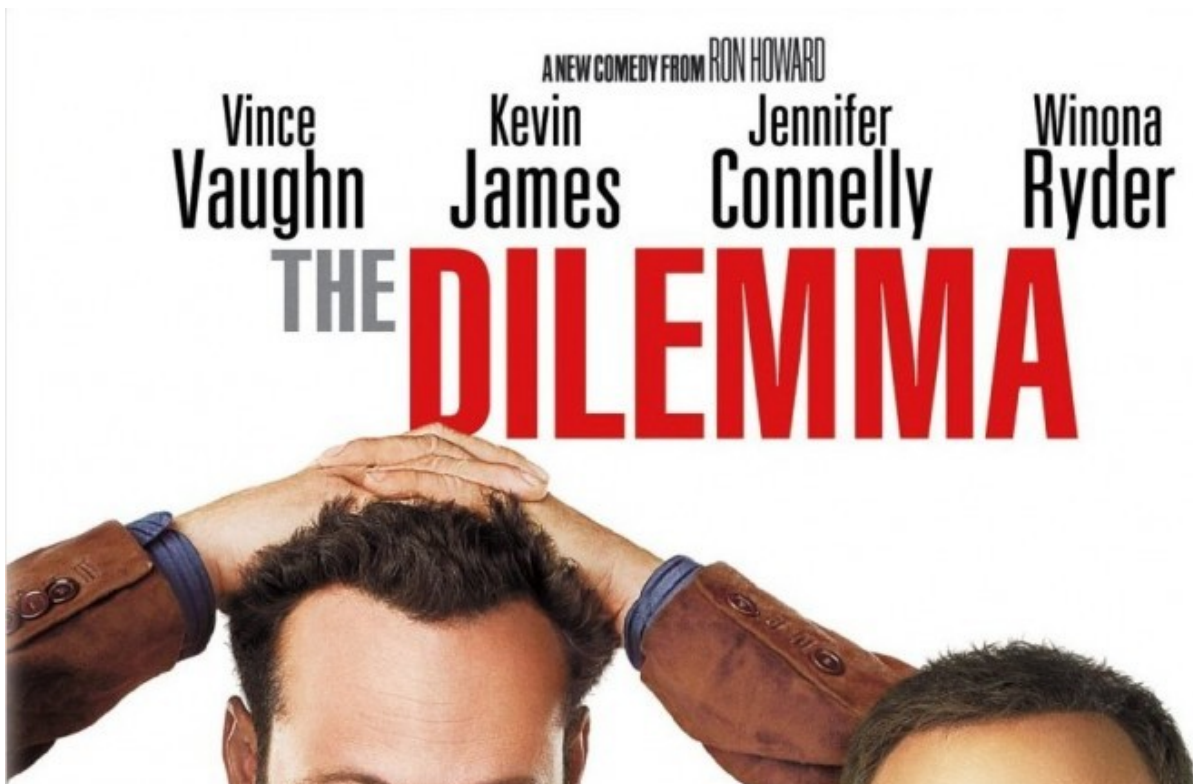
Sometimes when we can't get over someone, we use anger to cover up our leftover feelings. Here are some tips on how to stop getting mad and start getting over him:

- 1. Stop communication:** Delete your ex from your phone, don't answer his e-mails and refrain from checking up on him on Facebook. A clean break is almost always the best bet.
- 2. Rebound:** While you should avoid getting in another serious relationship too soon after a breakup, get back out there and

date around. It'll give you the confidence you need to start over.

3. Lean on friends: Don't expect to get over your ex alone. Complain, cry and forget about him with the help of your friends.

Singer John Mellencamp and Wife Elaine Split



It looks like singer John Mellencamp is starting the new year as a single man. After 18 years of marriage, Mellencamp and his wife Elaine have decided to call it quits. According to

People, the pair met in 1991 when supermodel Elaine Irwin was hired to pose on the cover of Mellencamp's 'Whenever We Wanted' album. No concrete reason has been given for the split, but Mellencamp's spokesperson Bob Merils told *The Hollywood Reporter* that they "are proud of their 20 years together and are very happy with their accomplishments both as parents and as a family" and that "they will continue to raise their two children in Indiana, but have decided to call it a day as a couple."

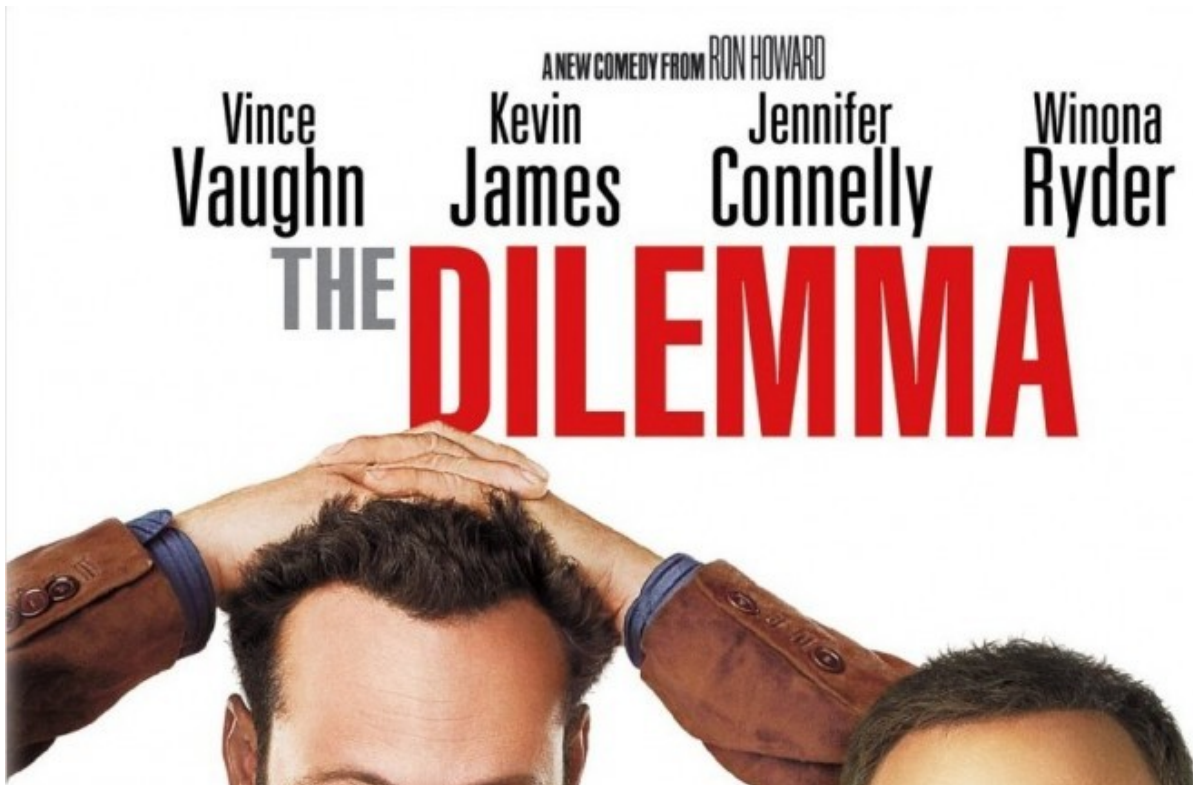
What are ways to get out there after a long marriage ends?

Cupid's Advice:

Like many others coming out of a long marriage, John Mellencamp and Elaine Irwin are a little rusty when it comes to the dating game. Cupid thought of some steps to getting yourself out there after a divorce:

- 1. Focus on numero uno:** Before you can find someone new after a divorce, you need to feel good about yourself. Take some time to lift your spirits by doing things that make you smile. Once you're happy on your own, you're more likely to attract a great guy!
- 2. Hang with singles:** Once you're ready, start going out with friends and meeting new people. This can be anything from going out dancing, attending sports events or traveling. Mingle with the singles everywhere you go, and you're bound to find yourself a date who shares similar interests.
- 3. Online dating:** When all else fails, try meeting someone online! Find a dating site that feels right for you, set up a profile and let the computer do the work. We're in the generation of technology, and hundreds of people are meeting their spouses online every day. You could be next!

LeAnn Rimes and Eddie Cibrian Barred from New Year's Eve A-List Party



What's a celebrity couple to do when they're barred from attending a birthday bash? They just attend a party thrown in their honor to ring in the New Year of course! LeAnn Rimes and Eddie Cibrian found themselves missing from the guest list for a party hosted by the ex-boyfriend of Cibrian's ex, Brandi Glanville. According to E! Online, "They tried to get on the list, but he said no because of his allegiance to Eddie's ex-wife." It's time for Plan B! The newly engaged couple spent the night at Pink Kitty nightclub in Cabo.

What are ways to overcome animosity from ex partners?

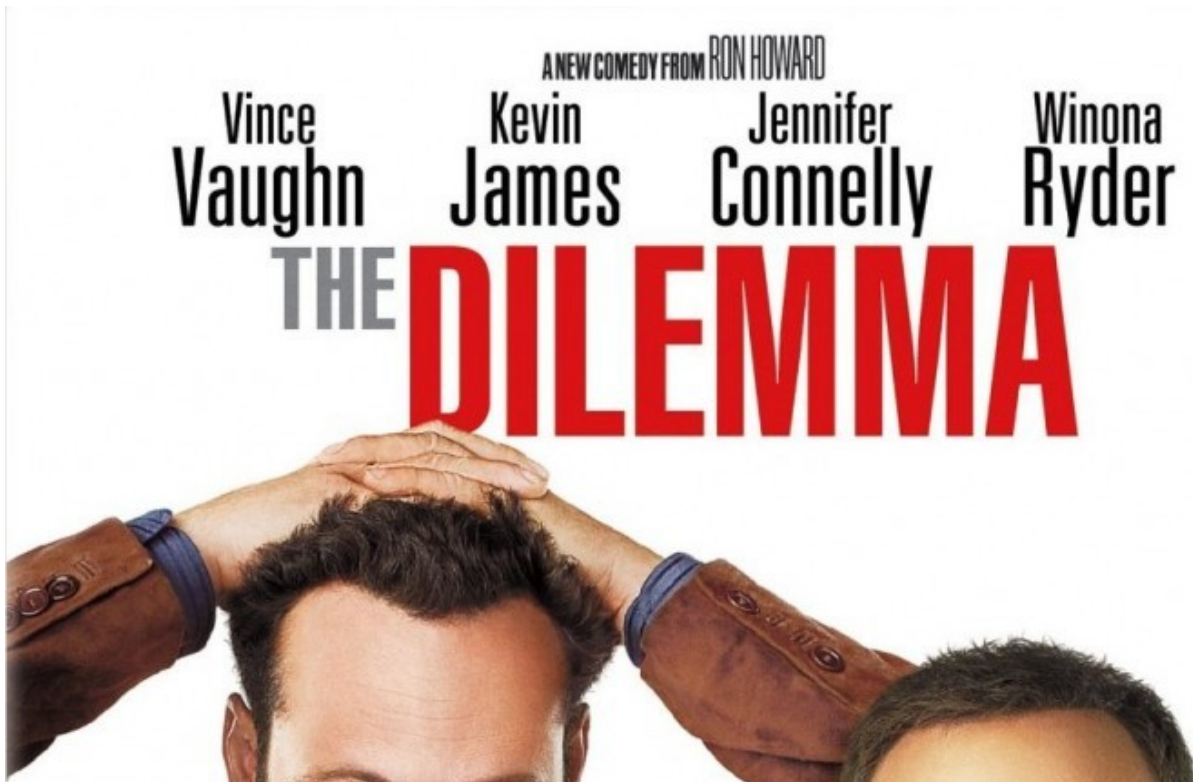
Cupid's Advice:

Going separate ways is unfortunately not always a pleasant experience, but don't let the past keep you from moving forward. Cupid has a few tips on overcoming ill will from an ex:

- 1. Take the higher road:** In the words of Sandra Bullock, "Whoever established the high road and how high it should be should be fired." Yet Bullock still maintains grace and poise by refusing to allow her ex to bring her down – as should you!
- 2. Let it go:** Holding a grudge requires retaining a lot of negativity. Instead, focus not only forgiving your ex partner, but yourself as well. Move on.
- 3. Settle your differences:** Forgiveness goes a long way, especially when you can both come forward and apologize for the past. Everyone makes mistakes!

Kourtney Kardashian's Rumored New Love Says She Deserves Better Than Scott Disick





If Kourtney Kardashian didn't know about model Leandro Magno's feelings before, she sure does now. In an exclusive video interview with RadarOnline, Mango stated, "If things happen to not work out with Scott Disick," he would love to be more than friends with Kardashian. With the hot-cold relationship between Kardashian and Disick, it's no wonder men are still vying for her affections. Magno ensured, "There's definitely attraction from my part ... She knows her worth I would say."

Its clear Magno himself believes he would be an upgrade. "I do know that I can treat her like a princess she deserves to be."

What do you do if you know your friend is dating a dud?

Cupid's Advice:

Everyone wants the best for their friends, especially when it comes to finding "the one." However, what happens when your friend believes they've found that person, but you couldn't disagree more? Cupid has some tips on how to share your thoughts:

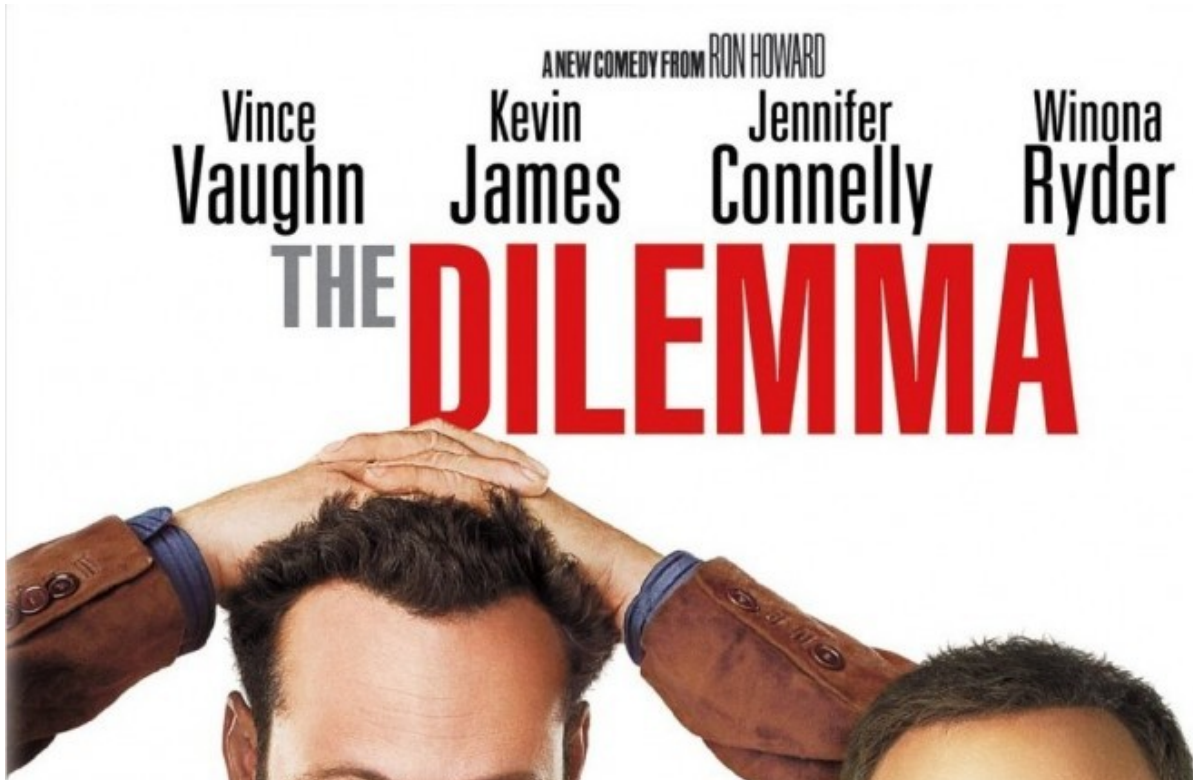
1. Break the news gently: No one wants to be blindsided by their best friend when it comes to serious matters. Avoid bashing and approach your friend tactfully. The last thing you want is for them to feel attacked and immediately disregard your opinion.

2. Voice your concerns: As a best friend, it's your job to support unconditionally, which includes the hard stuff. One way to avoid putting your friend on the defensive is to offer concrete examples.

3. Console and support: Hopefully your friend believes you, in which case a breakup is in sight, and she is going to need a shoulder to lean on. If things don't necessarily go your way, remember that sometimes people need to realize things for themselves; support them in the meantime.

Nicki Minaj is Single and Seeking a Calm and Strong Man





Nicki Minaj is single and ready to date, according to The Hollywood Gossip. Minaj is on the cover of the latest issue of *King Magazine* and opens up about what she's looking for in a partner. "Someone who is calm, who is strong enough to not have to win every argument, who allows a woman to be her crazy self and someone with a conscience not to feel less of a man." We suppose a calm man would be a good balance to the rapper's wild style.

What are characteristics of a good argument style in a relationship?

Cupid's Advice:

A good argument is not who has the best come-back, but more of an action plan. You can have a shouting match with your siblings, but talk it out with your partner:

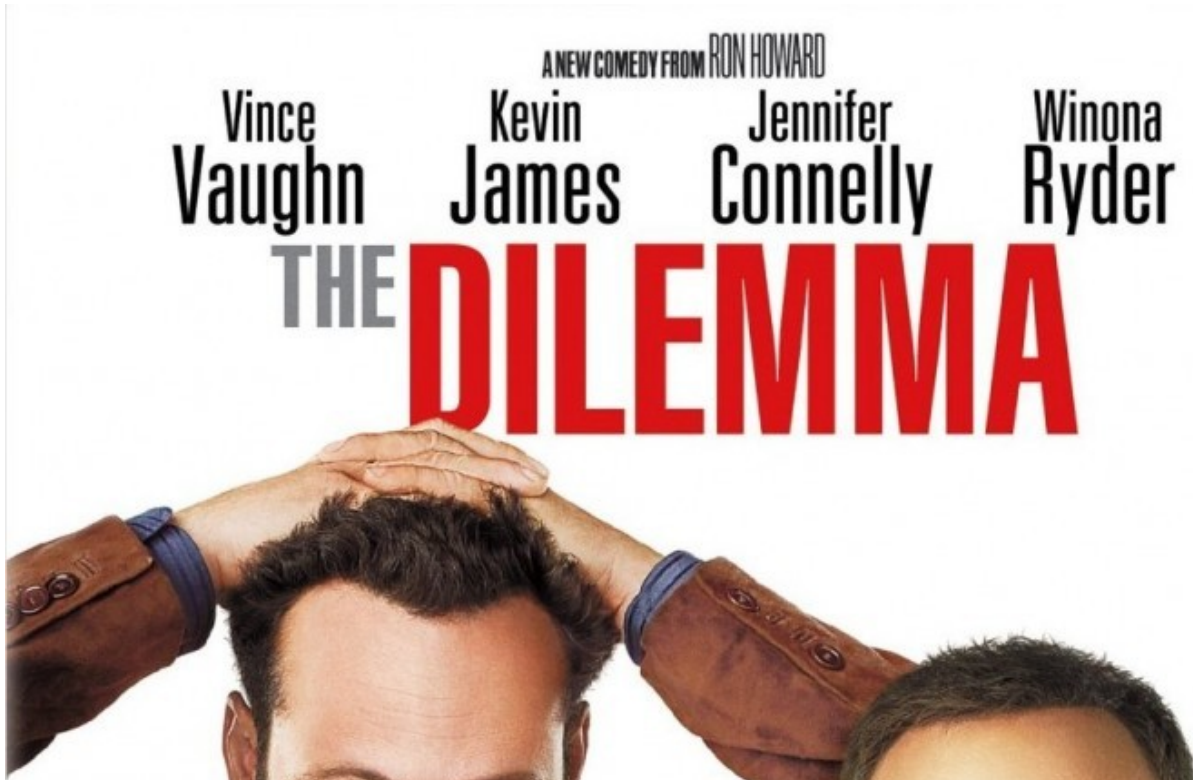
1. Listen: How do you expect your partner to listen to your side if you won't listen to his? If you're too heated to sit down and be rational, take some time apart and get back together in an hour or so, after you've both cooled off.

2. Acknowledge his side: When your boyfriend is making a point and says something you disagree with, let him know that you understand where he's coming from, but that you don't feel the same way. "I understand you want to do this, but I feel it would be better if.." is a good way to start.

3. Sleep on it: Sometimes it's better to go to bed and start the day fresh than to talk in circles with no solution in sight. If you're not getting anywhere, sleep on it and return to the subject at hand in the morning.

Natalie Portman is Engaged and Pregnant





Natalie Portman has more to celebrate than her Golden Globe nomination. The actress is engaged to choreographer, Benjamin Millepied, and they are expecting their first child, according to [People](#). The pair met during the production of the Darren Aronofsky's ballet thriller *Black Swan*, where Millepied acted as a choreographer and one of Portman's co-stars. The couple is excited for their first child who is due in 2011.

Is it OK to date your coworkers?

Cupid's Advice:

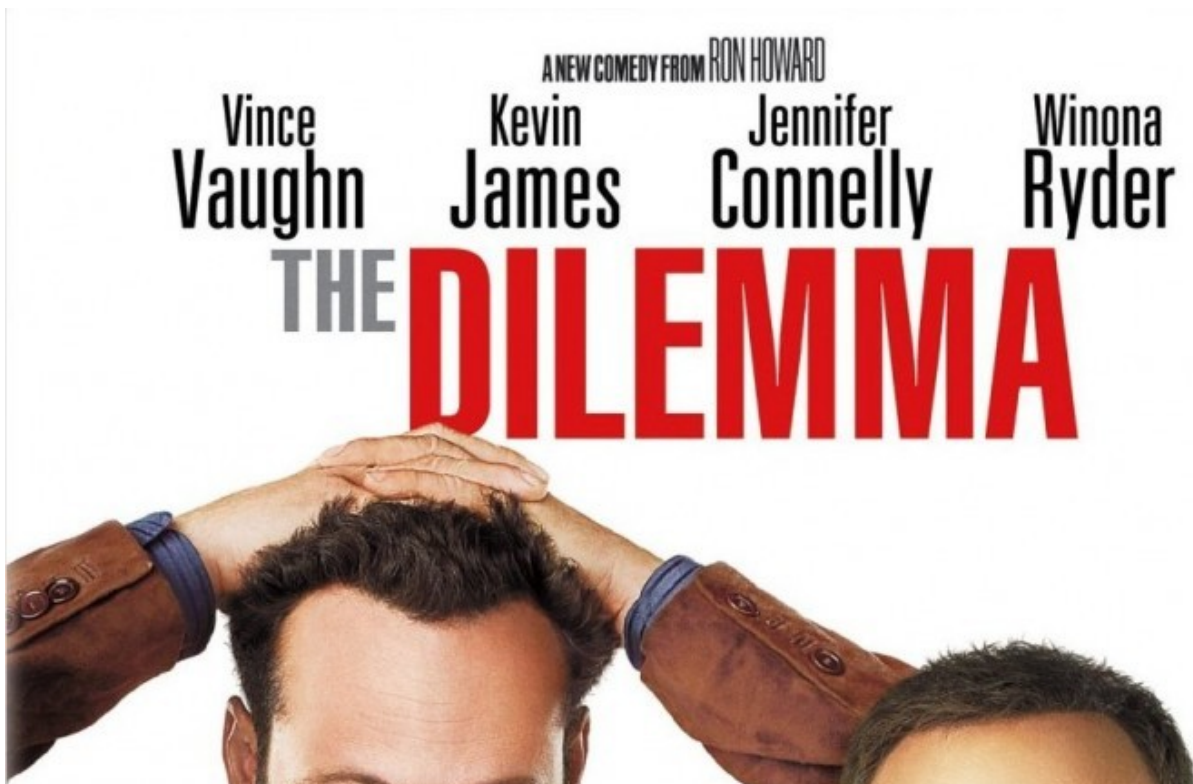
While there are some people who won't mix business with pleasure, others don't see a problem with it. Before making a decision, Cupid has some things to consider:

- 1. Expressing feelings:** Don't jump into things too quickly. Make sure that your attraction is mutual so that you don't end up making things awkward in the workplace.
- 2. Don't violate company policy:** Some companies discourage relationships among employees while others are more tolerant of it. Find out what the dating policy in your company is

beginning a relationship with your coworker.

3. Be serious: Make sure you are both serious about being in a relationship. If you know that it's just going to be a short-term fling, it might be awkward for both of you to work together afterward.

Kate Middleton Celebrates Last Christmas with Family



This may have been the last Christmas Kate Middleton spends with her own family, [Us Weekly](#) speculates. While Middleton was with her parents in Berkshire, England for the holidays,

Prince William spent the holidays doing search and rescue work in a helicopter in North Wales. Once the couple weds next April, Middleton will most likely be spending Christmas 2011 at the royal Christmas Day celebration at Sandringham.

Sources say that traditionally, her parents would not receive an invitation. But also according to sources, changes may be in store for royalty in England. "William is determined for this to be the beginning of a new royal family with new ways of doing things, he wants his marriage to last."

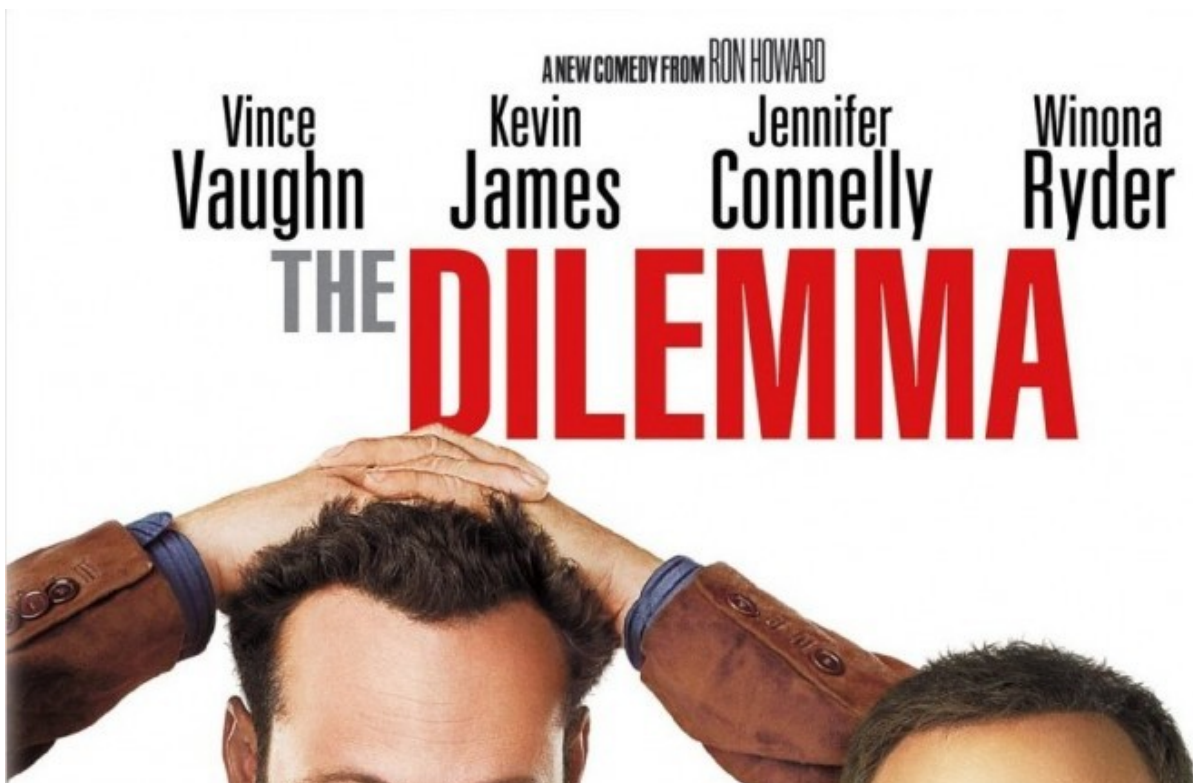
What sacrifices should you make for a relationship?

Cupid's Advice:

Just like Kate Middleton's life is about to change, we all make sacrifices for our relationships in our own individual ways. Here are some guidelines:

- 1. Stay comfortable:** As long as you feel okay about the sacrifices you make in a relationship, that's all that matters. But once you feel like your partner is asking too much of you, rethink things before you go through with them.
 - 2. Sacrifices are a two-way street:** You should not be the only one making sacrifices in your relationship. If you celebrate Christmas with your family one year, perhaps you can spend time with his family the next. Relationships are all about give and take, and your parents will understand that.
 - 3. Be true to yourself:** Never do something that makes you uncomfortable or that you puts you in danger. As much as you may love your partner, you are ultimately number one.
-

5 Things You Need to Know About the New 'Bachelor' Brad Womack



By Kari Arneson

The most controversial Bachelor ever is back Jan. 3! Whether you're new to the series or are already a devoted fan, here are some things you need to know about Brad Womack before tuning in:

1. He's a self-made man: Born in Atlanta, Brad was raised alongside his two brothers in a single-parent home. At the age of 28, he bought his first drinking establishment. He currently owns and operates several bars and restaurants in

Austin, Texas.

2. He's not new: As the season 11 Bachelor in 2007, Brad Womack had a choice between Jenni Croft and DeAnna Pappas in the season finale. For the first time in *Bachelor* history, he chose neither woman and ended up where he started: single. In season 15, Brad is now back for a second chance at love.

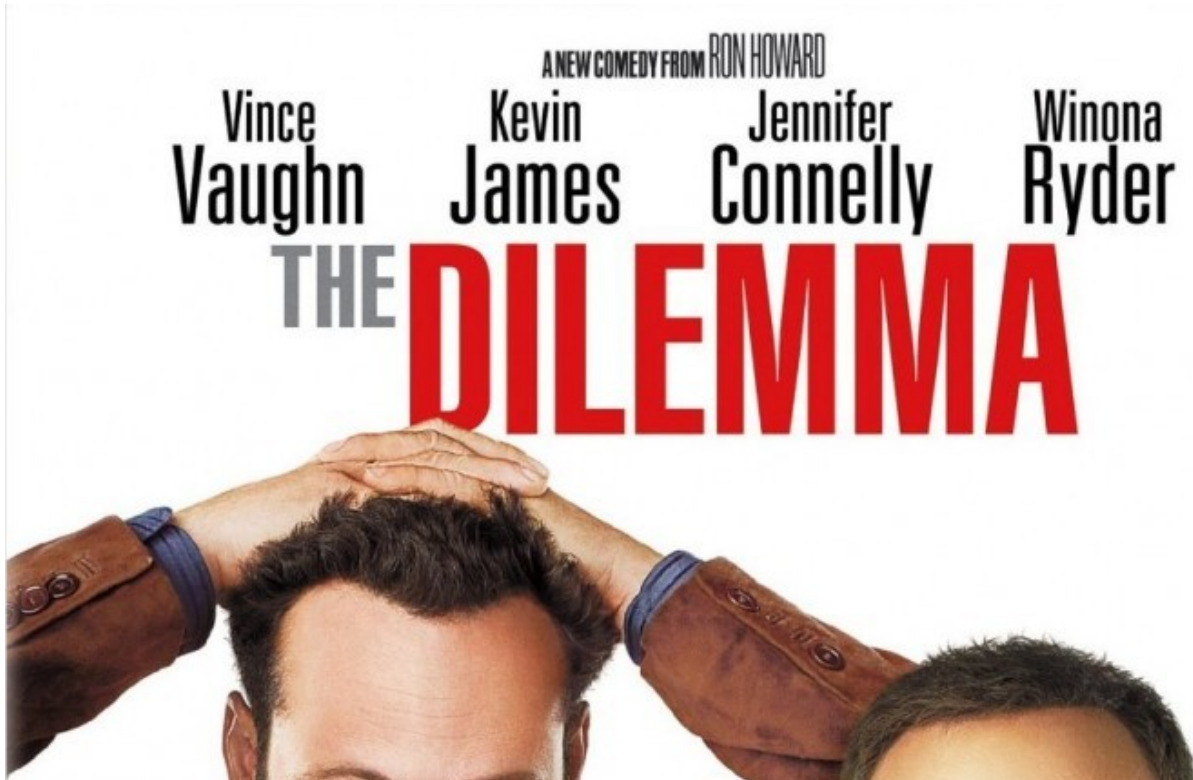
3. He has to prove himself: Brad earned the ire of millions of women when he rejected DeAnna and Jenni during the finale. By choosing to return, he'll need to prove that he's ready to commit and win the trust of the bachelorettes on the show.

4. He's looking for a friend: When asked what kind of woman he's looking for, he said he's "been there and done that." He just wants a friend and someone he can be himself around.

5. He's wiser: Since he's already been the Bachelor, Brad has learned what to do – and what *not* to do – so he won't make the same mistakes again. He's also spent the last three years in intensive therapy that led him to personal revelations about his commitment issues.

Ryan Reynolds Officially Files for Divorce from Scarlett Johansson





As much as we had hoped they would work it out, less than two weeks after their separation, Ryan Reynolds and Scarlett Johansson have officially filed for divorce, according to USMagazine.com. According to their documents, neither is asking for spousal support.

How do you know when it's time to make a separation permanent?

Cupid's Advice:

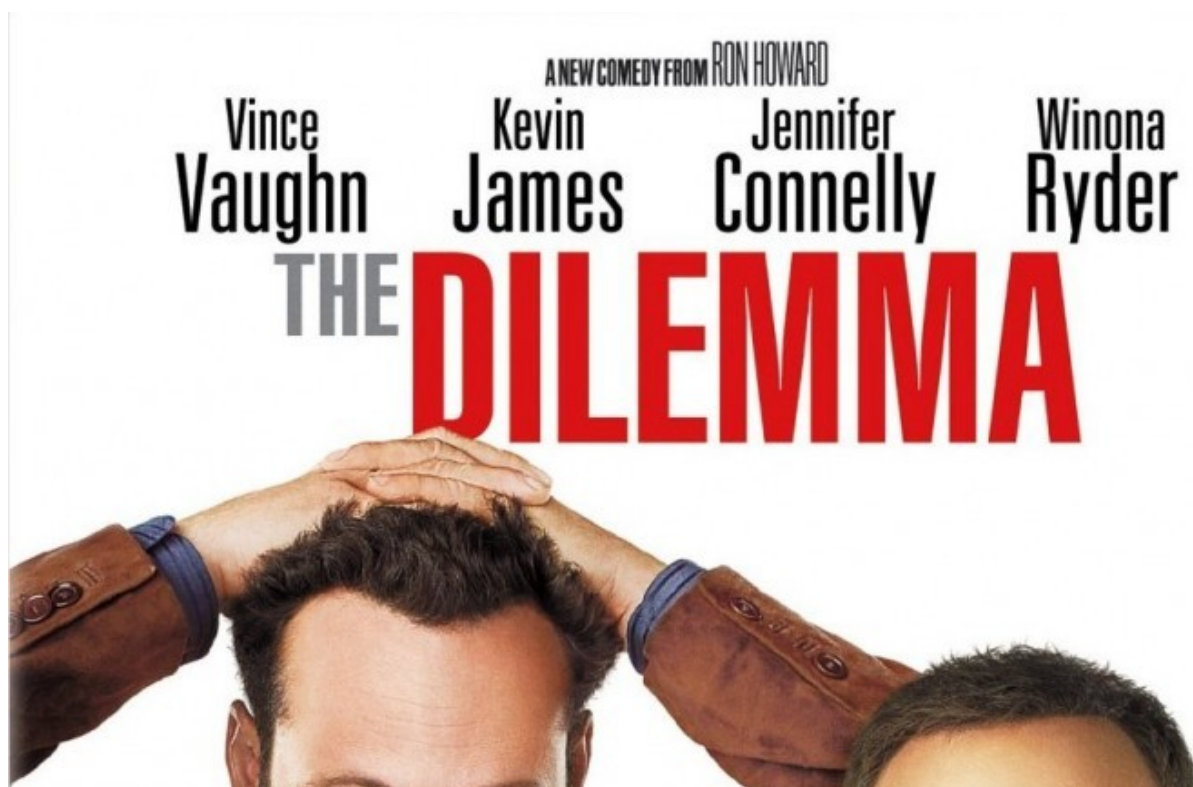
Separations are usually a last attempt to make your marriage work. Unfortunately, they often precede divorce. Cupid has some ways for you to know when it's time to make a separation permanent:

- 1. You can't get along:** If taking a break from each other doesn't get rid of some of the hostility in your marriage, it may be a sign that it's too late to work things out.
- 2. You're only in it for the kids:** As much as every parent wants to make their children happy, there comes a time when you may need to put yourself and your spouse's needs

first.

3. You've been unhappy a long time: A separation is a time to reflect on your relationship. If you can't recall a recent time when you were content with your spouse, it may be time to move on.

Gwyneth Paltrow Says Dating Brad Pitt and Ben Affleck Was Weird



Before marrying rocker Chris Martin and becoming a family

woman, Gwyneth Paltrow was a serial dater. In the 90's, she was known for her high-profile relationships with men like Brad Pitt and Ben Affleck. Paltrow now confesses that now she feels a little weird about her famous ex-boyfriends, according to [Us Weekly](#). "It was strange to be part of a public couple," she says in a new E! special, *Gwyneth Paltrow*.

What are personality traits to avoid in a potential partner?

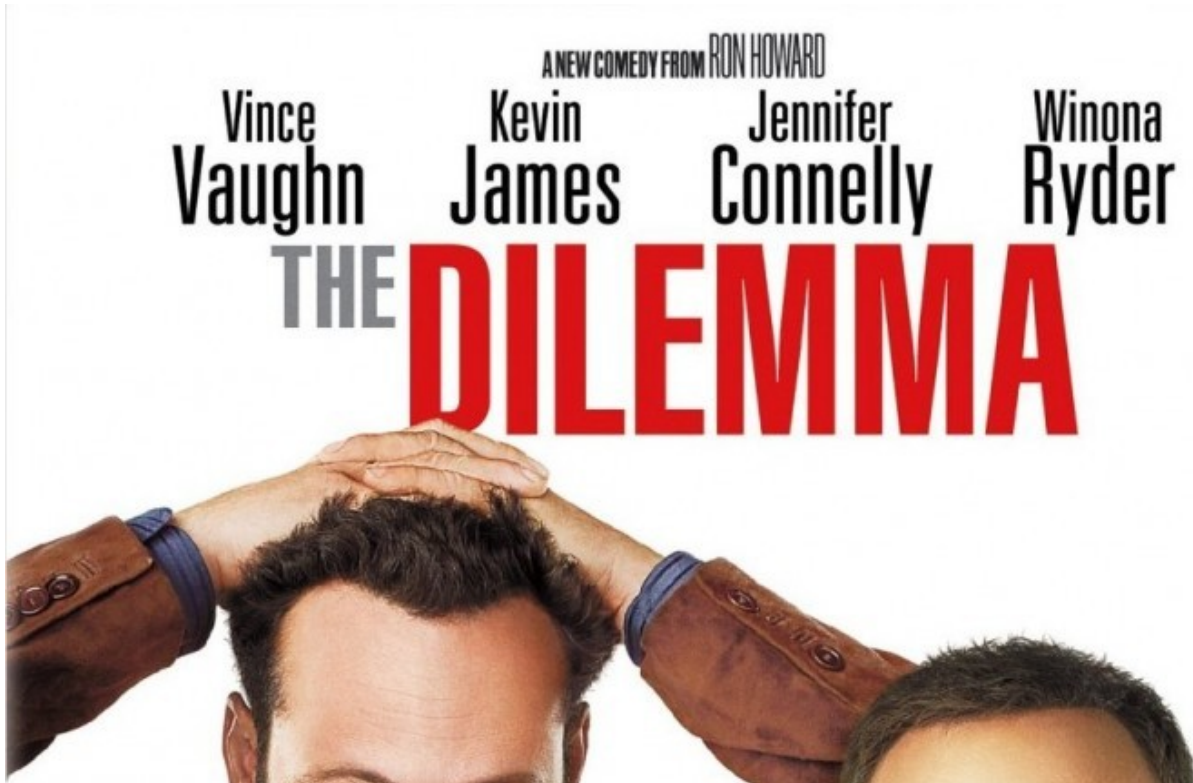
Cupid's Advice:

To avoid a "strange" relationship, there are some things you should look out for in a potential partner. Cupid has some tips:

- 1. Bad boy:** He may be hard to resist, but dating a bad boy is, ironically, a bad idea. Oftentimes he's afraid to commit and will be unfaithful.
 - 2. Power-hungry:** It's good to be ambitious and want to advance in your career. But you should avoid a guy who is obsessed with money and power because he won't give you the attention you deserve.
 - 3. Too vain:** Who doesn't love a pretty boy? But if he spends more time staring in the mirror than looking at you, he's way too into himself.
-

Little Fockers with Ben Stiller, Teri Polo, Robert

DeNiro and more...



Greg Focker (Ben Stiller) was fortunate enough to meet his soul mate (Teri Polo), fall in love and get married. He is living the dream, but there's just one problem – his father-in-law. Retired CIA Agent, Jack Byrnes (Robert DeNiro) makes Greg's life extremely difficult throughout the first two films before finally accepting him as a son-in law. Now, in the third installment of the hilarious Fockers trilogy, with a birthday bash for Greg and Pam's twins right around the corner, Jack must accept Greg as the man of the house. Will the inevitable accusations, fabrications and confusion finally get the best of Greg, or will his love for his wife and his Little Fockers shine through and prove his worth as the family's next "Godfocker?"

How can you deal with difficult in-laws?

Cupid's Advice:

There is constant tension between Greg Focker and his father-in-law. But even though it knocks him down, he gets back up and overcomes it for love. If you find yourself in the same position, Cupid has some advice:

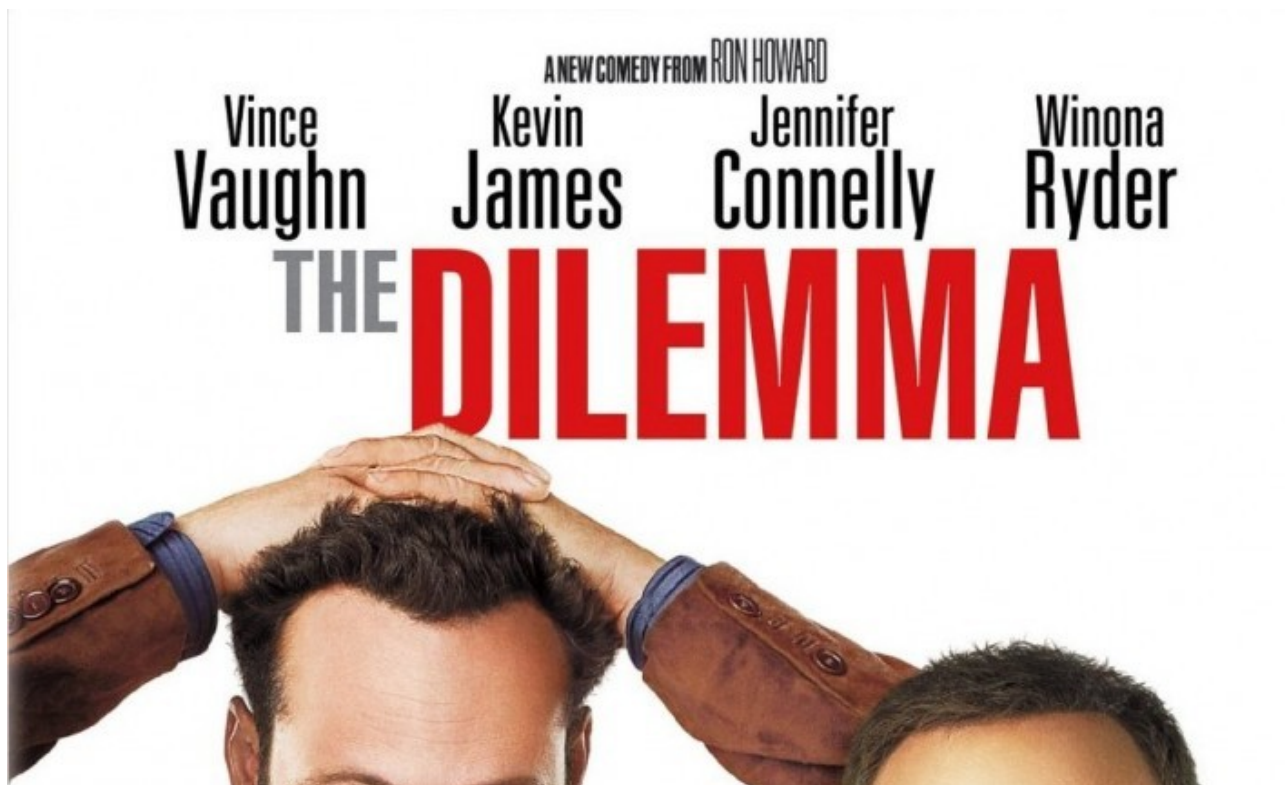
1. Set boundaries: Making the rules of the house is between you and your spouse. It's not between you, your spouse and their parents. Work as a team with your special someone to set limits and then communicate those to your in-laws. They don't have to agree, but make sure they understand.

2. Communicate directly: If something is bothering you about your in-laws, don't communicate with them via a third party. Don't ever get involve your spouse or kids. Go directly to the source, and they might even respect you for it.

3. Always be kind: Above all else, be kind and respectful. Even if it's extremely difficult, keep your friendly face on. When you really have nothing pleasant to say, hold your breath and smile.

Release date: December 22nd, 2010

Date Idea: Plan a Snow Date



Looking for date ideas as Valentine's Day approaches? Make a wintertime fantasy out of the coming weekend! As far as any of us are concerned, the magic of the holiday season lives on as long as it's cold. How else would we get through the low temperatures, right? So make the most out of the most romantic day of the year and spend some time basking in the beauty of winter before it's gone! Below, we share Cupid's [dating advice](#) for all the sentimentalists who just aren't ready to let the holidays go.

Related Link: [Dating Advice on How to Meet Someone for Valentine's Day](#)

Take advantage of your time off from work. There are so many outdoor activities that are going to expire come spring, so enjoy them before it's too late. Hit up your local ice skating rink before it's transformed back into a roller rink. For the more athletic, you can engage in a friendly game of hockey

with your lover. If there's snow on the ground where you are, then have an end-of-season snowball fight. The playfulness is bound to bring the two of you closer together as you celebrate Valentine's Day.

Dating Advice for an Unforgettable Valentine's Day Weekend

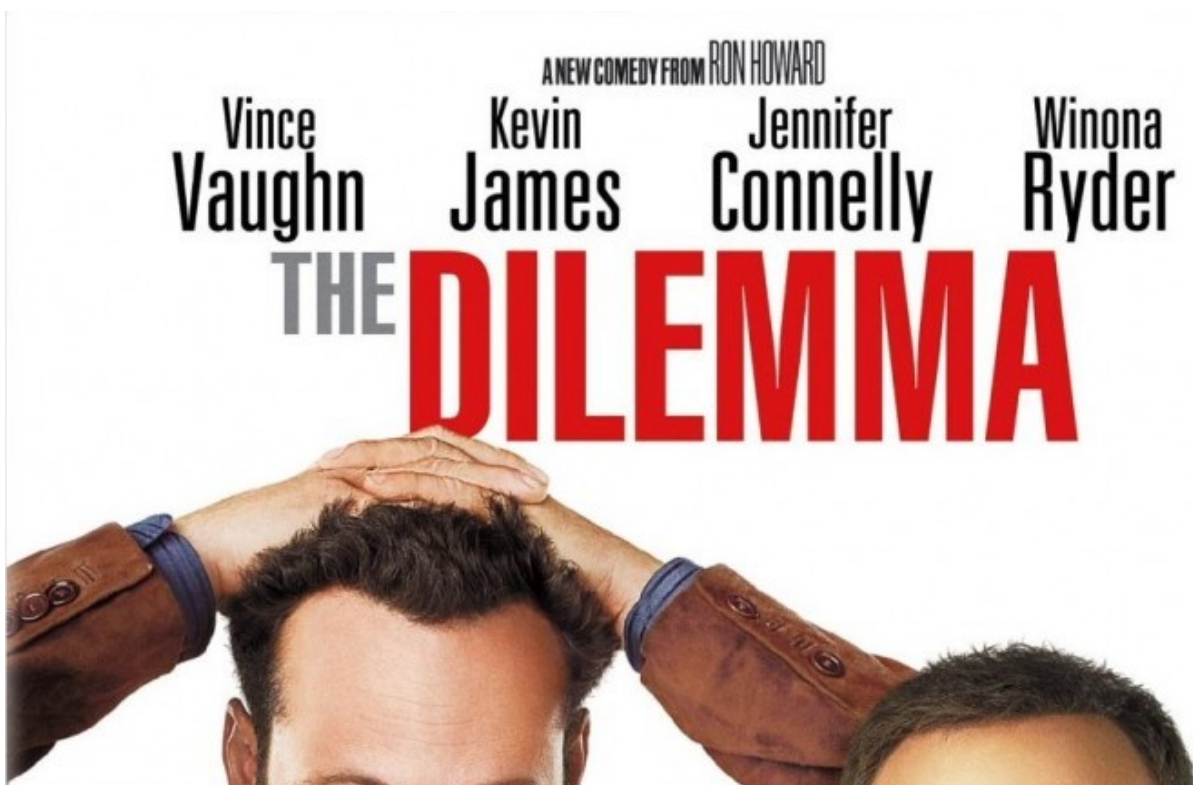
After all the wintry fun (or if you're just the indoors type!), you can stay warm and snuggle with your other half by engaging in one last round of sitting by the fireplace. Take some dating advice from famous couple [Reese Witherspoon](#) and Jim Toth, whose celebrity marriage makes staying home look like there's nothing more romantic in the world. Brew some hot chocolate and put on your favorite rom-com. If you'd rather *only* enjoy the company of your honey, then let your favorite love songs play in the background as you hang out.

Related Link: [Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day](#)

If you're the festive type, try another date idea and have one last holiday decorating party: String up some lights and paper chains to get in the spirit. The decorations paired with a home-cooked meal will be sure to stir that home-for-the-holidays feeling all over again. If you really want to go back in time, the two of you can make cards for each other – just like the old elementary school days!

What's your favorite V-Day date idea? Let us know in the comments below!

Prince William and Kate Middleton Attend First Event as Engaged Couple



Becoming a princess doesn't happen overnight. After announcing a royal engagement, Prince William assured the public that "he wanted to learn from lessons done in the past to give [Kate Middleton] the best chance to settle in and to see what happens on the other side." Middleton believes, "William's a great teacher, so he'll be up to help me." It was evident Middleton was practicing her royal etiquette, accompanying Prince William to a cancer charity event in Norfolk, England, according to [People](#). A royal source confirms, "Between now and the wedding there will be occasions when Catherine does shadow Prince William, to learn the ropes

and see how things go.”

How do you prepare your partner to handle your career?

Cupid’s Advice:

You might not be preparing your partner to join the royal family, but a hectic career can feel just as foreboding.

Cupid has a few helpful hints:

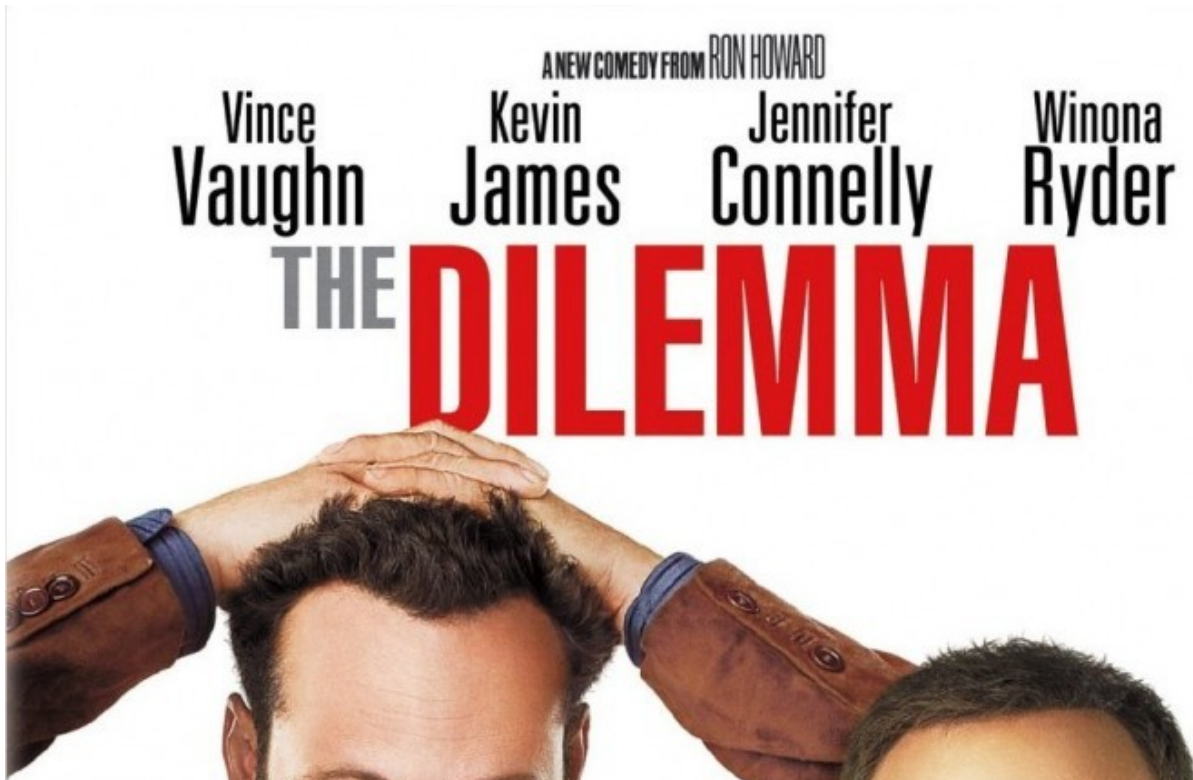
1. Opportunities: If your career leaves little time for leisure, spend parts of your day with your partner by involving them in everyday activities like working out at the gym. Engaging in quality time will strengthen your relationship for the time you’re apart due to your job. It will show your partner that even though you enjoy your job, you don’t intend to throw him by the wayside.

2. Company: When you’re keeping busy hours, make sure your partner isn’t waiting late into the night for you to come home. Introduce him to your co-workers’ spouses, and hold joint gatherings to keep your group closely knit.

3. Practice: Just like Prince William gave Kate Middleton time to get used to the royal lifestyle, make sure to give your partner the heads up as to what he has coming for him when it comes to your career. While you’re dating, bring him to events and get him accustomed to the routine.

Tony Romo is Engaged to

'Gossip Girl' Star's Sister, Candice Crawford



Tony Romo is engaged to Chace Crawford's sister, Chardice Crawford, [People](#) reports. Crawford, a pageant queen and a KDAF-TV anchor in Dallas was out celebrating her 24th birthday when Romo popped the question. The two began dating in 2009, shortly after Romo broke things off with Jessica Simpson. The engagement between Tomo and Crawford comes in third behind a slew of newly engaged celeb couples, including Jessica Simpson's other ex, Nicky Lachey to Vanessa Minnillo and then Simpson's own engagement to Eric Johnson. This chain of ex's getting engaged leaves Cupid asking:

How do you overcome the news of your ex's engagement?

Cupid's Advice:

It's hard to feel genuinely happy for an ex when he announces his new engagement. But instead of stewing, focus on what is going well for you in your own life:

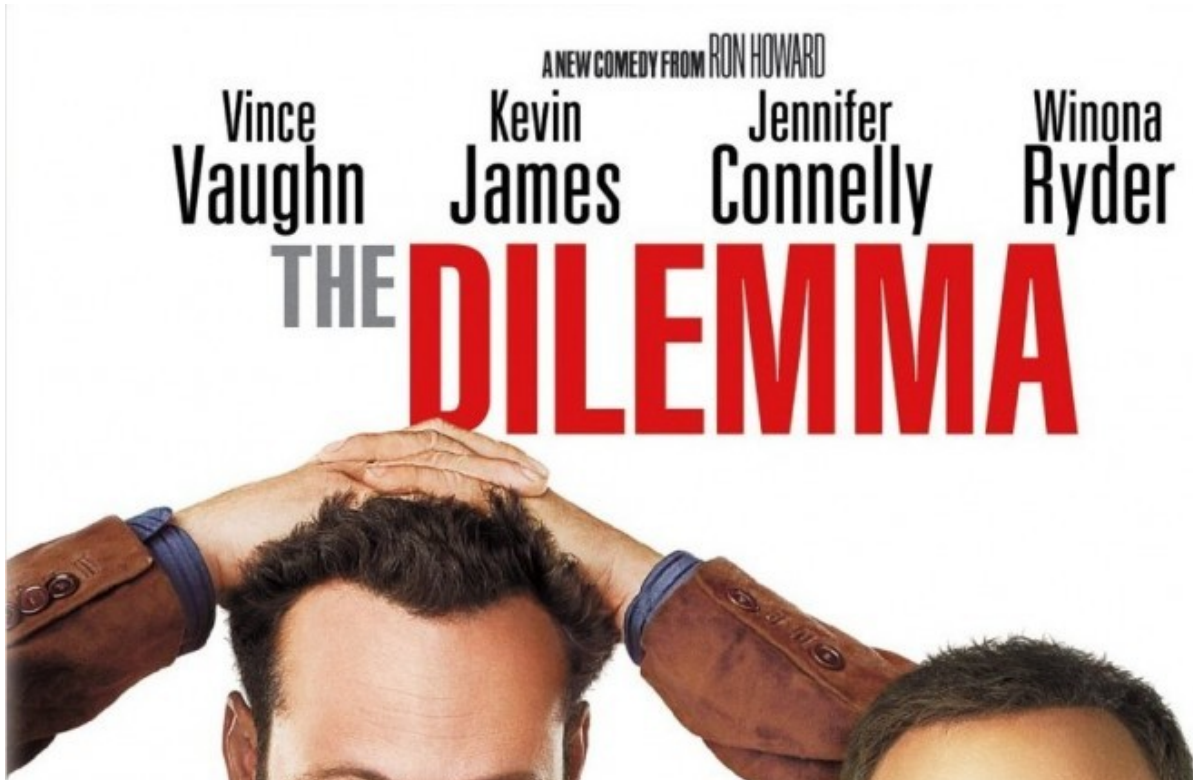
1. The shock factor: It's normal to be a little hurt when hearing the news that your ex is engaged. Take some time for to accept the news, and then move on.

2. Realize what you have: You may not have a ring on your finger, but you surely have plenty of other things going on in your life to be proud of, whether thats a promising career or wonderful friends.

3. Remember why you broke up: Your ex is your ex for a reason and even though it may seem like you're missing out, you're not. Grab a friend and relish in the perks of not being tied down.

Is Denise Richards Dating Rocker Nikki Sixx?





Talk about picking the same kind of men. [People](#) reports that Denise Richards admitted she had “gone on a couple dates” with rocker and radio host Nikki Sixx, 52. Richards, 39, has had her share of experience with bad boys, including a complicated marriage to Charlie Sheen and a relationship with Bon Jovi guitarist Richie Sambora. With her new bad boy, who recently broke up with Kat Von D, Richards admits, “The God’s honest truth is we’re taking it very slowly.” **Why are women attracted to bad boys?**

Cupid’s Advice:

Cupid has some ideas on why it’s so hard to stay away from a bad boy:

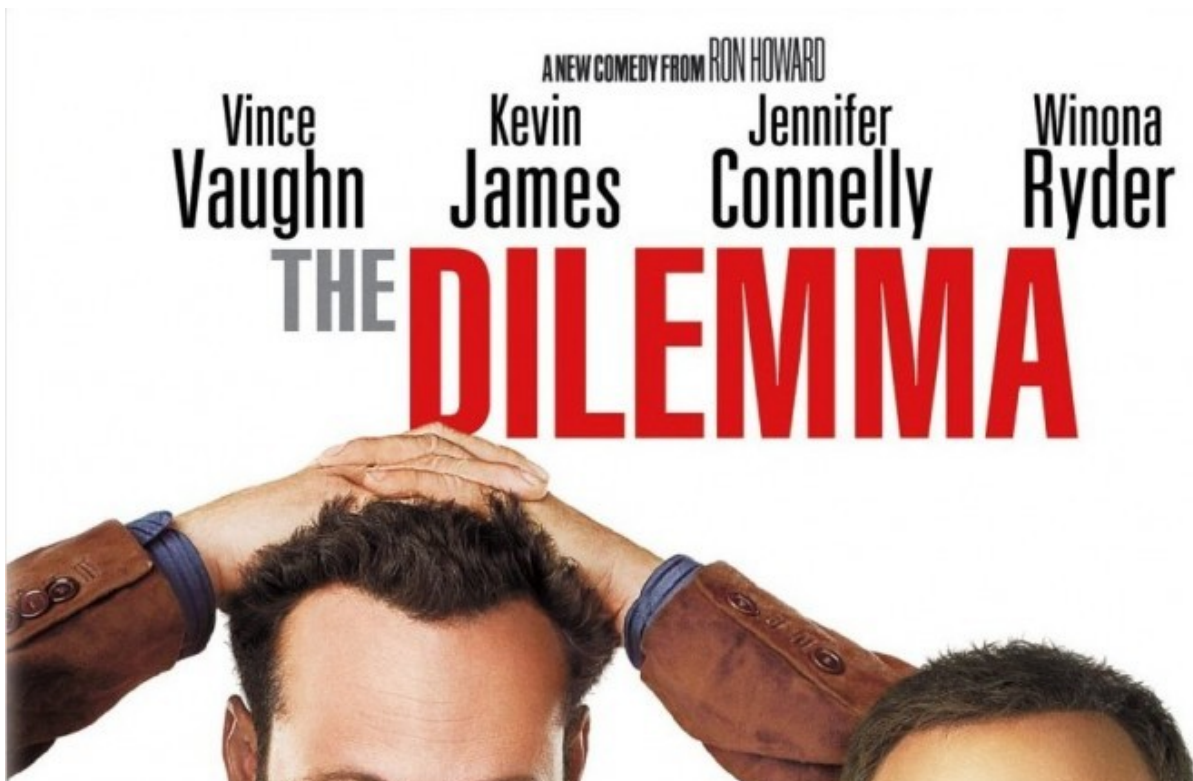
1. He’s confident: Bad boys attract women because of their rebellious nature and self-confidence. Many women find the combination irresistible. But keep in mind that a guy can be confident and not bad.

2. He needs to be rescued: If you love the idea of a fixer-upper, you may flock to a bad boy because you think he’s

damaged and needs to be rescued. That said, it's not always the best idea for a stable relationship.

3. He doesn't like commitment: Some women may not be ready for a long-term relationship and will sabotage the relationship from the beginning by dating a heartbreaker. There's nothing wrong with dating around, but when you're ready for a relationship, cut it out with the bad boys!

Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks



By Kari Arneson

Kristen McGuinness is your average 30-something woman – she has a great career working at a non-profit in Los Angeles and a great boyfriend who might just be The One. But what's different about McGuinness is how she got to where she is today. As a recovering alcoholic and addict, she knew she had to think outside the box to sort out her priorities. Single, newly sober and exploring a new city, McGuinness decided to try something crazy – but possibly brilliant – to find the new love of her life. A sympathetic boss, a spiritual healer and a handful of blind dates helped her reach her goal of 51 dates in 50 weeks, and which ultimately the unique experience depicted in her book, *51/50: The Magical Adventures of a Single Life*. Equal parts hilarious and heart-wrenching, this book takes readers on McGuinness' personal journey of self-discovery as she imparts valuable wisdom on life, love and the pursuit of happiness. Cupid was lucky enough to talk to McGuinness about what those 51 dates were like, what it's like to date sober, and how while looking for a man, she ended up finding herself:

What made you decide to embark on such an ambitious project of going on 51 dates in 50 weeks?

Like all good ideas, it was basically born out of desperation. I had been single for three years, had only gone on a couple of dates in that time, I hadn't heard the words "I love you" from a man's mouth since the year 2000 and I knew something had to change. I decided I would go on a date a week for a year, and then when Britney Spears kept getting sent to the hospital under a 51/50 (California state code for forced psychological evaluation), I figured I would take a note from her and go on 51 dates in 50 weeks.

How do you manage to keep a sense of humor after so many dating disappointments?

Oh, the dates were filled with humor. I have to say, I was

laughing with most of my dates, not at them. I discovered that most of the dates were looking for the same thing I was – a fun, loving, committed relationship that might one day produce children. And we could all laugh at the positions we were in – most of us 30+, still wondering when our partner was going to come.

How did being a recovering addict make your dating experience different from other women's experiences?

Well, for one thing, I couldn't drink, so I had to be willing to go in there, be honest, be funny, have a good time and not have a drink. But it also made it much more interesting, because a lot of my dates didn't drink either, so the conversation and the expectations were different. Back when I was drinking, most dates would end with a one-night stand.

And not that there's anything wrong with that, but I didn't really get to know anyone. Coming into these dates sober, I got to have a whole new experience with dating and with men.

What would you say is the most important thing you learned about dating, love and relationships during those 50 weeks?

Since the book wasn't just about traditional dates – the dates also include my mom, my father, and a spiritual healer I met throughout the course of the book – the journey was as much about finding myself as it was about finding a man. At a certain point, my boss asked me what constituted a date, and I realized that it was anything that brought me closer to true love. And I learned that healing my relationship with my father, learning to grow out of my insecurities and fears, were just as important as meeting the right guy. Because I had met the right guy before, and I was nowhere near ready. I knew that in order to meet the right person, I still had some work to do on me, and as much as the book was about finding love, it was also about my own inner-journey and healing.

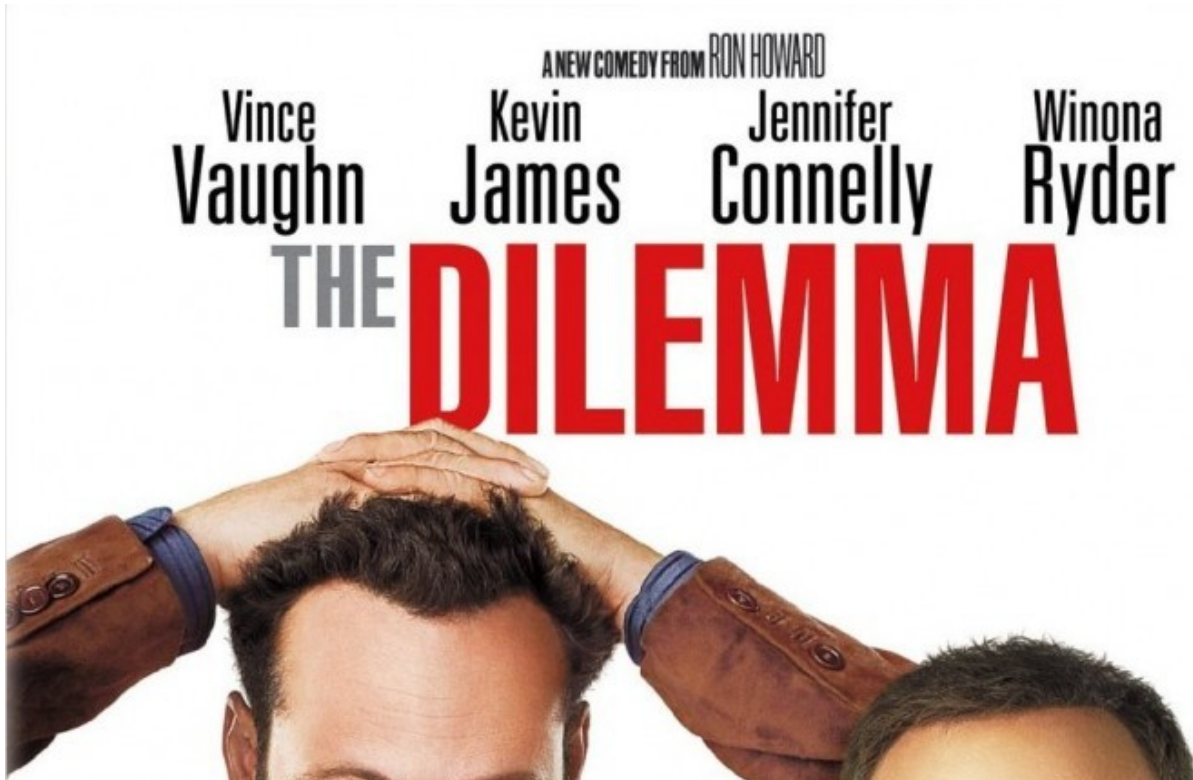
In your book, you say that you would always get the same

reaction from people when they found out you were single: “It’ll happen when you least expect it.” What is your best piece of advice for single women who feel hopeless like you did?

Don’t give up. I ultimately did find the love I was looking for. It didn’t so much happen “when” I least expected it, but “how” I least expected it. What I came to find through the book is that singlehood can be a great, magical adventure if you go out and live life. At the beginning I had begun to consign myself to nights where I went to the gym, came home, ate a salad and settled in to watch TV by myself with some Tofuti Cuties. By the end, I was riding horses through the woods, going to sweat lodges in the mountains, discovering my city and myself, and I was going out on lots of dates. And I also think that’s key: date, date, date. Because I found what I wanted through those dates, I learned what was important to me. And ultimately, when the right guy showed up, I was ready.

Jersey Shore’s JWOWW Releases Dating Advice Book





The Jersey Shore empire is once again expanding. According to iVillage, Jenni “JWOWW” Farley is now doing her part to advise the ladies on love with the release of her new book, *The Rules According to JWOWW*. The book contains her self-proclaimed shore-tested secrets to landing a “mint” guy. For those looking to “smoosh” or to find true love, JWOWW just may hold to secrets to success. The reality star describes her debut book as “empowering advice for a new generation of self-assured women.”

What makes a reliable dating expert?

Cupid’s Advice:

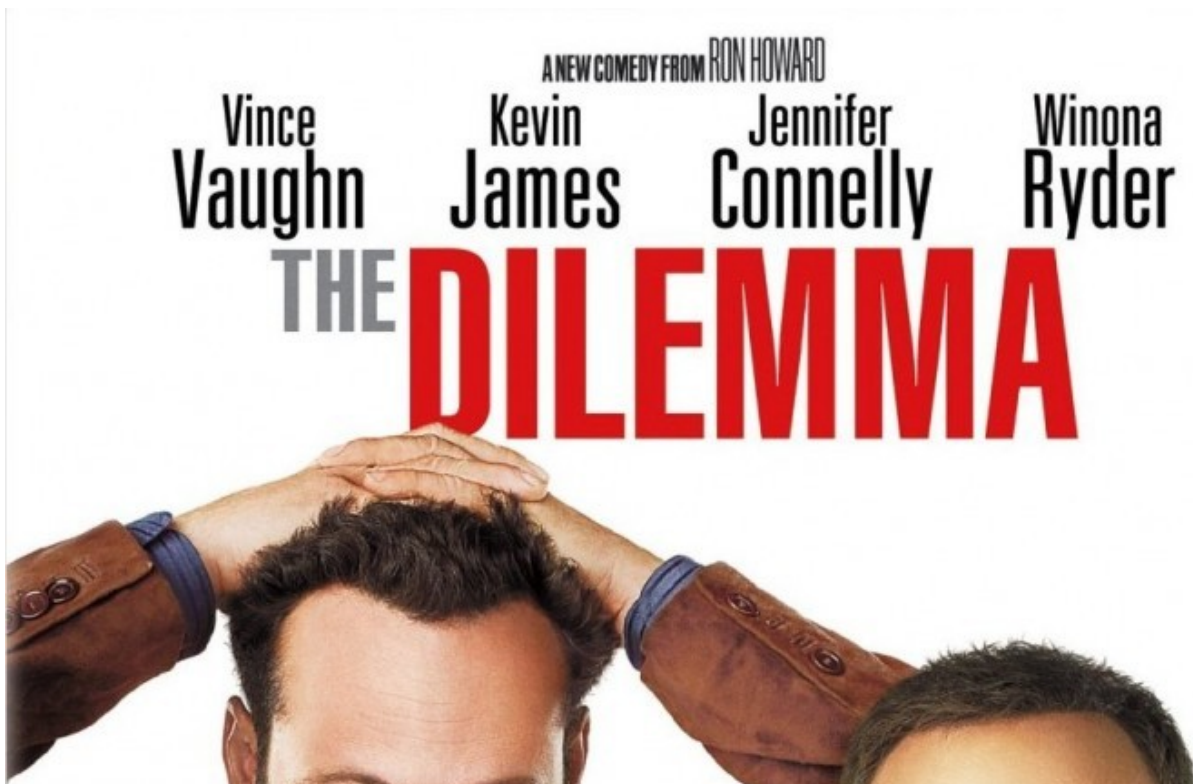
A dating expert can really be anyone. Cupid has some suggestions on what to consider when you’re looking for relationship advice:

- 1. Who knows you best:** Trust the advice of the people who know you well, such as family and close friends. At least you know that they always have your best interests at heart.
- 2. Credentials:** Bloggers, authors and talk show hosts have

usually gotten to where they are by proving their understanding of relationships. Consider their resume before trusting their advice.

3. A gut feeling: Your own gut is probably the best dating expert to consult!

90210 Star Shannen Doherty Still Believes in Marriage



“When the going gets tough, you don’t get going – you hang on.” That’s former 90210 star Shannen Doherty’s take on marriage anyway. According to [People](#), Doherty refuses to give

on marriage despite two failed marriages and one unsuccessful engagement. However, the actress says she is no longer naïve when it comes to the hard work behind a marriage. She explains, saying, “You have to go in with your eyes wide open and realize that it’s probably going to take a lot of work and maybe some couples’ therapy perhaps.”

How do you keep your faith in relationships after a break-up?

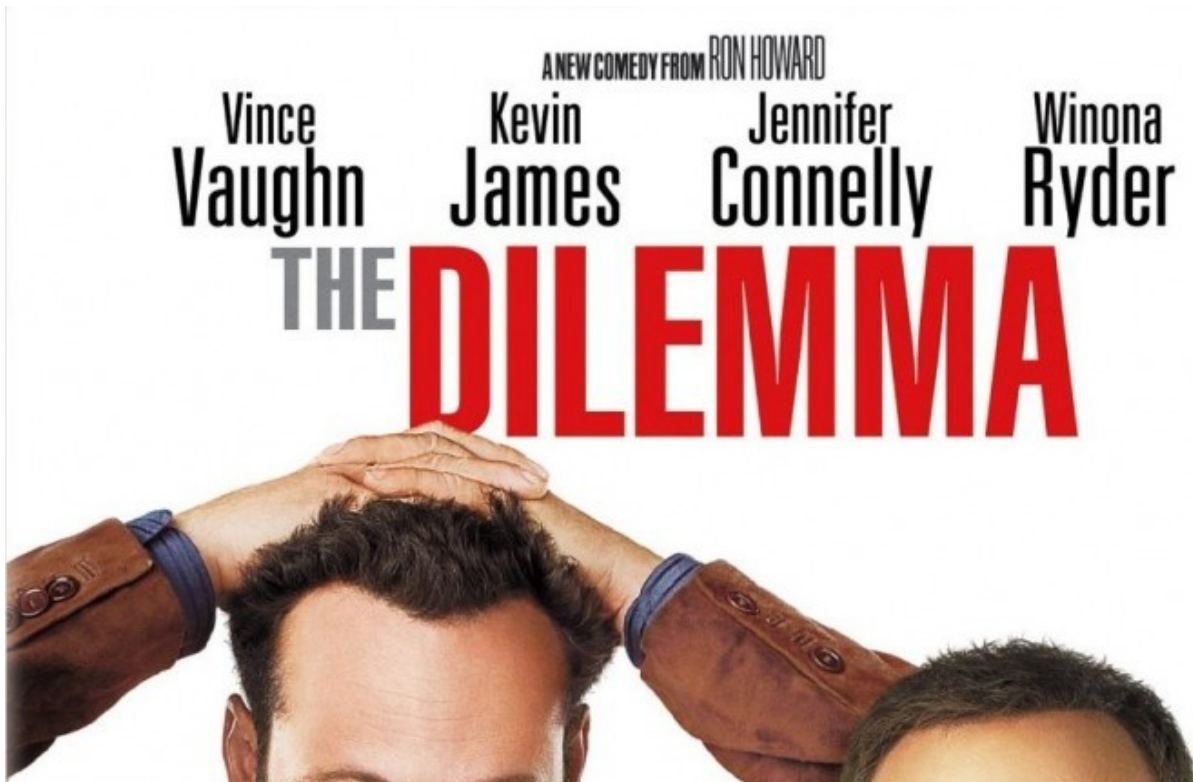
Cupid’s Advice:

A bad break-up can have anyone promising themselves that “this will be the last time.” However, Cupid has an idea or two about regaining your faith in relationships:

- 1. Live and learn:** Take each relationship’s end as a lesson for the future. Walk away with a few pointers you didn’t have before in order to stop you from making the same mistake twice.
- 2. Disregard the lover, not the love:** Love isn’t the one who has wronged you. Blaming relationships for what you’re currently feeling is misplaced anger. Remind yourself that love never fails; only lovers do.
- 3. It’s never too late:** There is no deadline for finding “the one.” Appreciate each relationship for the happiness it brings to your life, and keep an eye out for Cupid’s arrow.

Brooke Burke Shares Love Life

Secrets



What's the secret to keeping the romance alive in your relationship? According to Brooke Burke, exercising regularly is a big part of it, reports [People](#). The *Dancing with the Stars* host told *Shape* magazine, "First, you need to be healthy ... That means exercising to relieve stress and build energy."

Even with four kids at home, the 39-year-old former model and her partner David Charvet, also 39, still make time for each other. "Sometimes we're so tired, it's just a glass of wine and a good night's sleep. But the point is that we're making a commitment to each other and saying, 'We love the kids, but we matter too.' "

What can staying healthy do for your love life?

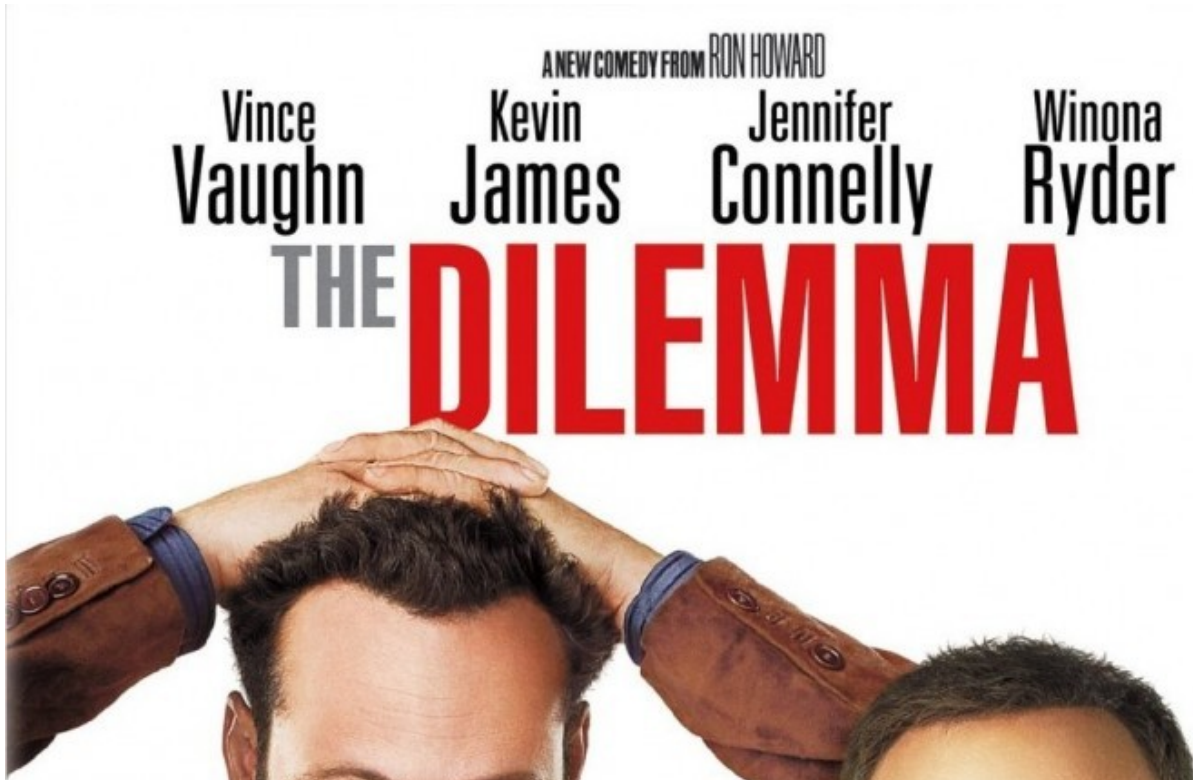
Cupid's Advice:

Staying healthy is great for your physical and emotional well-being. Cupid has some ideas on how it can also improve your love life:

- 1. Self-confidence:** When you eat right and work out, you feel better. The confidence you gain from being healthy will make you even more attractive to your partner.
 - 2. Energy:** If you constantly feel exhausted, try exercising to relieve stress and get an energy boost. Now use that extra energy to reignite the spark in your relationship!
 - 3. Group effort:** Work out with your partner, and cook healthy meals together. Not only are you more likely to stick to a healthy lifestyle that way, but it also provides a lot of great bonding time.
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Controversial Beauty Queen Carrie Prejean is Having a Baby Boy





After their July wedding, Carrie Prejean and Kyle Boller are proud to announce that they're not only pregnant but are expecting a baby boy on May 9, 2011. [Us Weekly](#) reports that Prejean, the controversial Miss California USA 2009 who was stripped of her crown for alleged breaches in contract, is happy about having a boy and becoming a mother. But is the beauty queen concerned about the baby weight? Prejean's husband, Oakland Raider's quarterback Kyle Boller, made it clear that he has "the most beautiful pregnant wife ever."

What can you do to make your pregnant partner feel beautiful?

Cupid's Advice:

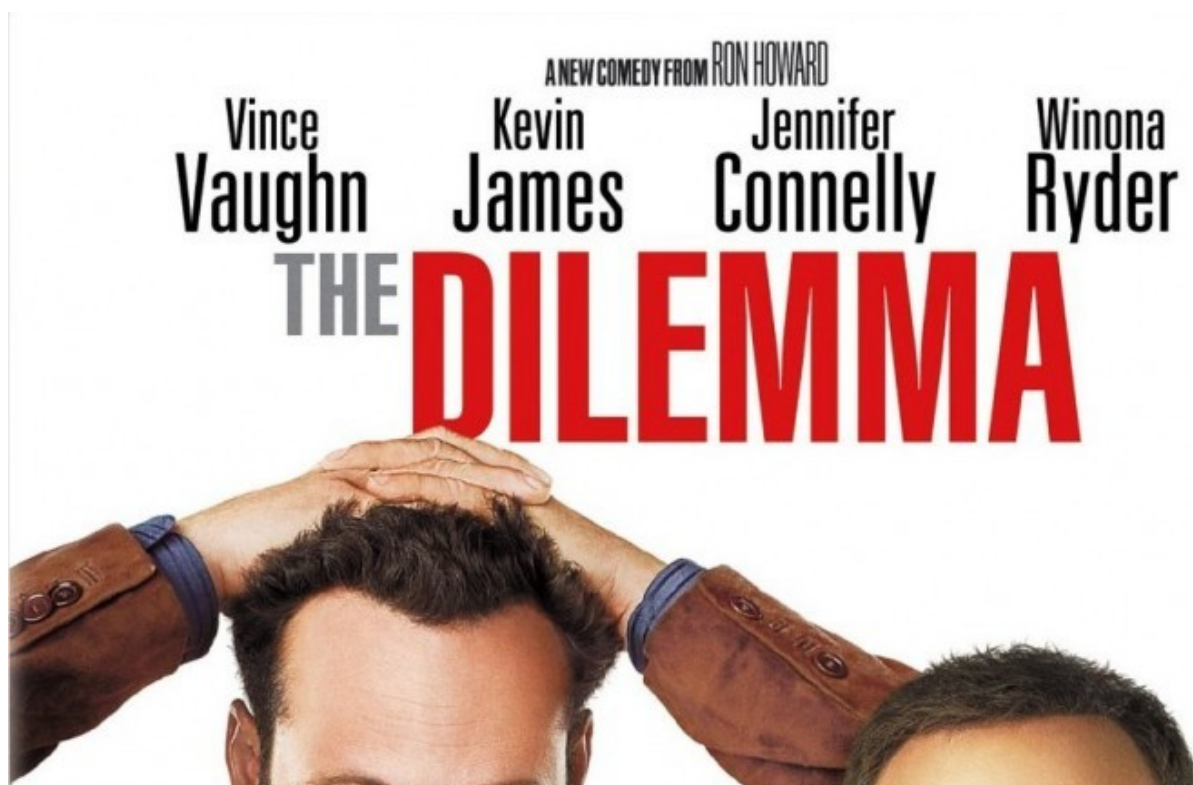
As the months go by and the baby weight piles on, pregnancy can make a woman feel anything, but beautiful. Prove her wrong by borrowing a few of these ideas:

1. Book the spa: If your partner is feeling a little down, surprise her by mentioning that you booked her a prenatal massage at the spa. It'll show her that she's still on your mind. Plus, a little rest is always appreciated.

2. Romance her: Bring back date night, and make sure she dresses to the nines. A romantic dinner will help remind her just how much you love being in her company.

3. Spice it up: Being pregnant can make some women feel the farthest thing from sexy. Buy some maternity lingerie, and rekindle the romance. Show her that you still find her beautiful.

Christina Aguilera Shows Off New Boyfriend in London



Since splitting from her husband of five years Jordan Bratman,

Christina Aguilera has been spending a lot of time with new boyfriend Matt Rutler. The singer took along her new flame to keep her company while she promotes her new movie *Burlesque* in the U.K. Aguilera and Rutler, who met on the set of *Burlesque*, were most recently spotted blowing off steam at London's trendy Mahiki nightclub, reports [RadarOnline](#).

When you go public with a new partner, what can it mean?

Cupid's Advice:

A relationship isn't considered "official" until you come out into the open with it. Cupid has some reasons going public may be a good idea:

- 1. Nip it in the bud:** To prevent the awkward "getting caught" scenario, tell people right away. Then they won't be surprised when they see the two of you getting cozy! More importantly, they won't start up the gossip train.
- 2. Stop rumors:** Set your friends and family straight by letting them know exactly what is going on. Sometimes leaving people to speculate is the worst thing you can do, because it makes for unnecessary drama.
- 3. Get serious:** Going public with your relationship is a way to take it to the next level. Letting people in on your status shows them that you're proud to be with your partner!