

# Keith Urban Says Wife Nicole Kidman Saved His Life



Nicole Kidman is more than just Keith Urban's wife; she's his lifesaver as well, according to [Us Weekly](#). Urban appeared on *The Ellen DeGeneres Show* and opened up to DeGeneres about his drug and alcohol addiction. He confessed that his wife deserves the credit for saving his life, as she was instrumental in getting him into rehab four months after their wedding. However, the country crooner admits that Kidman wasn't fully aware of the extent of his substance abuse problems when they got married. **What are things you should know about your partner before marriage?**

## Cupid's Advice:

Before you and your partner walk down the aisle, it's important to take some time for an open and honest discussion.

Cupid has some things to include in these talks:

**1. Dealing with hard times:** If there's one thing for sure, it's that marriage is work. Make sure you understand how your partner deals with the hard times that come with life. Make sure there will be a support system in place for when things don't go so smoothly.

**2. Children:** The prospect of having children can be a deal breaker when it comes to the possibility of marriage. Discuss the number of children you each want and what type of parenting style you want to incorporate.

**3. Marriage expectations:** Everyone has their own idea of what a marriage entails. Discussing how the two of you will be spending the rest of your lives is no small feat. Before signing the license, confirm that you are taking this journey seriously and with matching mindsets.

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## Katy Perry Takes Russell Brand's Last Name





It's official: Katy Perry will soon be known as Katy Brand, according to [People](#). The 26-year-old singer told Ellen DeGeneres that since her wedding on October 23rd, she has been in the process of taking her husband Russell Brand's last name. She said that people already call her Mrs. Brand to "try to get my attention... Like if I'm at an event or something like that, and they want special attention, they go, 'Mrs. Brand!' And I go shwoosh [looks back]."

**How do you decide whether to take your partner's last name?**

### **Cupid's Advice:**

In a recent survey, 70 percent of Americans said they believe that women should take their husband's last name when they get married, but is it the right decision for you? Cupid has some things to consider:

**1. Family unity:** A lot of couples believe that having the same name is an important part of feeling like a family unit when you get married. If you're concerned about unity, changing your name may be the right choice.

**2. Career/identity:** You've lived with your maiden name for a long time, and it connects you to your parents and siblings. Plus, if you've already established yourself professionally,

it might actually hurt your career to change your name now.

**3. More options:** There are more than just two options when you get married. You can also have a hyphenated last name, you can take his name and use your maiden name professionally, or he can take your name!

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## How Do You Know? featuring Reese Witherspoon and Owen Wilson



How do you know when you're in love? That's exactly the question new movie *How Do You Know?* is asking. Filled with an A-list cast, Reese Witherspoon, Owen Wilson and Paul Rudd promise to bring laughs and smiles to this romantic comedy.

When Lisa Jorgenson (Witherspoon, *Four Christmases*) begins dating Manny (Wilson, *Marley and Me*) she seems to hit a wall when presented with the opportunity to further their relationship. Bring in George (Rudd, *The Hangover*), a former flame of Lisa's, and the three of them make for a little love triangle. Written and directed by James L. Brooks, *How Do You Know?* leaves Cupid wondering:

## **How do you know when you're in love?**

### **Cupid's Advice:**

It's touch to know when lust turns to love. Here are a few tell-tale signs:

- 1. You aren't pretending:** When you're not afraid to be yourself and can talk to him about anything, that means that you really share a connection with this person.
- 2. He appears perfect to you:** You can deal with his flaws. So what if he picks steak out of his teeth with his knife at dinner? That just shows you that he's comfortable around you.
- 3. You see your mutual future:** Suddenly you're thinking about things that you never thought about before. You're concerned where life is going to take you and if he's going to be a part of it. Suddenly, it's not just yourself in your future plans.

Release date: December 17

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# Date Idea: Bundle Up for Fun



Just because the holidays are over doesn't mean the magic of winter has to end. Cupid's got some date ideas for those who love to embrace the colder weather. Temperatures are ice cold, so there's still time to sport your chicest coat or get all toasty warm by the fireplace. As your toes freeze, as icicles form on your eyelashes, and as the snow falls outside your window, you may be tempted to stay inside, but there's nothing more romantic than taking your partner out for some fun in the snow!

## Relationship Advice to Enjoy the Winter Weather

**Related Link:** [Date Idea: Rent a Cabin in the Snow](#)

Sure, there are always the classics: snowmen, snow angels, and



sledding. Why not try something a little more exciting this holiday season? Follow this [relationship advice](#) by adding a twist to the snow day classics while surprising your neighbors with your creative front yard. Instead of the traditionally white snowman, why not make a colorful one? Take some food coloring, mix it with water, and place the mixture in a spray bottle. Once you build your snowman, squirt the color on, and watch the snow change colors. Try layering different colors for a rainbow or ombré effect. You can also make your favorite fictional character come to life with just a bit of accessorizing: Use a lightning-bolt scar and glasses make for a great Harry Potter, or you can style your creation with a wig and a crown to create your favorite Disney princess.

For a more social activity, try starting a couples' snowball fight. Invite your neighbors and divide yourselves into teams. Whether you're playing couples against couples or girls against guys, you're sure to bond with your friends who enjoy a little wintertime fun. Building snow forts is another great way to get the competition rolling. You could also challenge each other to a snow angel contest or teach each other how to juggle snowballs.

**Related Link:** [Date Idea: Have Fun in the Winter Sun](#)

If you're feeling particularly athletic, take a cue from Hollywood couple [Jessica Simpson](#) and hubby Eric Johnson and organize a football game in the snow. All you need are some friends and a football! A game of tackle is no big threat when your field is cushioned with snow. Plus, it's a great way to enjoy the beautiful white winter but also stay warm. You'll get so caught up in the fun that you won't even want to keep score!

**Share your best wintertime relationship advice in the comments below!**

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# Britney Spears and Jason Trawick Vacation in Mexico



Britney Spears' boyfriend, Jason Trawick surprised the pop star with a romantic trip to Mexico for her birthday. The couple touched down in Puerto Vallarta and headed to their private villa, where Trawick had a red velvet cake all ready for his sweetie's 29th birthday celebration. Despite allegations that Trawick had abused Spears, the couple was happy during the weekend vacation. "They suntanned and did a lot of relaxing and decompressing," says a source. "They seemed very much in love. "

**How can you make your partner's birthday special?**

**Cupid's Advice:**



Most people can't afford an extravagant trip to Mexico and a beachside bungalow complete with personal chef like Jason Trawick and Britney Spears. Cupid has some advice on more affordable options:

**1. Make it personal:** Just like Jason Trawick topped off his lavish present with Britney Spears' favorite cake, you can make your sweetheart's day by doing something that reminds him of your relationship. Think of a song, movie, or experience the two of you shared, and build a present on that idea.

**2. Put in the time:** A little effort can go a long way. Put a lot of thought into your present, but don't stress yourself out to execute it. By putting too much pressure on making it perfect, you'll only annoy yourself and everyone around you.

**3. Collaborate:** Unlike an anniversary, a birthday isn't just about your relationship, so work with your partner's friends and family to plan a celebration where the guest of honor can be surrounded by all those that care about him.

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## Kelsey Grammer Helps Girlfriend Kayte Walsh with Dress Shopping





Kelsey Grammer was spotted in Manhattan doing something most guys dread, reports [RadarOnline](#). The 55-year-old actor went dress shopping with girlfriend Kayte Walsh, 29, and even helped her zip up a stunning black dress. The *Frasier* star split from his wife Camille earlier this year amid rumors that he had a new girlfriend. Grammer then publicly began dating Walsh, a former flight attendant. The couple suffered a miscarriage in September.

## **What are tell-tale signs a guy is into you?**

### **Cupid's Advice:**

Because it's often hard for a guy to verbalize his feelings, sometimes he'll show you he likes you in more subtle ways. Here are some signs that he's into you:

- 1. He calls you:** If he wants to see you, he'll try as hard as he can to make it happen. He'll call, text and use Facebook to make plans to get together.
- 2. He teases you:** It all goes back to the playground when that mean boy pulled your hair. Some guys will tease to be funny, while others do it to test you. Either way, he's into you.
- 3. He does things he hates:** Helping you try on dresses, like

Kelsey Grammer did, or watching romantic comedies says he's willing to swallow his pride just to make you happy.

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## Garth Brooks Gives Teen Dating Advice on Oprah



As a father to three girls, country crooner Garth Brooks took time to dole out some good ol' fatherly advice to women everywhere on the *Oprah Winfrey Show*. "The truth is, it's the reflection in the mirror. That's the one. You can't lie to that voice inside of you." After confessing "the only thing better than playing music is being a dad," CMT reports that Brooks made sure to convey that he understands the pressure girls face when dating, especially when it comes to older boys. "As a junior, if you're dating a senior boy, sometimes that pushes you ahead of things you're ready to handle." **How do you avoid becoming a**

reflection of your partner?

### Cupid's Advice:

It's easy to get caught up in keeping the peace in a relationship. However, a relationship is between two people. Here are some ways to stay true to yourself:

- 1. Keep some space:** Before your partner, you had your friends. Getting swept away by love is easy, but don't forget to spend some time with the people who have always been there for you.
- 2. Adjust and adapt:** Some people believe you have to change yourself to make a relationship work. Chemistry and compatibility isn't about change, but rather adjustments and compromise.
- 3. Maintain self-awareness:** You know yourself best. Go with your gut if you're starting to feel like you're losing touch not only with yourself, but with the other parts of your life that make you happy.

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## Neve Campbell Secretly Files for Divorce from Husband, John Light





Another celebrity couple has split! According to [Us Weekly](#), *Scream* star Neve Campbell filed for divorce from husband John Light in secret earlier this year, citing “irreconcilable differences.” The 37-year-old actress married her British actor husband, 36, in Malibu in 2007. This is the actress’ second divorce after being previously married to Canadian actor Jeff Colt.

### **How can you keep your divorce under wraps?**

#### **Cupid’s Advice:**

When you decide to part ways with your spouse, sometimes you just need some privacy for a little while. Here’s how to keep your divorce confidential:

- 1. Talk to your spouse:** You and your ex-partner should agree on when to go public with your divorce. Make sure you’re on the same page so that your mate doesn’t tell anyone too soon.
- 2. Don’t say the D-word:** If friends and family start noticing something has changed in your relationship, just tell them that you and your spouse are going through a difficult time, which is true.
- 3. Keep your records private:** Most people don’t realize that divorce records are public information. If you don’t want the



public to be able to access your papers, file a motion to have your divorce documents impounded.

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## Russell Crowe's Wife Calls Him 'Volatile'



Russell Crowe has a reputation for being brash, egotistical and even violent. And now for the first time, his wife even admits he can be “volatile,” according to [DigitalSpy](#). Danielle Spencer, an Australian musician and mother to Charlie and Tennyson, said the media have turned her husband into a “caricature.” Spencer said, “He’s quite a volatile person, sure, but he also has a very warm and soft and funny side to him, too. He’s multi-faceted, as most people are, but the media doesn’t allow for shades of grey.”



## How do you deal with your partner's temper?

### Cupid's Advice:

Everyone gets angry sometimes, but some of us have a hard time controlling our temper. If your partner has that problem, here are some ways to deal:

- 1. Anger equals passion:** If your partner has a temper, it means he is a passionate person who feels deeply. Keep that in mind before you judge.
  - 2. Seek help:** If your mate's anger gets out of control, suggest therapy or anger management. Tell them you care about them and want them to be healthy and happy.
  - 3. Get away:** You can only live with your partner's anger issues up to a certain point. If he becomes violent, leave immediately and call the police.
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## Cameron Diaz and Alex Rodriguez Vacation in Mexico for Thanksgiving





Cameron Diaz and on-again-off-again Yankee boyfriend, Alex Rodriguez were caught canoodling in Mexico over the Thanksgiving holiday last week, according to [Us Weekly](#). The pair spent time in the sand showing off their beach bods and taking dips in the water. The two were originally spotted together over the summer, but kept things cool in October. “They break up and get back together all the time,” says a source. **Is an on-again-off-again relationship healthy?**

### **Cupid’s Advice:**

If you find yourself continuously cutting things off only to get back together a few weeks later, it may not be healthy.

Cupid has some tips on how to evaluate your relationship:

- 1. Look at the big picture:** Step back and try to see your relationship from an outside perspective. Breaking up and getting back together may seem normal to you, but it may be destructive behavior.
- 2. Make a list:** Sometimes a pros and cons list can help sort out confused feelings. Take a page from Miranda in the *Sex And The City* movie, as she used one to determine her feelings for her husband, Steve. It’s an old stand-by for a reason.
- 3. Question it:** Ask yourself, “Why am I going back?” If you

can't answer the question with clarity, getting back together may be the right decision. If not, calling it quits may be the way to go.

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## Taylor Swift Likes Living Alone



Even though Taylor Swift is rumored to be dating Jake Gyllenhaal, she's still enjoying her independence, reports [People](#). The 20-year-old singer recently appeared on *Chelsea Lately* to discuss the perks of having her own place. "Living alone you can do so many fantastic things," Swift told Chelsea Handler. "You can walk around and have conversations with yourself and like, sing your thoughts... I think I'm the only one who does that." **What are benefits to living without a partner?**

## Cupid's Advice:

Shacking up with someone is great, but it's also nice to live alone and have "me" time all the time. Here are some of the pros of living by yourself:

**1. Do what you want:** When you live alone, you're on your own schedule. Being able to do what you want when you want is a major plus.

**2. Enjoy your privacy:** Living without a partner means you can do things like walk around without clothes on, sing at the top of your lungs or have conversations with yourself, like Taylor Swift!

**3. No roommate issues:** We've all lived with someone who drives us crazy. Roommate fights are inevitable, and living by yourself helps you avoid all that drama.

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## Kim Kardashian and Gabriel Aubry: Newly Dating?





New couple alert!

Rumors are flying after Gabriel Aubry and Kim Kardashian were spotted sitting together at an L.A. Lakers game. A source tells [People](#), "They've been dating a little bit." Gabriel Aubry's ex, Halle Berry has already moved on after their split earlier this year, and it looks like the Canadian model is doing the same with Kim Kardashian. While the curvy reality star was enjoying being single, she had also complained about her lack of a love life. **How do you take your time in a relationship?**

### **Cupid's Advice:**

If you want a relationship to last a long time, you have to move at your own pace. Here's how:

- 1. Wait until you're ready:** Don't hit the milestones in a relationship just because they're there. For example, say, "I love you" only when you feel ready.
- 2. Lighten up:** If you just ended a serious relationship with someone like Gabriel Aubry did, don't get serious again right away. For now, date without thinking about where it could lead.
- 3. Don't use labels:** If you want to take your time in a relationship, wait a while to make it official. Using the

labels “boyfriend” and “girlfriend” too early could put pressure on the relationship.

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## Biggest Loser's Sam Poueu Proposes to Fellow Contestant Stephanie Anderson



It's official!

Former *Biggest Loser* contestant Stephanie Anderson plans on saying “I do” to fellow contestant Sam Poueu, according to [Us Weekly](#). Poueu popped the question at NBC's *Biggest Loser* ranch in California. “I wanted to go back to the ranch, because that's where it all started,” said Poueu. The two, who collectively lost 241 pounds on the show, are now ready to



build a life together, and they want their *Biggest Loser* family to be there when it happens. “They know what we’ve been through,” says Stephanie Anderson. Though the groom’s brother will be his best man, his cousin and partner on the series, Koli Palu, will be a groomsman. Between the announcement and the wedding decisions, the couple has been too caught up in all the excitement to set a date!

### **What are ways to decide who will be at your wedding?**

#### **Cupids Advice:**

Like Sam Poueu and Stehphanie Anderson, engaged couples have to face the difficult decision of who to have at their wedding. Cupid has some tips:

**1. You couldn’t imagine it without them:** The first thing you should consider when deciding on guests is what the wedding would be missing without them. Consider looking at wedding photos 10 years down the line. If you want to see them in the memories, invite them to the wedding.

**2. You’ve known them for a long time:** Next, you should think about the people who have been present in your life the longest. Usually these are the people who will still be in your life long after the wedding!

**3. You attended their wedding:** If you still have room for more guests, invite those who invited you! If you were special enough to be in their wedding, return the favor!

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# Mandy Moore Discusses Happy Ending with Husband Ryan Adams



It looks like there's at least one celebrity couple we can count on. After two years of marriage to musician Ryan Adams, Mandy Moore is still very much in love. The actress and singer recently told [People](#), "I feel very supported and loved and at peace ... I got my own little happy ending." And for Moore, happiness is found in the little things. After mentioning how "nerdily obsessed" she and her hubby are with their two cats and dog, the actress added, "We're big homebodies ... We never want to leave [the house]." **How do you have fun staying in for the night?**

## Cupid's Advice:

Going out on the town can be exciting, but sometimes you just

need to chill out at home. Here's how to make the most of staying in:

- 1. Be romantic:** Just because you're staying home doesn't mean you have to forgo romance. Cook an extravagant dinner for your partner, and then snuggle while you watch a corny movie.
  - 2. Go old school:** Dust off that old game of Chutes & Ladders or Monopoly and go wild. A retro game night will help you bond.
  - 3. Get close:** Are you usually too busy or too tired to get quality intimate time with your partner? Use this opportunity to try new things in (and out) of the bedroom.
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## Jessica Simpson to Marry Eric Johnson Without Prenup?





After dating for only six months, Jessica Simpson and former NFL player Eric Johnson announced their exciting decision to walk down the aisle together. The couple's newest announcement? According to [PopEater](#), they're doing it without a prenup! This isn't the first time Jessica Simpson will put on a wedding dress without signing the agreement. In her past divorce from Nick Lachey, who just days ago announced his engagement to Vanessa Minnillo, Jessica Simpson lost \$10 million dollars for saying "I do" without a prenup. The singer's father, though very happy for the two of them, does not want to see his daughter make the same mistake twice and plans on trying to change her mind when the excitement dies down. But for now, the couple is running on love!

### **Should you get a prenup when you get married?**

**Cupid's Advice:** Like many other couples in love, Jessica Simpson and Eric Johnson don't think a prenuptial agreement will be necessary. Cupid has some instances where it may be a healthy choice:

**1. You're wealthier:** Believe it or not, having more money than your partner and insisting on a prenup doesn't make you selfish! It's a harmless way to guarantee that he is marrying you for the right reasons and isn't interested in your bank account.

**2. You've been married before:** If this isn't your first venture down the aisle, the situation becomes more complicated. If you have kids from a previous marriage, a prenup can ensure that when/if you pass away, everyone in your family receives their share of your assets.

**3. You don't want the stress:** Money issues are one of the most common reasons for divorce. A prenup can help to halt the stress. If you're fighting less, you're most likely never going to have to use it!

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## Former DWTS Pro Julianne Hough Speaks Out About Boyfriend Ryan Seacrest





Former *Dancing With The Stars* pro Julianne Hough is finally speaking out about her relationship with Ryan Seacrest, reports [Us Weekly](#). On *The Ellen DeGeneres Show*, Hough gushed, “Oh my gosh, he’s phenomenal. He’s really romantic. He’s not even in town, and I got in my car and there are flowers everywhere.” And it looks like things are getting serious because Ryan Seacrest has met her parents! “Everyone’s like, ‘Oh, you met the folks!’” she says. “It’s like, ‘I don’t know. Both of our folks are like our best friends so when we hang out, it’s more like hanging out with friends.’”

**What can “meeting the parents” mean in a relationship?**

### **Cupid’s Advice:**

Meeting the parents is a huge step in a relationship. Here are some reasons why your partner may decide to introduce you to their family:

**1. To see if you get along:** If your partner introduces you to their folks, it usually means they see a future with you and want to see whether you fit in with their family.

**2. To test you:** While meeting the parents usually means your mate is serious about you, it can also be a test. If they’re unsure if you’re the one, they may ask their folks to weigh



in.

**3. To share a part of them:** Family is an extremely important part of who we are. By showing you where they came from, your partner is signaling that they want to get to know you on a deeper level.

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## Dating: First Impressions – Part II



By Alex V. of The

Urban Dater

Reality. If reality was an actual person, I'd probably punch it in the neck. Why? Sometimes, or most times (depending on how much baby Jesus thinks I suck) reality really is a jerk.

Only sometimes, though.

I'm a dork, I gigantic geek bag! It's true. No, really, it is! I was a nerd before it was cool, dammit! However, there's just no helping a person's uninformed perception aka ignorance. You see, being a dork and an odd ball, dating women was often lost on me. No women wanted to date a geek like me, I thought.

You never heard about Dustin Diamond dating a hot girl, now did you? If you did, surely you chuckled at such a ridiculous rumor. However, the coolness of nerds and geeks has sky rocketed over the years, with shows like *Beauty and the Geek* and the rise to stardom of actors, like my hero, Seth Rogen.

Seeing that, the king of chubs and geeks, Seth Rogen was dating super-hottie Lauren Miller, for, at the time, four years, gave me hope that a geek like me could find a hottie of my own as well; and found one I did! The nerd wins!

My girlfriend, I tell my friends, is a lot prettier than a dork like me deserves. I'm sure Seth Rogen felt the same way, too! Once we get passed the looks and the superficial associations and self-stylings, we're all looking for love, ultimately. It's not just about looks, after all. Right?

There was something about this person that made me fall for her, many somethings, if you will.

- The person has got to make you laugh. No question about it. The women I've loved were the ones that made me laugh. No doubt about it.
- Are they open minded? Is your would-be partner in crime willing to pony up when you want to go on an adventure?
- Will they help you clean your place after a raging party at 3am? Just having the support is important.
- Do your friends like your significant other? This, by far, has been the biggest difference for me. Most of the women

I've dated, my friends didn't get along with. With my girlfriend, now, all my friends simply adore her. They would probably dump me, if I dump my girlfriend!

– Do they make you believe you can do anything? My girl does. She's my biggest fan; my biggest cheerleader. The girl supports all of things I'm working on... That's huge. Seth Rogen? You better believe he needs a cheerleader after a box office bomb... I'm just sayin'.

It's pretty amazing what becomes clear once we set perceptions about beauty and status aside. No?

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## **Real Housewives of O.C.'s Tamra Barney Talks New Boyfriend, Eddie**





Tamra Barney has a surefire plan for getting over her breakup blues, and it involves two new b's: a boyfriend and a BMW. *The Real Housewives of the O.C.* star recently told [Us Weekly](#) that she's been seeing a man, Eddie, who bought her the new car for her birthday. Tamra Barney began her new relationship about a month after her and her husband, Simon Robert Barney, filed for divorce in January. **After an ugly divorce, what are some things you should consider before dating again?**

#### **Cupid's Advice:**

For some, the fastest way to mend a heartbreak is to fall in love again. But before you jump back into the dating pool, figure out why you left it in the first place. Cupid has some things you may want to consider:

- 1. Are you ready to date?:** If your friendships, finances, professional life and/or emotional health are still bruised from your breakup, you should work on recovering before you bring someone else into your life.
- 2. What do you need to work on?:** Like relationships, breakups are rarely one-sided. Consider what personality flaws or bad habits you brought to the table in your last relationship and work on fixing them.
- 3. What are you really looking for?:** Many people end up dating

the same type of person over and over again. Decide what qualities you actually want in your next partner, and actively seek out people with those traits.

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## Expecting 'Bachelor' Couple Jesse Csincsak and Ann Lueders Go Hiking



Former *Bachelor* winner Jesse Csincsak and his pregnant wife, Ann Lueders, still find ways to stay active and healthy together, [People](#) reports. Lueders, who used to jog daily pre-pregnancy, has swapped her jogging sneakers for hiking boots as her and her husband take their two Siberian huskies on two mile walks. Now in her third trimester, Lueders and Csincsak have toned down the level of exercise in their lifestyle, but they

haven't cut it out all together.

**What are some fun ways couples can exercise together?**

**Cupid's Advice:**

Studies have shown that couples who exercise together, stay together. Being fit and healthy isn't just good for you, but for your relationship as well:

**1. Walk it out:** Take a tip from the *Bachelor* couple, and get moving. Walk, jog or hike. Whether it's with the dogs, around your neighborhood or a trip to the state park, the quality time you spend together is irreplaceable.

**2. Make goals:** Set goals together, and watch each other accomplish them. The support and dedication to make each other succeed will create a stronger bond.

**3. Challenge each other:** Sign up for your city's 2011 marathon, and train together. There's nothing more important than a support system. Teaming up with your partner and getting through a challenging event together, can only help strengthen your relationship if you face bigger obstacles down the road.

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## **Singer Duffy's Lyrics Show a 'Hopeless Romantic'**







Duffy's new album *Endlessly*, out Dec. 7, shows a new side of her: the hopeless romantic. The 26-year-old Grammy winner told [People](#) she was looking for love when she wrote the title track on her album. "I had a piece missing. I thought, 'Who am I going to have those special moments with?' I needed some arms around me." Duffy found what she was looking for in September 2009 when she began dating rugby player Michael Phillips. "The story is yet to be finalized," she says, "but it seems like a happy ending."

**How can you tell if your romantic notions are realistic?**

### **Cupid's Advice:**

All of us tend to ignore reality sometimes and instead focus on the romantic, idealistic side of love. Here's how to tell whether your ideas about love are realistic:

**1. Life is no fantasy:** If you're waiting to ride off into the sunset with Prince Charming, you'll be waiting a long time. Keep in mind that no relationship is a fairytale.

**2. Look around:** Do you know a perfect couple who never fights and does romantic things together all the time? If you can't find a real-life example, it probably doesn't exist.

**3. Be open:** Don't let your unrealistic expectations keep you from meeting people. Just because he doesn't meet all of your criteria doesn't mean he couldn't be the one.

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## Best Selling Relationship Author John Gray Discusses 'Venus On Fire, Mars On Ice'



By Kari Arneson

It's no wonder that relationship therapist and healthy living coach John Gray, Ph.D., is the best-selling relationship author of all time. His enlightening, instructive and hugely popular Mars-Venus series has sold more than 50 million books, including 1992's groundbreaking *Men Are From Mars, Women Are*

*From Venus*, which was the *New York Times*' number one best-selling book of the last decade. But Dr. Gray's quest to help men and women understand and appreciate their differences is far from over. The latest addition in the series is *Venus on Fire, Mars on Ice: Hormonal Balance – The Key to Life, Love & Energy*. Dr. Gray says, "This is not only a fun book, but highly informative, explaining the importance of hormone balance in order to have good relationships."

**How can hormonal balance help improve your relationships?**

**Cupid's Advice:**

Hormones affect everything from your libido and moods to health and energy, and even stress levels. In his new book, Dr. Gray writes that the differences between the sexes and how they relate to each other are managed by hormones. See what Dr. Gray has to say on the topic:

**Can you explain the meaning behind the title and cover art of your latest book?**

The meaning behind the title and cover art of my latest book, *Venus on Fire, Mars on Ice*, is that the differences between the sexes and how they relate to one another are biochemically based. The differences can be explained by their hormones. Without an ample supply of these hormones, our bodies suffer both mentally and physically. In this book you will learn new tips and knowledge of how the stress hormone can harm our health and relationships, how achieving hormonal balance will improve our lifestyles as well as relationships, and the importance of superfoods and how good nutrition can replenish our hormones.

**In the book you talk about the importance of eating "superfoods" and avoiding processed foods. What impact does food choice have on hormonal balance, and in turn, on things like stress and happiness?**

Processed foods are deficient in the natural fibers that would normally slow the release of sugar into the bloodstream. Sugars that are added to products cause blood sugar levels to fluctuate. Processed foods are deficient in minerals, vitamins and good fats. Superfoods provide the nutrients we need for optimal health and vitality. In order to enjoy more stable blood sugar levels, we need to cut back on the sugar and processed foods and eat more unprocessed foods. This will allow our hormone factor, the adrenal gland, to produce feel-good hormones and reduce stress.

**You talk a lot about stress and how to deal with it. What kind of effects does stress have on people and what is your best advice to manage it?**

Stress inhibits the product of healthy hormones resulting in sugar cravings, which causes excess free radical damage to the arteries, which results in strokes and heart disease. Avoiding processed foods and limiting sugar intake will help reduce blood sugar spikes. It is important to eat superfoods that work synergistically to provide the extra nutrition our brains require to cope effectively with stress. These superfoods also compensate for our nutritionally deficient food supply. Superfoods are those that have been used by different cultures for thousands of years and are known for their extra-nutritional benefits. They are super rich in amino acids, good fats, vitamins, minerals and medicinal phytochemicals.

**What kind of benefits can a person expect from hormonal balance and what's your best advice on how to achieve it?**

Getting to the root cause of hormonal imbalance is the key. When blood sugar fluctuates it uses cortisol to raise blood sugar. This causes adrenal burnout. When the adrenal gland is making cortisol it stops making testosterone, progesterone and estrogen. This causes women to have hot flashes, mood swings, depression and waking in the night. Along with PGX to

balance blood sugar, maca, the Peruvian herb, will stop hot flashes in a couple of days. It will also lower stress in men and women and help balance hormones.

The body requires a steady supply of blood sugar to make serotonin. Stabilizing blood sugar is as least as important as balancing hormones. Blood sugar is the lynchpin in terms of understanding the effect of brain chemistry on relationships. We have found that blood sugar is more important to women than it is to men.

As the brain functions it needs to draw steady supplies of energy in the form of sugar or glucose from the blood. Without ready access to blood sugar, a brain under stress can't make the serotonin it needs to relax and feel good again. Any time blood sugar surges too high or drops too low, brain chemistry is immediately thrown out of balance.

The issue is most critical for women because they tend to deplete their supplies of serotonin more easily than do men. There's more women in the workplace today and they are making testosterone and less of the stress-busting oxytocin they need. This results in skyrocketing rates of cortisol, the stress hormone. It is important to maintain a diet that supports a steady level of blood sugar.

***Men Are From Mars, Women Are From Venus* was hugely popular and really seemed to resonate with a lot of people. What do you think it was about the book that people identified with? What would you say is the overall message and what can women in particular take away from the book?**

I wrote *Men Are From Mars, Women Are From Venus* to help men and women understand their differences. The genders come from worlds practically next door to one another, yet – in many ways – they may as well have come from opposite ends of the solar system. Men and women came away from the book accepting their differences.

**Do you have any more books, seminars, videos, etc. in the works?**

My PBS special, *Venus On Fire, Mars On Ice*, is still airing across the United States and has been very well received by people. I also host three-day transformation weekends at my home in Mendocino, Calif. Stay tuned for a major motion picture to be released and another book soon.

To purchase Dr. Gray's latest book *Venus on Fire, Mars on Ice*, visit Amazon. To learn more about Dr. John Gray and his books, seminars, relationship coaching, and other upcoming projects and events, visit [MarsVenus.com](http://MarsVenus.com).

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## **Dating: First Impressions – Part I**







By Taylor Cast of

## The Urban Dater

First impressions are incredibly important, and even more so when it comes to dating. People make a snap decision when they meet someone if that person is going to be a friend or potential date. Instant decisions are an innate process in us, and most of the time we don't change our mind. I have met men who in theory are exactly what I want, but they failed to impress, and I lost the urge to pursue dating them. Or men who in their dating profiles are good looking, they have great "stats," and then they misspell something. For example, the last guy to message me said in his profile that he is "very intelligant." Afraid not pal.

When we first meet a person we size them up, make judgments and decide if this person is going to get us naked. My roommate will not date a man who shows up with dirty shoes. So if his white sneakers have the slightest tinge of dirt on them, she is done with him. I eliminate men based on their literary knowledge. It may be silly, but we all do it. A guy friend of mine wouldn't even entertain the idea of dating a brunette, because blondes were his "thing." We decide that a person isn't for us based on that first minute or so.

Now pretend you're a famous celebrity: a star whom the world

knows. Every detail of your life is published for the masses to consume. Oh, and you're single. No, thank you. I can't imagine what it is like to date as a celebrity, where most of the public thinks they "know" you. To have all of those preconceived notions out there about you and then to meet someone and show them who you really are. How difficult must it be to be Jennifer Aniston? Most of the public pities her for the end of her marriage and inability to find a partner. Can you imagine what it's like for her to meet someone and go on a first date?

Dating is difficult enough, but to have the obstacle of being incredibly famous must at times feel like an incredible burden. I'm sure Jennifer Aniston has her own ideas of what she wants in a man, and first impressions must count ten fold to her than any of the rest of us. That man has to follow in the steps of Brad Pitt. BRAD PITT. I don't know if there could be bigger shoes to fill.

*For the second part to this series, visit us on Thursday for The Urban Dater's male perspective from Alex V.*

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## Sources Say Prince William and Kate Middleton Are Engaged





Hearts are breaking all over the world. [Us Weekly](#) reports that “after eight years of dating and two brief splits, Prince William and love Kate Middleton will finally tie the knot next year.” Due to Prince William’s wedding jitters, Kate Middleton agreed to wait after making a secret pact to marry three years ago while the royal couple were on vacation in the Seychelles. While the palace representative refuses to comment on the matter, sources are claiming, “The engagement will be announced in 2011.”

### **What are the benefits to a secret engagement?**

#### **Cupid’s Advice:**

You’ve said ‘yes’! Now what? There are many ways to celebrate your engagement, and keeping a secret is just one of them:

- 1. Avoid the Q&A:** The engagement period is meant to be a special time between you and your fiancée. Keeping it a secret can help keep both of you relaxed while avoiding never-ending questions from friends and family.
- 2. Keep family peace:** Unfortunately, your family won’t love just anyone you bring home. If you’re certain that your current mate is “the one,” keeping your engagement a secret will keep the peace.

**3. Easily elope:** While it's been said that every girl dreams of the day she walks down the aisle, most people forget about the months of chaotic planning. An alternative choice is to remain mum and elope! Just be sure to send out a beautiful photo to friends and family who missed out.

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## Chris Evert Talks Divorce Recovery



After her divorce from pro golfer Greg Norman, tennis champ Chris Evert needed some time to get back on her feet. The two were married for just 15 months before separating last year. Chris Evert told [People](#), “I spent the summer in Aspen healing.” The athlete’s whirlwind romance with Greg Norman left little time for her family. “I was traveling a lot and just not around... My kids are dynamos and needed their mom,” she said, referring to her

three sons from a previous marriage. “Things are back to normal, and my sons are my first priority,” she says. **How can you heal after a divorce?**

### **Cupid’s Advice:**

Divorce represents not only the breaking up of a relationship, but the end of life as you know it. Cupid has some tips on how to pick up the pieces after a divorce:

**1. Feel your pain:** Healing after a divorce doesn’t mean putting on a brave face and pretending everything’s great. Recognize that you are in pain, and don’t ignore your feelings.

**2. Take responsibility:** Stop blaming your ex for everything that went wrong with your relationship, because it always takes two. You can begin the healing process when you accept responsibility for your own actions.

**3. Talk to family and friends:** After her divorce, Chris Evert found comfort in spending time with her children again. Lean on friends and family after a breakup to help you cope.