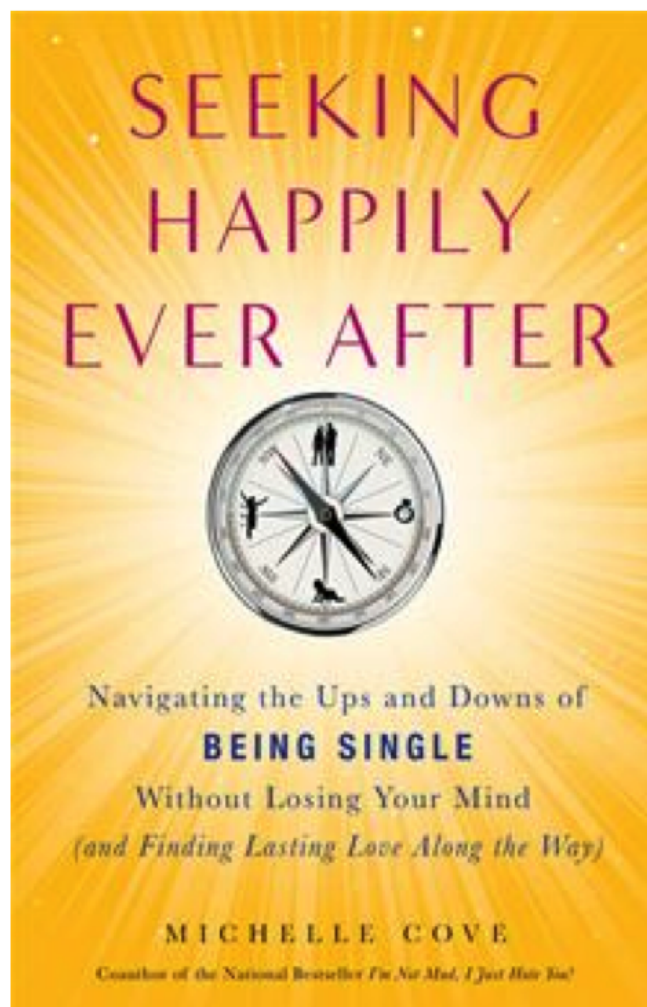


# Michele Cove Discusses Film and Book, 'Seeking Happily Ever After'



By Veronica LaRoque

From reality dating shows to speed dating events to eHarmony commercials, it seems like everyone is in a race to the altar.

Today's society might make it seem like being single is not an option and that it's just a phase until you find "the one." [Michelle Cove](#) documented people on their journeys to find love in her new film, *Seeking Happily Ever After*, and inadvertently found gourds of proud singles out there.

In her companion book *Seeking Happily Ever After: How to navigate the ups and downs of being single without losing your mind (and finding lasting love along the way)*, Cove explores why there have been more single women than ever lately, while allowing single women to reclaim their own stories. With wit, humor and sage advice, Cove uses others' stories to answer questions raised during filming and creates a self-help book expressly for women who are single and loving it.

**What are the advantages of being single?**

**Cupid's Advice:**

Cupid learned all about why women are single and what they can do to make themselves happy by finding true love – if they're looking for it. See what Michelle Cove had to say about her movie and book:

**How did filming *Seeking Happily Ever After* lead you to writing this book?**

The film poses questions about this phenomenon and allows viewers to come to their own conclusions. When the film was completed, I wanted to go a step further and try to answer some of women's pressing questions that came up during filming—and to create a self-help book that didn't lump single women into one giant category of "desperately looking for a husband," like so many other books out there.

**Before filming *Seeking Happily Ever After*, you had written a book called *I'm Not Mad, I Just Hate You* about mother-daughter**

**relationships. How does that book compare to your first?**

*I'm Not Mad, I Just Hate You* was a book that helped mom teach their teen daughters how to handle conflict. It was a book meant to empower women by giving them concrete strategies that they could then pass on to their daughters. *Seeking Happily Ever After* is a book that strives to empower single women by helping them tune into their own needs and block out all the "noise" and pressure to get married. I think most of my projects, in one way or another, challenge women to explore their choices with thoughtful intention.

**What kind of problems do you address in the book?**

I give women the tools they need to figure out what they want for themselves in a relationship, which isn't easy in a culture obsessed with weddings. I also give them scripts to use to deal with family members, friends, colleagues and so on who treat their single status like a problem to fix. Also, I answer practical questions like, "I worry about being alone and getting sick. What can I do?" and "What do I need to know about traveling on my own?"

**In the book, what is your view on being single?**

The book is divided into 12 types of singlehood, such as "The Organic," who wants to meet a guy the old-fashioned way (by chance), but friends and family insist she'll end up alone; "The Late Bloomer" is the single who refuses to live life to the fullest now, but rather is waiting because she wants to enjoy her dreams with a husband. Then there is a chapter on "The Trailblazer," and this is the woman who has no interest in marriage and is sick of having to defend her decision. She has the challenge of carving out her own path, and I give women in this category tips for being able to create a new path even as others tell them their choice is wrong.

**What advice do you have for single women out there?**

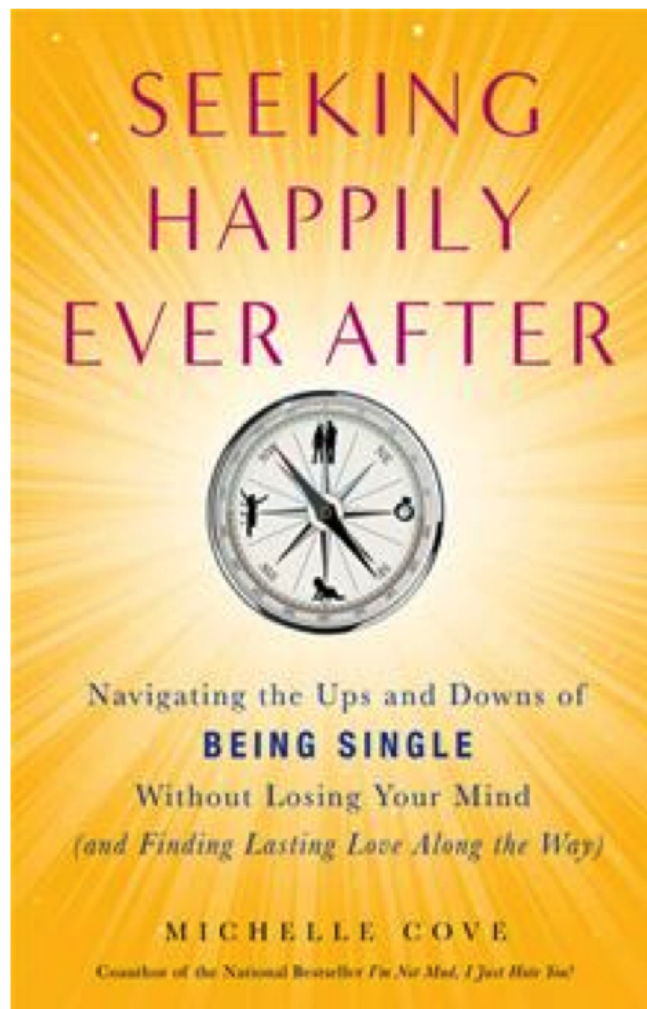
We are taught pretty early that happiness is “married with two kids and the white picket fence,” and many of us buy into this “happily ever after,” whether it fits us or not. I think women need to learn how to tune into their own voice and figure out what their own happily ever after looks like right now, whether it’s the conventional route or not, and how to get it. I also think we need to appreciate that our “happily ever after” notion will change over time, and it should. Our needs change over time, so we need to tune into these needs and explore them consistently.

Cupid thanks Michelle Cove for her time! For more information on the author, visit [www.seekinghappilyeverafter.com](http://www.seekinghappilyeverafter.com).

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## **Avril Lavigne Parties With Boyfriend AND Ex**





If you think you and your new beau can't be friendly with your ex, think again. [People](#) reports that Avril Lavigne and boyfriend Brody Jenner recently partied with Lavigne's ex-husband, Deryck Whibley of Sum 41. Even with her ex nearby, the pop star and her reality-TV boyfriend couldn't keep their hands off of each other at the Hollywood club. Reports say that Lavigne, 26, and Jenner, 27, were kissing and snuggling up to each other all night after Whibley, 30, spent some time chatting with them at their table. The PDA-friendly twosome have been together since the spring. Here's hoping that the couple that parties together (with an ex), stays together!

## How friendly should you be with your partner's ex?

### Cupid's Advice:

While it might seem difficult to befriend the person who let your partner go, there might be some benefits to being friendly with your boo's ex. Cupid has some tips on exactly how friendly you should be:

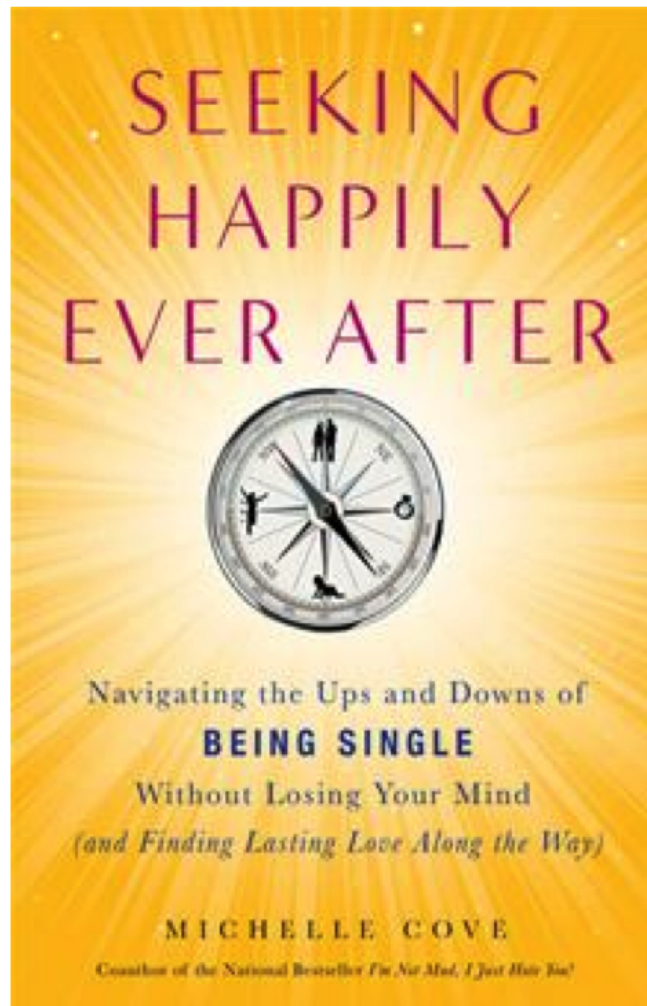
**1. Watch and learn:** Use your sweetie's relationship with his or her ex as a guide to show you how friendly to be. It won't do any good to become best friends with the person your partner swore to never talk to again.

**2. Don't get discouraged:** Befriending your mate's former flame provides a great opportunity to commiserate about your partner's bad habits and stupid jokes. But don't let the ex poison your mind when they talk about your partner's role in the failure of their relationship. Every relationship is different, and history doesn't always have to repeat itself.

**3. Keep a safe distance:** An ex may befriend you or your partner because they still have some leftover feelings for your beau. Make sure to keep them at arm's length, and learn their true intentions before being too welcoming.

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## Bradley Cooper and Renée Zellwegers' Cold Outing



Longtime couple Renée Zellweger and Bradley Cooper were caught by paparazzi as they left restaurant Katsuya last week. Before dinner, the couple had attended CAA's Young Hollywood charity event at MyHouse, but refused to pose for photos. The cold atmosphere lasted the rest of the night, reports [E! Online](#). A source claimed that the couple were "not affectionate at all" during dinner, a claim bolstered by a video of Zellweger and Cooper leaving Katsuya. Cooper allowed

for another man to escort Zellweger down a staircase, and was blown off by Zellweger when he tried to open a door for her. Is there a possible reason for the couple's cold outing? "The studios aren't happy that their movie *Case 39* took so long to premiere," reports the insider. "They're trying to get publicity going." **How can you tell if your partner has ulterior motives?**

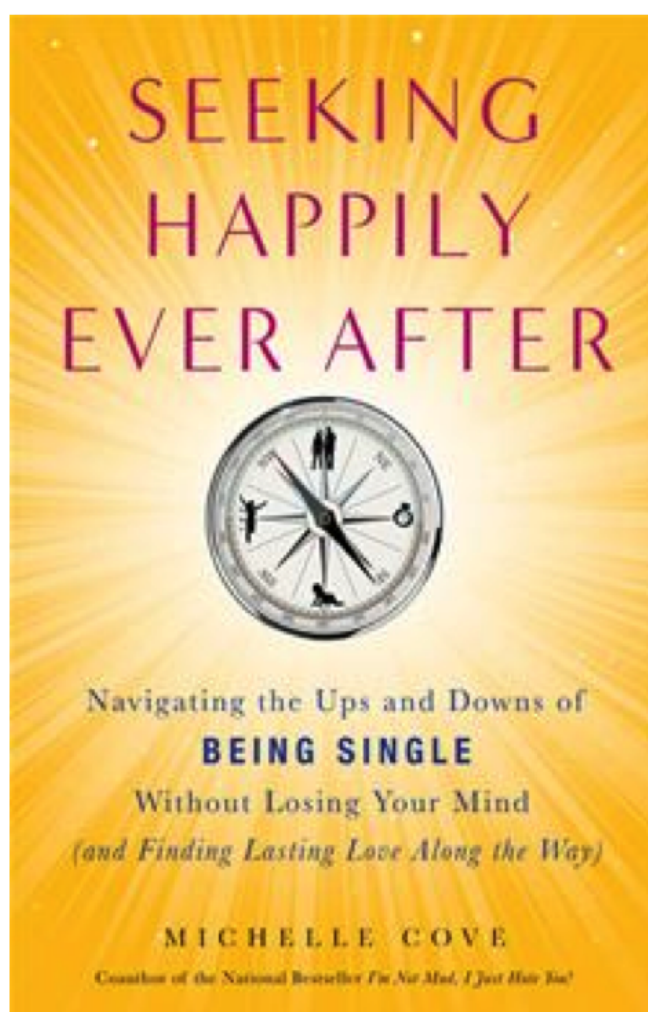
### **Cupid's Advice:**

If your beau has ulterior motives in your relationship, he is probably very clever, but he can't hide all of the signs of his deception. Cupid has a few that you should be able to pick up on:

- 1. He's not attentive:** The next time the two of you are out to dinner, see if he's really listening to what you're saying. If he frequently loses focus, it may mean that he's bored with the relationship and is only sticking around for other reasons.
  - 2. Favors:** If you find that you are always the one paying for meals, giving him rides and doing other favors for him, then it's time for a change. Talk to him about your worries, and if he stops mooching off of you, then you know he's honest.
  - 3. Pick-up lines:** Next time you're at a bar or a party with some friends, be careful about which guys you approach. The ones who immediately compliment your looks are probably only lustful.
-



# Rachel McAdams With New Beau Michael Sheen?



Actress Rachel McAdams has recently been spotted with *Midnight in Paris* co-star Michael Sheen, according to [People](#). The actress, who just finished work on the film clearly left an

impression on her costar! “All my scenes were with Rachel,” said Sheen. “Yeah, we had a great time in Paris. She’s a genuinely lovely lady as well as being stunningly beautiful and very talented so, you know, she’s got it all going on there.” The pair were spotted together at an after-party at the Toronto Film Festival, and were again seen later on in the evening holding hands as they walked around Toronto (McAdams’s home town).

**When should you take your relationship public?**

### **Cupid’s Advice:**

You have a new boyfriend, and things are going great. You are pressured to tell your friends and family, and feelings of insecurity and worry start to surface. Deciding when to make your relationship public can be difficult. Cupid has a few tips to help you take the next big step:

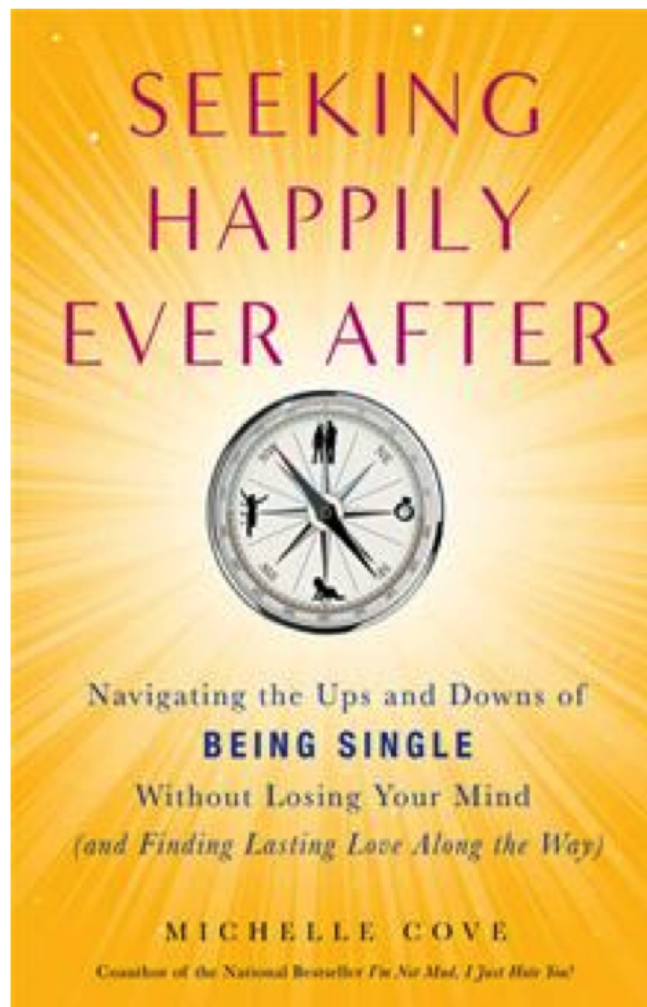
**1. Analyze potential:** Before telling your friends and family, make sure to analyze the relationship. Be brutally honest with yourself. Do you see the relationship going anywhere? It’s fine if you’re happy with a fling, but your parents might not be so thrilled.

**2. Get approval:** Before announcing your love to the world, try asking a handful of friends what they think. A true friend will point out things that aren’t obvious to you. But if your friends think you make a good couple, then go ahead and tell the world how you feel.

**3. Look at your pasts:** If you and your boyfriend both have a history of dating numerous people with little down time in between relationships, then take it slow. You don’t want people to get the wrong idea. Start the relationship off on the right foot, with all of your friends and family taking the relationship as seriously as you are.

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# Julianne Hough Denies Ryan Seacrest Engagement Rumors



Despite flying rumors, former *Dancing With the Stars* pro Julianne Hough and E! icon Ryan Seacrest are not headed down the aisle – yet. In fact, when asked about buzz that Seacrest proposed, Hough laughed and told *Entertainment Tonight*, “Well, that’s news to me, and I think it’s news to him.” Although the pair won’t be hearing wedding bells anytime soon, things do seem to be heating [up](#). In reference to the couple’s summer European vacay, Hough remained mum on matters of the heart, but did admit that one of the best parts of the trip was, “Eating, eating, eating, eating.” But for now, the wedding caterers are on hold. **Why is labeling your relationship important?**

### **Cupid’s Advice:**

Of course your relationship is more than a label, but there’s definitely some security in knowing what you are to the person in which you’re interested. Cupid has some reasons that putting a name to your relationship may actually be for the best:

**1. Convenience:** It can be confusing to the outside world if you refuse to label your relationship. The terms ‘boyfriend’ and ‘girlfriend’ may not mean a lot to you, but it sure does make it easier for everyone else if they know they can refer to you as a couple.

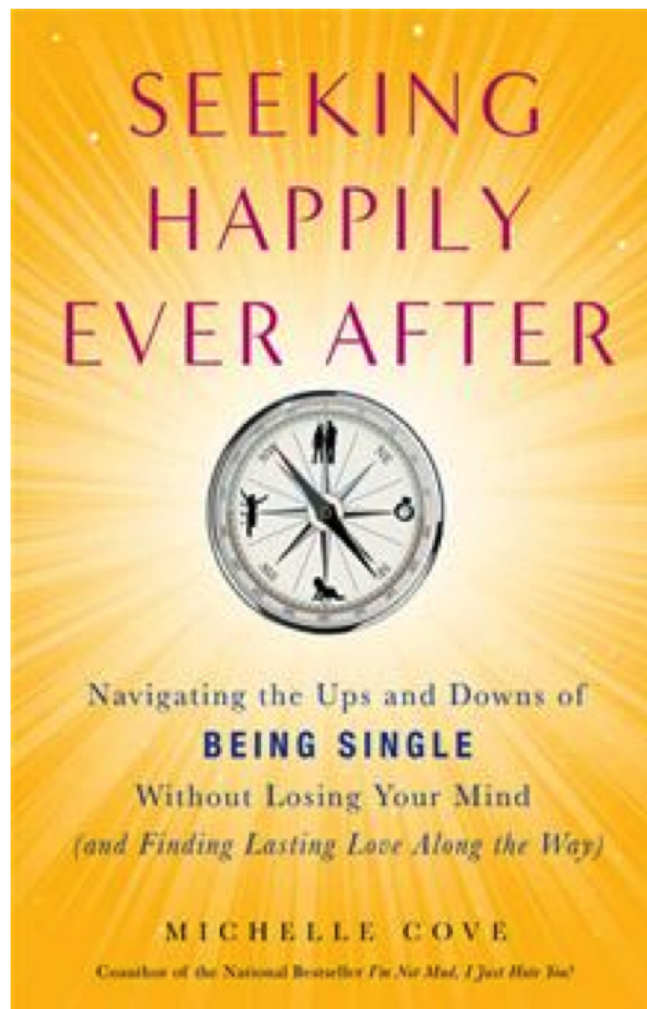
**2. Commitment:** Often with a new label comes a fresh commitment. If you’re not sure how your mate views your relationship, it can be tough to know how to act within it. Defining where you stand is a way to say, “I want you, and only you.”

**3. Security:** It can make you feel very insecure if you aren’t sure how to define you and your partner’s relationship. Moral parameters tend to get blurry, as you’re not sure what is allowed and what’s not: what’s right and what’s wrong.

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# Taylor Swift is Careful About Love





After a hectic couple of years, Taylor Swift graces the cover of *Glamour* Magazine looking like a new, more mature woman. And why not? In the past couple of years, the 20-year-old singer has had to deal with everything from a breakup with actor Taylor Lautner to Kanye West's infamous interruption at the 2009 VMAs. [HollyScoop](#) reports that Swift was especially open about her love life in her interview with *Glamour*, where she said, "I don't seem to have any real strategy or pattern when it comes to love... At times I've been really guarded and careful and afraid to trust someone. But other times, you want to jump in headfirst... I've been careful in love. I've been careless in love. And I've had adventures I wouldn't

trade for anything.” To hear even more of her honest opinions about life and love, check out Swift’s new album *Speak Now*, out October 25.

## **Can being too cautious hurt your chances at love?**

### **Cupid’s Advice:**

Past experiences can teach us to be wary of love, but being overly cautious might lead to missing out on great experiences. Cupid has some ideas about why you should never lose your childish enthusiasm:

**1. Have no regrets:** Taking chances when it comes to love means giving it your all and not holding back. If you’re too afraid to go for it, you might regret it for the rest of your life. If things don’t end up working out, at least you know you tried.

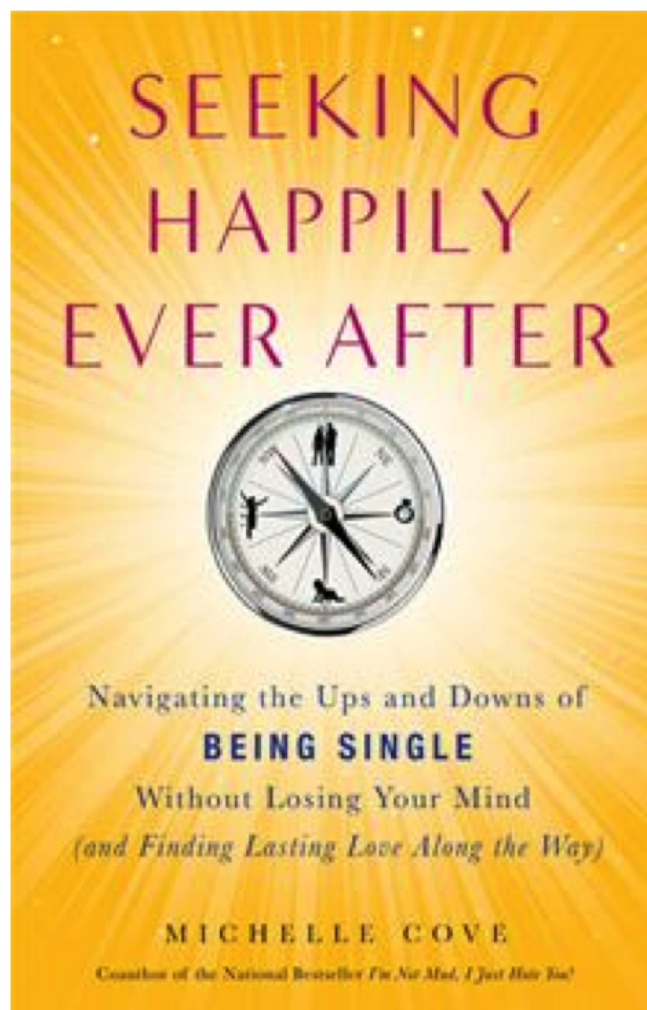
**2. Make a good impression:** Being overly hesitant might give the opposite sex the impression that you’re guarded or indifferent. Show you’re willing to take risks so people know that you’re dedicated to finding love.

**3. Don’t miss out:** Let’s face it: by playing it safe, you’re missing out on all the fun! You know those “adventures” Taylor Swift talks about? They’re what makes life exciting, so go ahead and take a chance!

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# Josh Duhamel Wants To Be a Dad!



In the romantic comedy *Life As We Know It*, Josh Duhamel plays a new dad, a role he says he'd love to have in real life. According to [People](#), Josh says that getting the chance to play



a father is what “initially drew me to” the role. During the New York premiere at the Ziegfeld, he opened up even more saying, that he has “always had a real fondness for kids.” In terms of his wife, he says, “She’ll be a great mom ... She got to meet [costar Katherine Heigl’s daughter] Naleigh on set. It was great.” Maybe this is a hint of what’s to come for him and Fergie in the very near future!

## **How do you know if your partner is parent material?**

### **Cupid’s Advice:**

Not everyone is as eager to be a parent as Josh Duhamel. Cupid has some ideas on how to find out whether your partner will make a good dad one day:

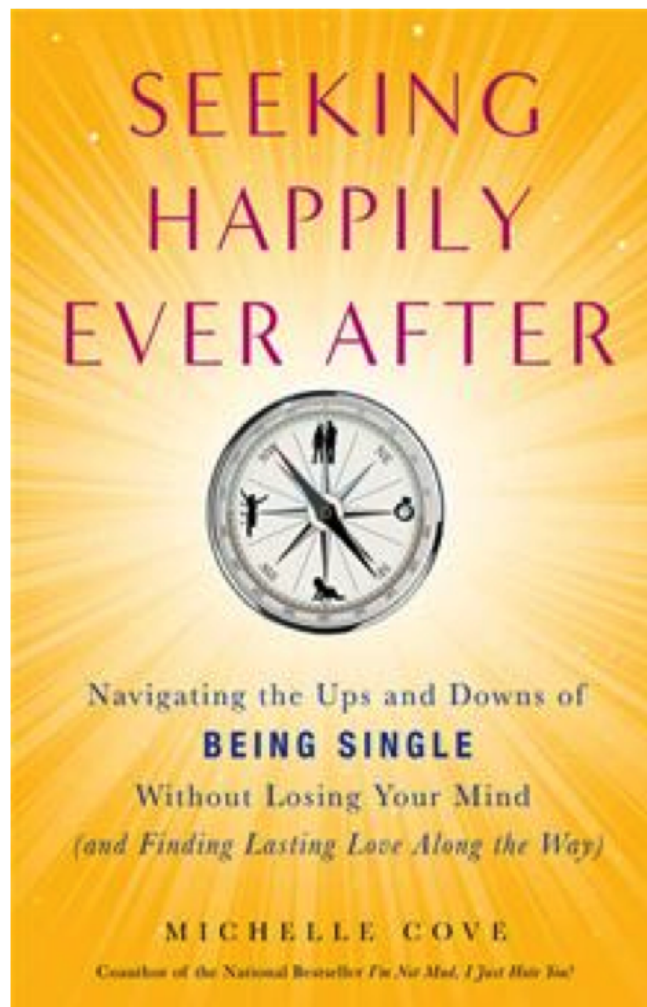
**1. Ask him:** The best way to determine if your mate is father material is to talk to him about it. Or, try asking him general questions like how many children he wants and at what age. If he gives you an answer right away, he’s probably considered it before and is open to the idea. If he gets a little freaked out, well that should be a clear sign that he’s not quite ready.

**2. Watch and learn:** See how he behaves around your other kids. If being around children comes natural to him he’ll most likely make a good daddy to his own. If he seems uncomfortable or indifferent around youngsters, it may be something you should further explore.

**3. Meet the parents:** Find out if he gets along with his parents. If he’s had a bad relationship with his mom or dad, he may need to work out some issues first before he can think about becoming a parent himself.

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# Heidi Klum & Seal Shoot Revealing Music Video



Seal definitely had a lot of fun making the music video for his new single "Secret," where he and supermodel wife Heidi Klum don their birthday suits – in bed! The single, off Seal's new album *Seal 6: Commitment*, is about he and his wife's relationship. "The song, the movie, it's the story of our love," said the 47-year-old singer. Klum, 37, told [Us Weekly](#), "I feel so lucky to have found my husband especially at the time when I did." The pair married in 2005 and have three children together, ages 5, 3 and 1. Klum also talked about what the song means to her. "It's the story of two people in love. My husband is what I always wanted and never thought I would have."

## **How do you know what qualities you need in a partner?**

### Cupid's Advice:

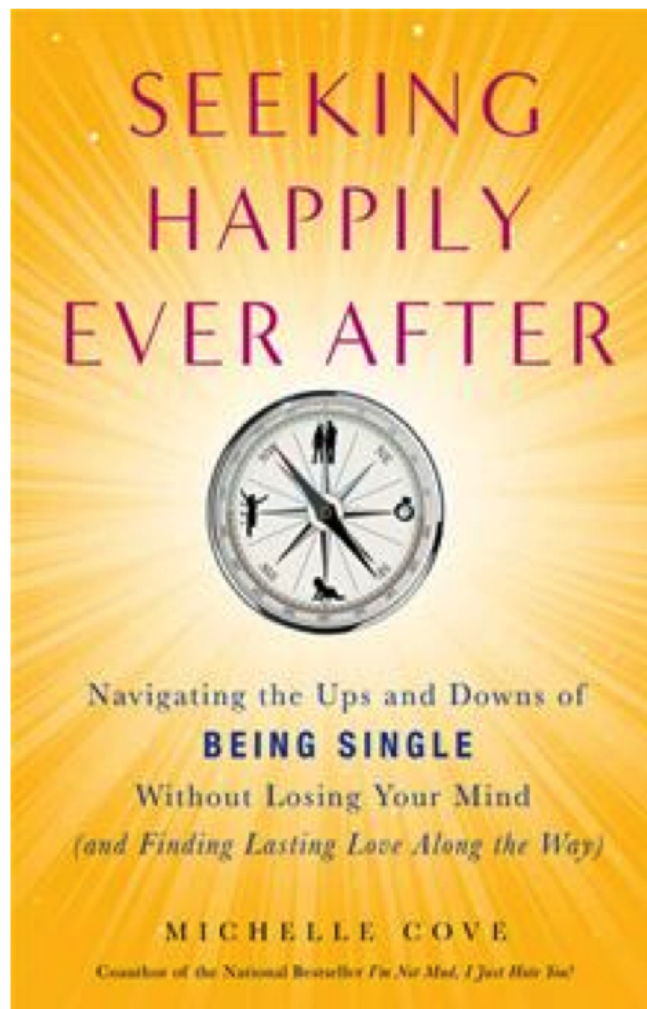
Finding "the one" can be tricky, so it's important to know what qualities you need in a partner if you want the relationship to last. Cupid has some ideas on how to figure out what traits to look for:

- 1. Look back:** Every relationship is a learning experience that gets you closer to finding Mr. Right. Use your past experiences to figure out what qualities you want (and don't want) in a future partner.
- 2. Use an example:** You know that couple that have been together forever and are still totally in love? Think about what makes their relationship last, whether it's honesty, communication, or a sense of humor, and keep those traits in mind.
- 3. Share goals:** Think about what's important to you and look for someone who wants the same things. While your partner doesn't have to have identical goals, being with someone who has similar aspirations and values will ensure a long-lasting relationship.

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# Jenny McCarthy Explains Split With Jim Carrey





Jenny McCarthy was full of explanations about her recent split with actor Jim Carrey on 'Oprah' this week, according to [People](#). The couple, who dated for five years, separated on friendly terms and still express admiration for one another.

"The first thing is, when it's not fun anymore, you need to start investigating and do an inquiry into the relationship," said the former *Playboy* model. McCarthy is at peace with the breakup, explaining, "I always got back on my feet, and I know especially this year who I am." But will the couple ever get back together? McCarthy admitted that she "didn't even think about" the possibility of rekindling her romance with Carrey.

## Is a relationship over when you stop having fun?

### Cupid's Advice:

There is inevitably a point in every relationship where the "newness" wears off. Things become more of a routine, and you have to work harder to keep your relationship exciting. Cupid has some things to consider:

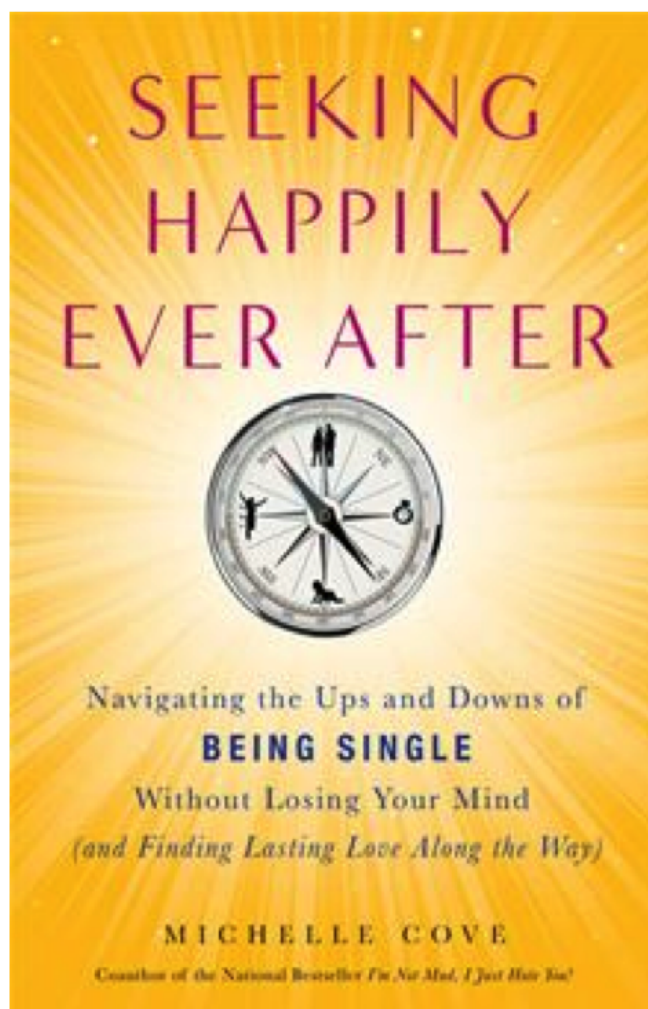
**1. Abandon ship:** If you deem the relationship completely unsalvageable, then resign yourself to a breakup. However, if you feel that the relationship could be saved, then devote yourself 100 percent to making it work.

**2. Rough periods:** All relationships have tough times, where it seems the two of you just can't connect. However, these periods pass, so be sure not to give up on the relationship too soon.

**3. Analyze the problem:** You need to ask yourself, "Why aren't we having fun?" If the answer is a problem such as money or stress, then stay strong. The problem will most likely pass. If it's a bigger issue, such as conflicting goals in life, it may be time to call it quits.

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## Is Melissa Rycroft and Tye Strickland's Baby a Boy or Girl?



Reality star Melissa Rycroft and husband Tye Strickland are getting ready to face a different reality by becoming parents. According to [People](#), the former 'Dancing with the Stars' contestant and hubby are taking the upcoming arrival of their little one in full stride. While the two wait for confirmation on the sex of their baby, Strickland has been doing whatever he can to make his baby's mama comfortable and feeling pretty.

## How can your beau help make sure your pregnancy goes as easily as possible?

### Cupid's Advice:

Nine months is a long time and can be quite emotional for the mother-to-be. Men will most definitely also face their share of apprehension and excitement, but let's face it, they aren't carrying around a bowling ball in their bellies and don't have to deal with stretch marks! Cupid has some advice for your beau to help him make sure your pregnancy is fun and not all labor:

**1. Attack of the hormones:** It's inevitable that at some point during your pregnancy your emotions will take over, and your husband will take a ride on a roller coaster of mood swings. Prepare him for this, and advise him to be as patient as possible. Tell him not take your moods personally!

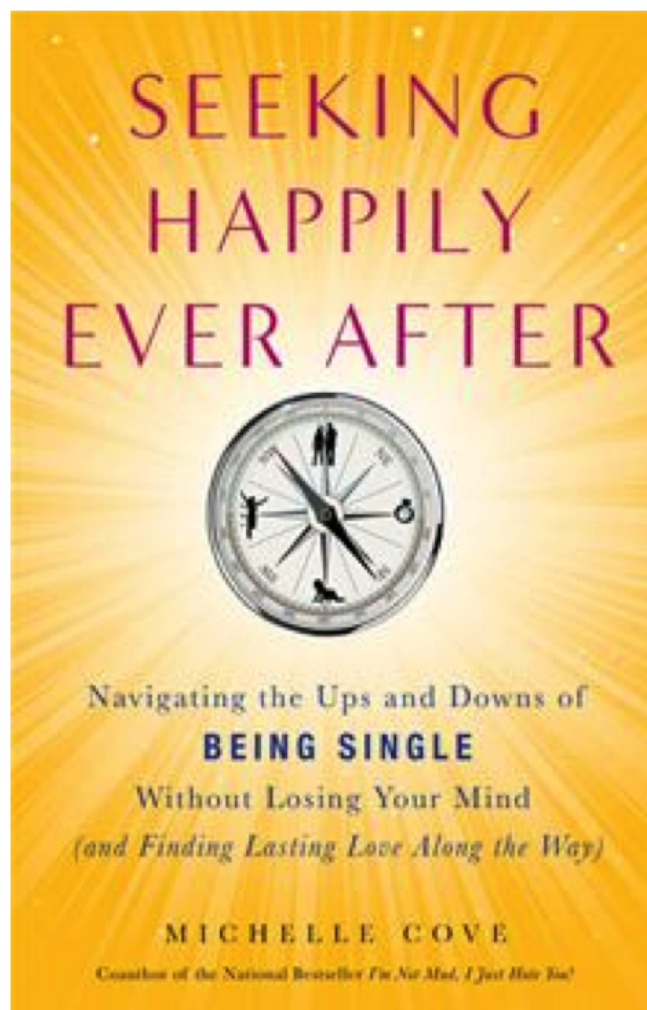
**2. Put her on a pedestal:** Men: get used to cravings, sore body parts and your wives dealing with sudden changes in her body. Remember, she's carrying your unborn child and deserves as much extra attention as possible.

**3. Become baby educated:** The more you know, the more you'll understand what your wife is going through. Plus, you'll be ready for the baby once it arrives. Try to go to as many doctor's appointments as possible so you can listen to the experts' advice on how to handle different stages of the pregnancy.

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# Spencer Pratt Shaves His Beard for Heidi



*The Hills* stars Spencer Pratt and Heidi Montag have had their share of ups and downs. After deciding to divorce, Pratt admitted to TMZ that he didn't take proper care of

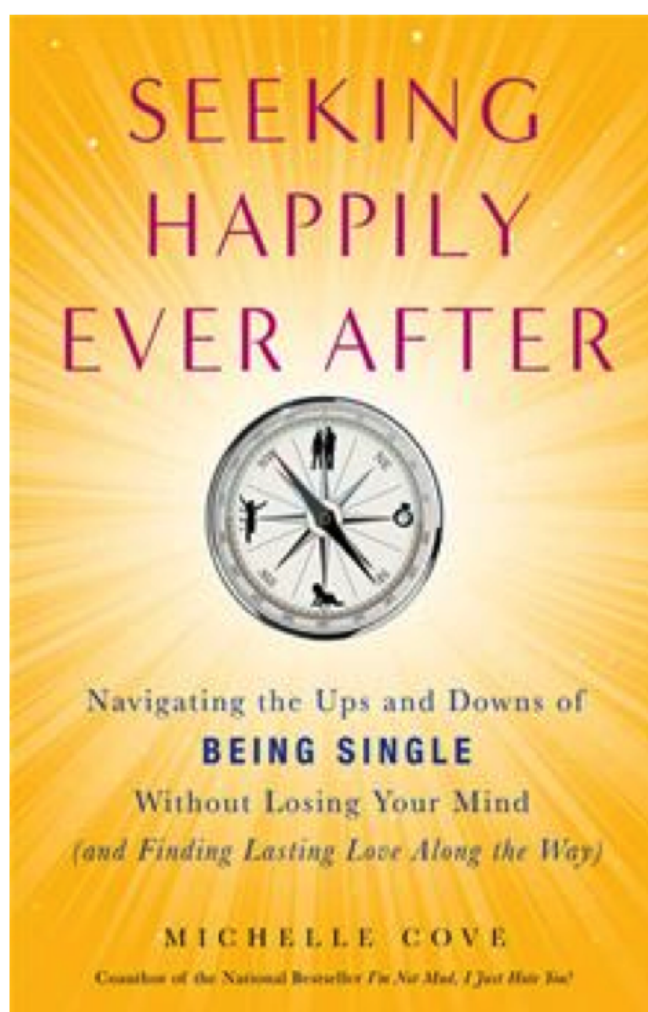
himself. [Digital Spy](#) now reports that he wants to clean up his image because the couple are “spending more time together.”

Shaving his beard seems pretty minor considering the changes his estranged wife went through for him. Multiple plastic surgeries later, Montag has bigger breasts, a thinner nose and fuller lips. But Pratt says he would [shave his beard](#) if it meant getting back together with Montag. “I’m really sorry to see it [his beard] go... For months it was my only friend, and a perfect place to save leftovers,” he joked. Pratt and Montag fueled reconciliation rumors after the pair were spotted together in Los Angeles recently. **Should you change your image for love?**

### **Cupid’s Advice:**

- 1. Be yourself:** If you find yourself changing your image just to please your partner, you’re probably in an unhealthy relationship. You should look the way you want to look. If your beau doesn’t like it, find someone who does.
  - 2. Get some therapy:** Sometimes people change their look after a breakup as a way to start fresh. Unless it’s something drastic that you’ll regret later, go ahead and get a new haircut or new wardrobe if it helps you get over him and move on.
  - 3. Do it for you:** It’s fun to change up your style, but the bottom line is that you should do it for yourself. Your appearance is a big part of who you are, so do what makes you happy.
-

# Nicole Porter Discusses 'The Break-Up Cookbook'



By Vicky Sullivan

In honor of National Singles Week, Cupid interviewed Nicole

Porter, the self-published author of *The Break-Up Cookbook*. This witty collection of recipes, stories, and quotes, is a must-read for singles everywhere. Though it is said that the way to a man's heart is through his stomach, the way to a woman's broken heart seems to have always been through the same vital organ. Being from Minnesota where the temperature can hit 40 degrees below 0, comfort food is in Porter's blood. Don't be fooled, however, because this book puts the "party" back into the phrase "pity party." In spite of dealing with issues such as the tragedy of a broken heart, *The Break-Up Cookbook* is nothing, but funny and optimistic.

Though Porter will never lose faith in love, she celebrates singles everywhere by recognizing their many achievements. "Now is the time to recognize what you wouldn't have done if you were busy worrying about someone else. For example, when I broke up with a guy a while back, I finally had the time to take salsa lessons. So I did. I ended up meeting the next guy there." Porter also suggests that singles take action by never waiting around for the next person to find them. "Everyday you have four missed opportunities. Try to take at least one of them. If you see a cute guy on the subway, go for it. What do you have lose? You will probably never even see him again," advises Porter. Be sure to pick up a copy of *The Break-Up Cookbook* as soon as possible because this is something every woman should have either on her nightstand or in her kitchen.

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

Sometimes it's hard to get back on your feet after a brutal break-up, but Cupid caught up with Nicole Porter to get some advice. See what the author had to say:

**After a break-up, what is the best chick flick to watch while eating your fabulous recipes?**

300 because you realize your boyfriend never had abs like

that. So why were you with him in the first place? It's even great with the sound off.

**Why do you think the way to a woman's broken heart is through her stomach?**

Girls always want to eat and talk, but I have never had a girlfriend want to come over [after a break-up] for a salad. If it's chocolate cake, then they will be over in 10.

**What are you looking for in a man?**

A guy who can make me laugh. Looks fade and money goes away, but the guy who can make me giggle is the one to look for.

**What break-up occasions go best with sweet treats? What about salty?**

The ones where you throw things – sweet. The ones where you cry – salty. If it's both, I recommend caramel corn.

**What is your personal favorite break-up recipe?**

It's a toss up between Lip Smack'n Mac n' Cheese and Flourless Chocolate Cake. I try to do just one or the other, but if it's really that kind of night, it's both. Invite friends. It's fewer calories that way.

**What would you say is the secret to a successful relationship?**

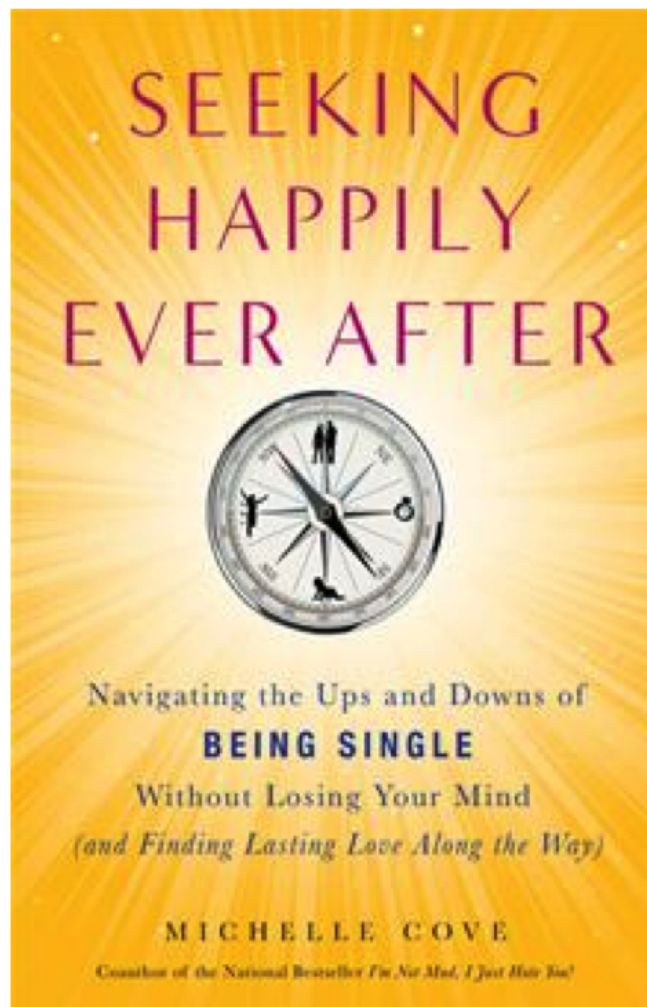
Something that is honest. You are only going to find that one person you are supposed to be with. The others just show you who you are, and it's with the last person that you can truly be yourself.

**Where is the best place to meet men?**

The grocery store, because there you can really tell if a guy is single or not. If he is buying meat, potatoes, and beer, he is single. If it's yogurt and chicken cutlets, he is taken.

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# 'True Blood' Star Joe Manganiello Brings Work Home



*True Blood* star Joe Manganiello, who plays a hunky werewolf on HBO's hit vampire series, jokingly announced that he sometimes brings his beastly role home with him to his girlfriend, Audra Marie. "I sniff you a lot. And I growl a lot when you ask me to do things, like clean up," Manganiello said to Marie at the preview of *Boardwalk Empire*. Marie doesn't seem to mind, according to [People](#), although she *does* draw the line at her beau coming home from the set in full werewolf makeup. **How can you make your career a positive part of your relationship?**

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

Although careers are often viewed as an obstacle in a relationship, it doesn't always have to be that way. Whether you are exchanging advice or telling each other jokes, being a positive support system when it comes to each other's careers is what leads to a strong relationship.

**1. Honey, I'm home:** No matter how late you return from the office or how frustrated you were with your boss, never let your issues at work get in the way of how you greet your partner at the end of the day. Keep things in perspective.

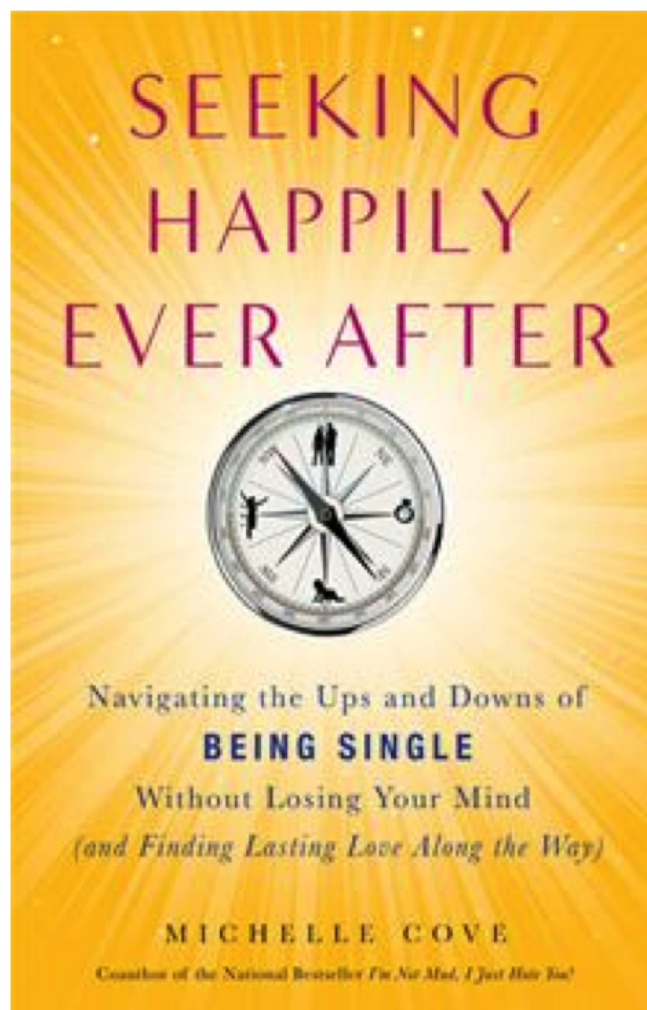
**2. Be each other's biggest fan:** Knowing that your partner is interested in and supports what you do is an amazing feeling. Don't forget to compliment them on their professional accomplishments. Celebrate!

**3. Listen and understand:** If your partner has to cancel plans at the last minute because of something at work, try not to take it personally. Never make them feel guilty because they would probably rather be spending time with you anyway.

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# Jennifer Lopez's new film: The Back-up Plan



With Zoe's (Jennifer Lopez) biological clock ticking away, she gives up on love and makes a plan to have a sperm donor create her family. No sooner is the in vitro process finished



and Zoe meets her soulmate, Stan (Alex O'Loughlin). The problem is, Zoe can't see past her personal love issues, which stem from a childhood where her mom died, her dad ran out, and her grandmother was left to raise her. Not long after discovering that her procedure was a success, Zoe begins falling for Stan. She struggles to hide her pregnant 'condition,' but eventually chooses to let him in on the truth, including the fact that she's having twins! Although Zoe expects Stan to run away, he steps up and expresses his desire to stick around. Anyone can fall in love but doing it backwards, in a nine-month window, with two kids on the way could stress out even the best of us.

**How do you find time for love when you have a busy schedule?**

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

Like most people, you probably take on more than you should.

You manage to get by, but would love to feel that you've accomplished tasks instead of just getting through them.

Cupid has some great ways to strike a balance:

**1. Put it down on paper:** The first thing you should do is write down your schedule on a calendar in advance. Then, mark your top priorities with easy-to-read bold colors. Staying organized is key!

**2. Share your activities:** If you and your partner have equally busy schedules and find that you never see each other, take an hour each week to compare notes. With effort and a little schedule juggling, you'll find some quality time to spend together.

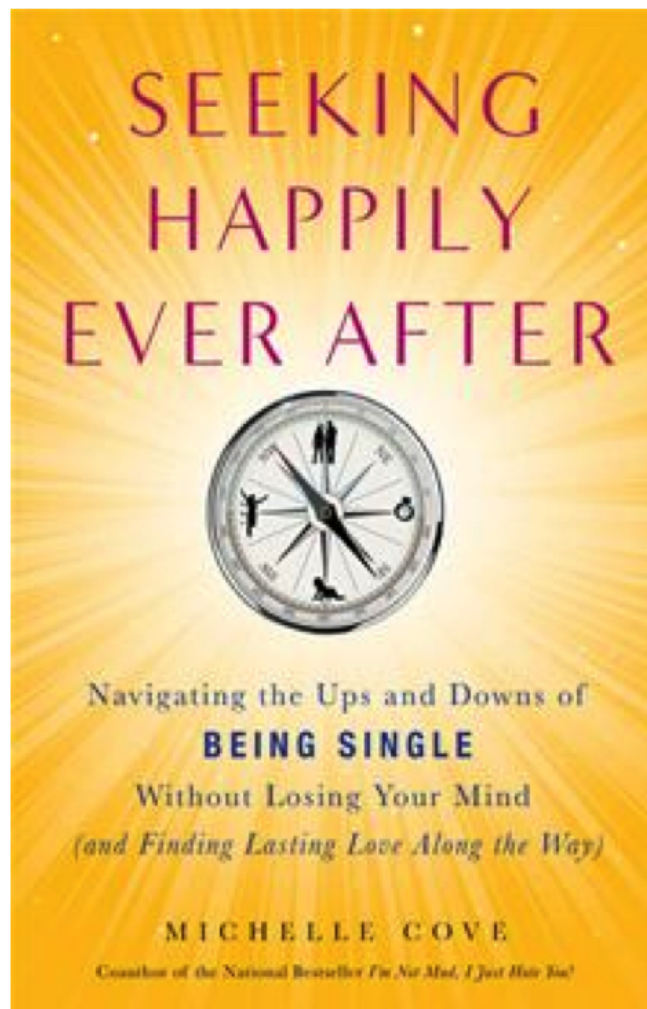
**3. Avoid distractions:** Sure, you may be tempted to watch a *Survivor* re-run with your beau even when you still have work to do, but it's best to resist, resist, resist! Losing focus and concentration in the middle of a project means it will

take even longer. Being efficient and completing tasks will give you quality time together.

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# SWR Blog Crawl-Step Outside Your Dating Comfort Zone This Fall





**2010 SingleWomenRule.com Blog Crawl for National Unmarried  
and Single Americans Week**

***September 19 – 25, 2010***  
***Day 2***

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**Today's Prize:** Visit [SingleWomenRule.com](http://SingleWomenRule.com) to enter to win one  
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Guest Post by *Melissa Braverman, Singlegalnyc.com*

Summer may be over, but there's no better time to heat up your love life than by stepping out of your dating comfort zone this fall.

Some of today's hottest celebrity couples got their start because one half of the pair made a bold move. During an appearance on Josh Duhamel's Las Vegas, Fergie walked right up to him and said 'I read you had a dream about me' for her opening line. Desperate Housewives' Marcia Cross first saw future husband Tom Mahoney at a flower shop and asked the owner to give him her phone number.

As a woman, making the first move isn't always easy – and, in some countries it hardly happens at all, as I've discovered during my European Dating Blitz. Over the last five weeks, I have traveled far out of my own comfort zone to explore what being single is like in six European countries. One recurring theme I've heard, especially in England and Ireland is that neither gender feels comfortable initiating a flirty conversation. "In Europe, people don't really want to make the first move," according to Fabrice LeParc, CEO of SmartDate.com, an online dating site that caters to both Americans and Europeans. "Here, it's not accepted for a woman to make a move. A smile is the most you can hope to get."

Part of the challenge in Northern Europe is single men tend to be reserved. "Men here are more on their guard and shy than in Spain, France and Southern Europe," observes France-born single Charlotte, 37. "They just come and say hello and start a conversation." Something that most British single women

don't feel comfortable doing. "I would never go and talk to someone in a bar and neither would any of my girlfriends," says London bachelorette Nichola, 34. "As a single girl, you would never go to a bar on your own."

When flirting does happen, sex happens more quickly without the so-called rules that are so much a part of the American dating scene. For European singles, though, breaking the ice isn't easy since small talk doesn't happen in the same way that it does in the U.S. "If you don't know someone in Paris, you don't talk," says bachelor David, 35. "In Anglo-Saxon places like the U.S., it's normal to talk. We are too closed in Paris."

Perhaps one of the greatest differences between American and European dating is in how singles approach their love lives. "People in France and Latin countries, they want to feel fate has a role to play," says Fabrice. "Americans and Nordics are more organized, they want to take control of their lives."

I'm no exception. A few nights ago, I decided to venture out on my own to a bar in Berlin. I wouldn't think twice about doing this in New York, but I had a little trepidation in unfamiliar territory where a woman out on her own is not at all the norm.

"Are you here alone?" asked the bouncer, clearly surprised to see that I was.

Once I was inside, I spotted a cute redheaded guy also alone, at a table by the window. Drink in hand, I gingerly walked in his direction and placed my glass on the table. He said, "hello" and we ended up talking the night away.

Like Fergie and Marcia Cross, I've found that your love life can be full of surprises when you step outside of your comfort zone. Here are three tips for shaking up your routine this fall.

**Skip The Same Old, Same Old:** Take a break from your favorite neighborhood haunts and venture to a new zip code. Whether it's exploring a watering hole you've never been to or discovering a new restaurant, act like you're visiting your hometown for the first time.

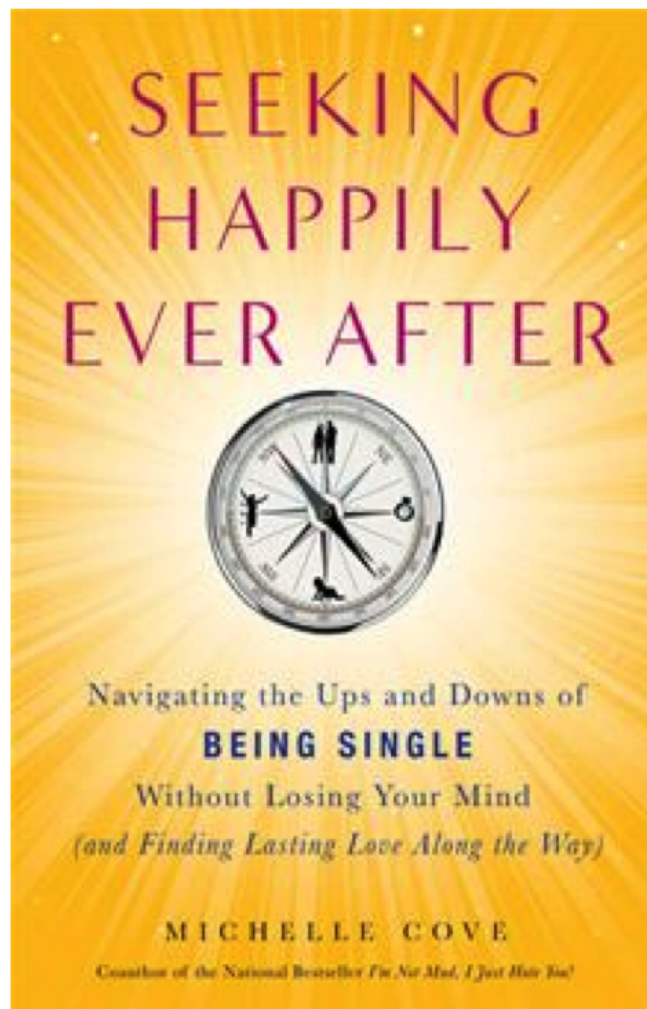
**Take The Why Not Approach:** If there's something you've always wanted to try, whether it's speed dating or a singles lock and key party, don't ask yourself why. Ask why not? and just do it. You've got nothing to lose and everything to gain by putting yourself out there.

**Recruit A Wingman:** It's no secret that getting out of your comfort zone is a lot more fun when you've got a wingman by your side. Recruit a fellow single friend to join you as you embark on new season of adventure and romance.

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## Gia Allemand and Wes Hayden's 'Bachelor Pad' Romance





They're together! Gia Allemand and Wes Hayden confirmed that they are, in fact, a couple this week on the finale of the *Bachelor Pad*. Although the pair were flirtatious on the show, nothing had previously happened between them because Gia had a boyfriend back home. However, the pair sealed the deal on the finale with a much-anticipated kiss. "It's about time that that happened!" cooed co-host Melissa Rycroft, according to [US Weekly](#).

**Can you emotionally cheat on someone?**

**Cupid's Advice:**

**1. Secrecy:** Being open and honest with your partner is the most important thing. If you find yourself spending time with a friend of the opposite sex and keeping it a secret from your mate, that is probably the first sign of emotional infidelity.

**2. Ex alert:** There's nothing wrong with staying friendly with an ex-beau. However, don't let those relationships become too involved, as emotional cheating can often spring from old flames. Live in the present, not the past.

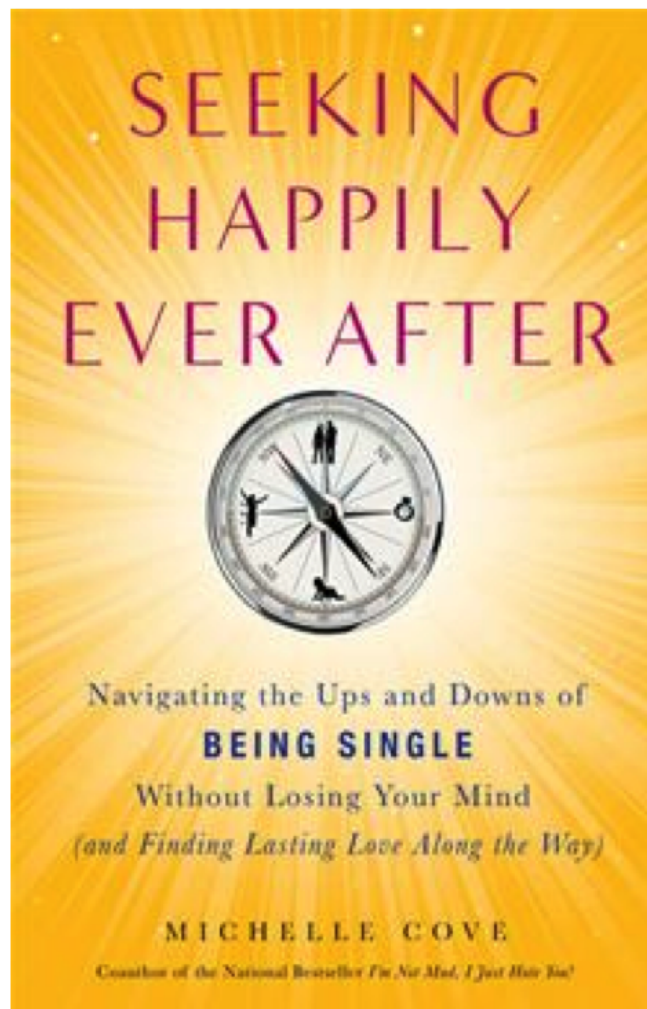
**3. Discussing your relationship:** It can be relieving to confide in your friends, but discussing your relationship problems with a friend of the opposite sex can make for an awkward situation. It can create intimacy, which can easily turn into emotional cheating.

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## Carrie Underwood and New Hubby Challenged By Love & Business







Newlyweds Carrie Underwood and hubby Mike Fisher recently celebrated their two-month anniversary. Perhaps prompted by the occasion, Underwood spoke to [People](#) about the way the two celebs handle their fast-paced life, saying it's "a lot like dating. Sometimes our schedules will click, sometimes they won't. But that's good because we're both independent."

Although busy, one thing Underwood won't miss, no matter what, are her man's hockey games.

**What are the best ways to keep a two-career relationship intact?**

## **Cupid's Advice:**

Balancing careers and a love life is never an easy feat and is often times a struggle. Cupid has some advise for how to handle a hectic double-career romance:

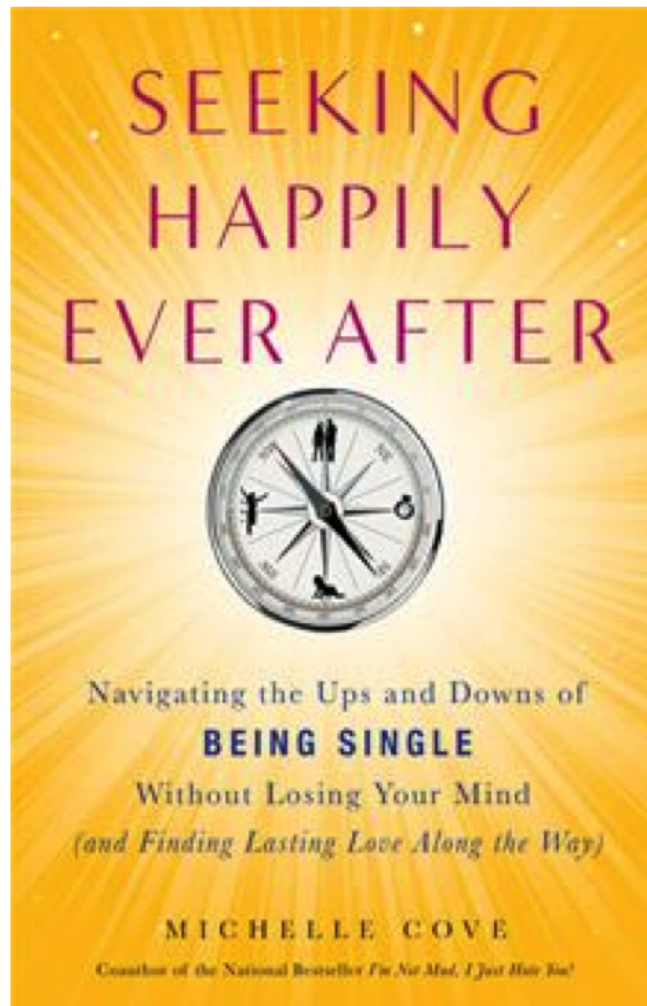
**1. Take pride in your work:** Being sucessful in your chosen career path is something in which to take pride. Likewise, you should be proud of your partner's accomplishments. This mutual respect and revere is a sure-fire way to bolster a relationship, even when you're missing your beau's embrace.

**2. Do everything in moderation:** When pulling off life's balancing acts, the important thing to remember is that moderation is key. As passionate as you are about your job, at the end of the day it's important to leave work matters at the office. Remember that you're in a relationship with your partner and not your career. On the other hand, don't let yourself get swept up in romance that you neglect your career. It's important to strike a healthy balance between the two.

**3. Come to compromises:** Give and take in a relationship is key. No one person in the relationship should feel the need to sacrifice their career more than the other. Remember to discuss things in depth, and be willing to compromise.

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# **Brooklyn Decker Talks About Marrying Young**



When model Brooklyn Decker married tennis star beau Andy Roddick last year at the age of 22, she was considered a young bride by today's standards. But [People](#) reports that Decker doesn't consider it unusual, partly because her and her husband's families have a history of marrying young. Decker told *Page Six Magazine*, "It wasn't weird for me... My mom got married when she was 19, and my husband's parents got married young – in their 20s. And both sets of parents are still

together.” Decker added that her career as a successful swimsuit model and her husband’s position as a world-class tennis player helped make walking down the aisle an easy choice. “We both were successful on our own, we both had our own income, we both had our friends, but it’s just what we wanted,” Decker said. “It was never part of my plan to get married young, but we did it because we really wanted to.”

## **What are the benefits of marrying young?**

### **Cupid’s Advice:**

Today there are many reasons to put off marriage, but some people still choose to marry young. Cupid has some insight on when marrying sooner rather than later might actually be a good idea:

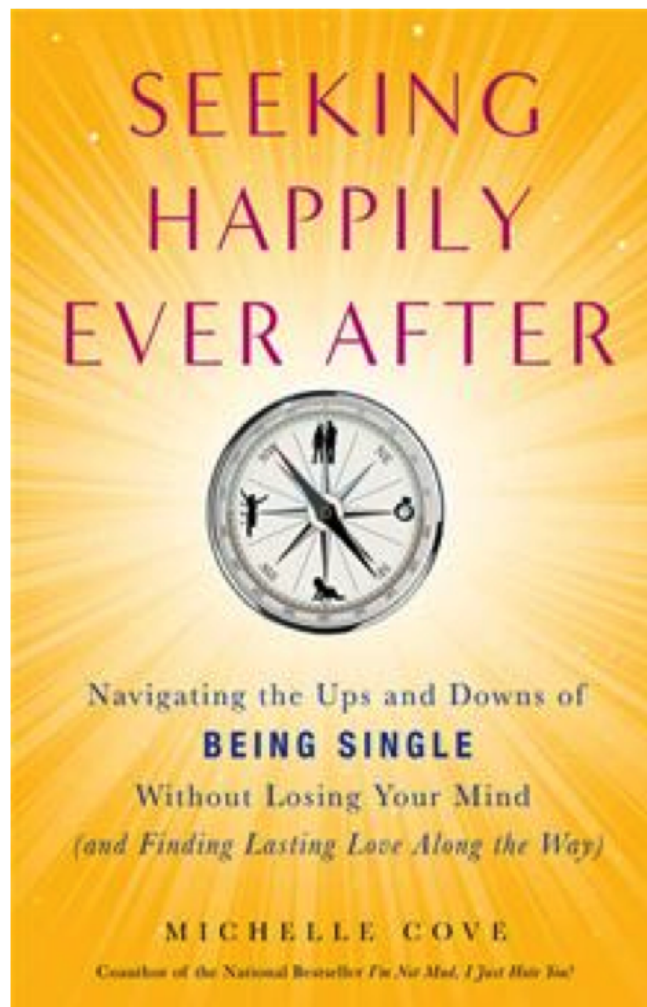
**1. Your career is on track:** If you feel like you have a good job and can make it on your own financially, you’re ready to get married. Some people get married young because they need support from a partner, but if you’re like Brooklyn Decker and Andy Roddick and you both have successful careers, there’s no reason to wait.

**2. You want to have kids early:** If your dream is to be a mother by 25, marrying young is a great way to reach that goal. That way you have a family intact early in life, and you won’t be in your 70’s when your kid goes to college!

**3. You have religious ties:** Sometimes religious couples get married young because they have made a vow of celibacy. Religion and deep-seeded beliefs can often times be a great foundation for a relationship, even if that relationship begins at an early age.

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# Jon Gosselin & Kids Hang With New Girlfriend



It's official: Jon Gosselin has moved on. The father of eight took his kids on a family outing last weekend with new girlfriend, Ellen Ross. According to [Radar Online](#), the group was on a picnic in Reading, Pennsylvania, a day after his ex-wife Kate Gosselin claimed on national television that her children are anxious to get home when they're with their dad. Jon quickly denied the claims. **When is a good time to introduce your new partner to your kids?**

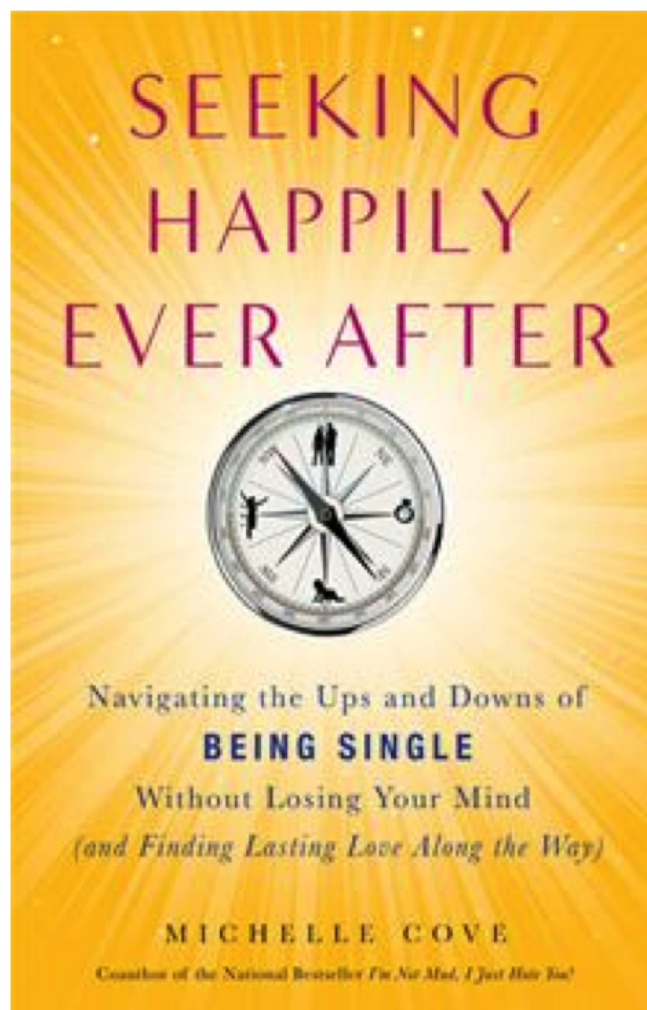
### **Cupid's Advice:**

After you split with your ex, the time might come when you want to bring someone else into your children's lives. Cupid has some advice to make for a successful first meeting:

- 1. Don't make it a surprise:** Depending on the age and maturity level of your children, you'll want to make them aware there is someone new in your life before the meeting. This will give them time to adjust to the idea.
  - 2. Make sure it is serious:** The last thing you want to do is introduce a person into your children's lives, just to take them out of it a few months later. Children can get very close to someone quickly, and they too could end up with a broken heart.
  - 3. Family comes first:** Make sure your children know that they are your first priority. They should also understand that your new boyfriend or girlfriend is not going to replace their biological parent.
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# Spotted: Miley Cyrus & Liam Hemsworth



It's looking like teen queen Miley Cyrus and ex-beau Liam Hemsworth might not be over after all. Cameras recently caught Cyrus grabbing lunch to go with Hemsworth. [Radar Online](#)



photographed the pair picking up food at Starbucks and Panera Bread in the Studio City district of Los Angeles. The pair fell for each other last year while filming the movie *The Last Song*, but had announced a little over a month ago that they were officially broken up. Both Cyrus and Hemsworth were suspiciously absent from the MTV Video Music Awards and may have stayed off the white carpet to keep their renewed interest in each other out of the public eye.**What are the top three reasons couples break up?**

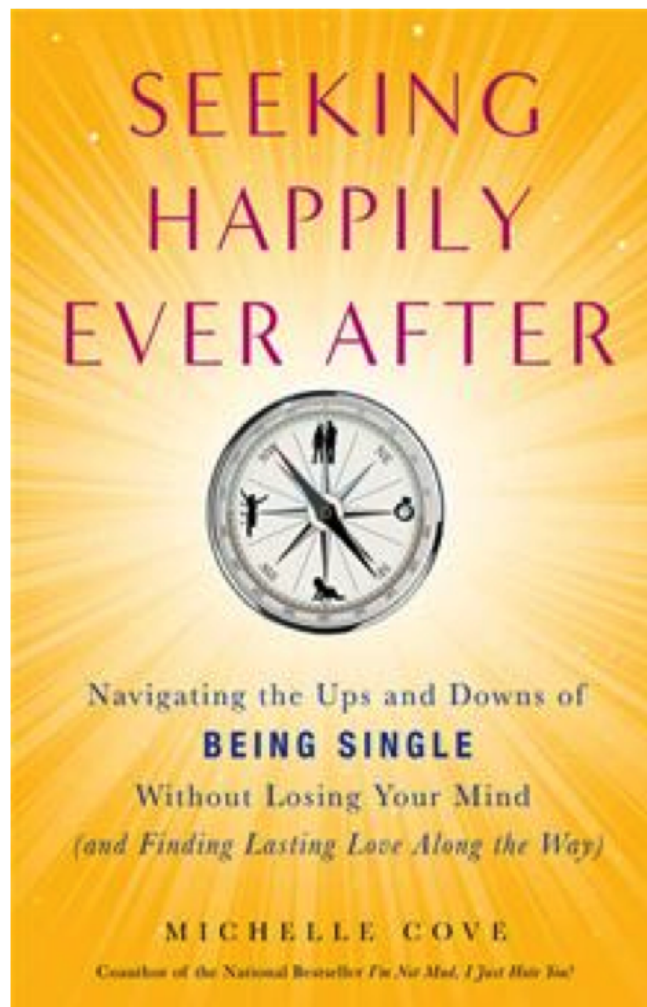
### **Cupid's Advice:**

Whether you're on screen or watching from home, maintaining a relationship can be hard. Cupid has some insight into why couples split:

- 1. Work and other distractions:** Like Cyrus and Hemsworth, often one partner has too much on his or her plate to focus on the relationship. If you've spent too much time on an outside project and not enough quality time with your mate, take an evening to remind him he's still your top priority. Make a special meal, rent a movie, or book a couples massage!
- 2. Unfaithfulness:** Rumors swirled around that Hemsworth had his eye on other ladies near the end of his and Cyrus' relationship. The thought that one partner is looking to stray can rip a couple apart. Keep the spark in your relationship by reminding your partner how much you love them.
- 3. Unequal relationship:** When one partner has a different level of commitment or wants more or less affection than the other, it's difficult to keep this imbalance from causing issues. Compromise is the solution, but just make sure you're staying true to who you are to avoid an even bigger and messier breakup in the future.

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# Ashley Tisdale Dishes About Dating for More Than Looks



Actress-singer Ashley Tisdale recently spoke out about one of the most asked questions of the dating game: is it really all about looks? According to [People](#), as far as Tisdale is concerned, the answer is definitely “no.” Although she admits that, in high school, dating centered a lot more on superficial qualities. Now, Tisdale says, “ I am more into a guy’s personality. I like someone I can have fun with and who can be more laid-back than I am, because it calms me down.”**What are the most important characteristics to look for in a potential partner?**

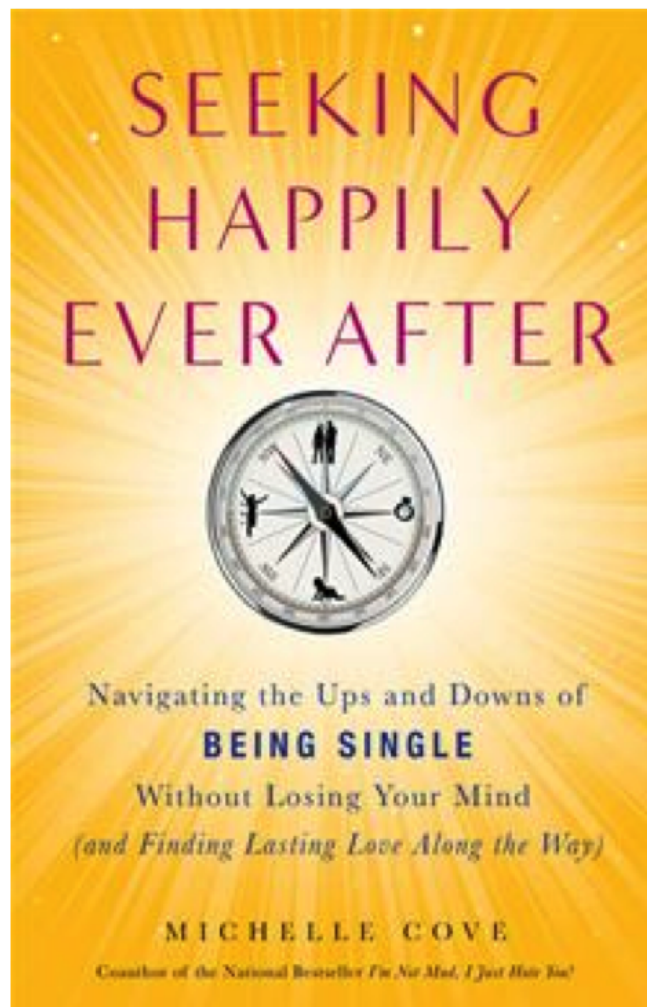
### **Cupid’s Advice:**

Physical attraction plays a key part in a successful relationship. However, in the end, lasting romance is made of much more than good looks. Cupid has some advice on the qualities that really matter when it comes to picking a partner:

- 1. Sense of humor:** Laughter is essential in keeping romance alive. If someone helps you loosen up and have some fun, then they are someone who’ll really brighten up your life. It’ll be a joy to be with them and around them!
- 2. Mutual respect:** Look for a partner who treats you right. Your partner should respect who you are as a person. Being with someone who undermines you or makes you feel inferior is unhealthy. Also, it’s important to look for a mate who respects himself, takes care of himself and has confidence.
- 3. Determination:** Look for a partner who has some sort of direction in life. When you begin a relationship with someone, it’s important that you help each other grow as individuals. Determination and motivation are important in that process. Without goals, people tend to get stagnant in their lives.

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# Cheryl Hines Stays Friends With Ex-Hubby



*Curb Your Enthusiasm* actress Cheryl Hines has managed to do something rare in Hollywood: avoid a messy divorce and remain friends with her ex. Hines told [E! Online](#) that she plans to stay close to ex-husband, producer-manager Paul Young. “You know what, it’s an adjustment [but] I married a really great guy, so we still have a really great relationship.” Hines and Young have a 6-year-old daughter, Catherine Rose. The two quietly filed for divorce on July 20, but according to a statement released by Hines’ rep, “They will remain extremely close friends.”

## **What are the benefits of staying friends with your ex?**

### **Cupid’s Advice:**

After breaking up with someone, it might seem impossible to go from lovers to friends. But with a fair amount of effort, it is possible to have a good relationship with an ex. Cupid shows you how staying close to your ex can be a good thing:

**1. Learning experience:** By completely stopping all contact with your ex after breaking up, you lose the opportunity to talk to him about what went wrong and why. If you stay friends, you have the chance to resolve any confusion or hurt feelings and learn how to avoid making the same mistakes in future relationships.

**2. “Why Can’t We Be Friends?”:** When you break up, not only do you lose your ex as a friend, but also losing mutual friends who feel like they have to take sides. But if you stay friendly with your ex, you can still hang out with him *and* his peeps!

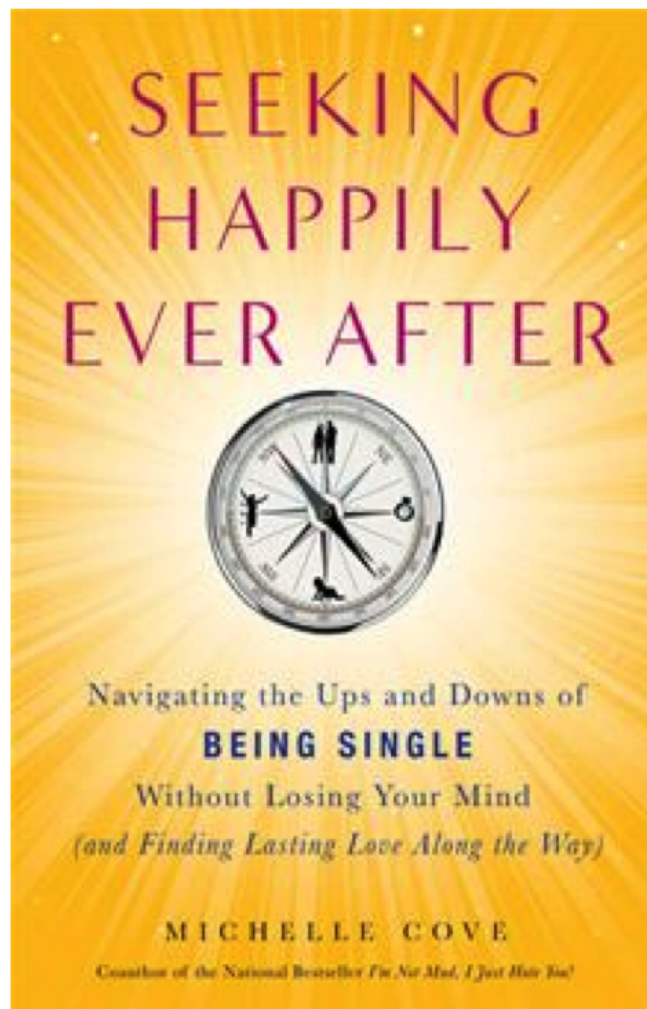
**3. “The Kids Are All Right”:** If you have kids, staying friends with your ex shows them that even though your romantic relationship has ended, it doesn’t mean that you and their father can’t still be close. It might help your kids avoid the jaded view of love and marriage that children of divorced

parents can sometimes have.

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# Lauren Graham and Peter Krause: Friends First





Former *Gilmore Girl*, Lauren Graham, recently revealed that her low-profile relationship with *Parenthood* co-star Peter Krause started as a friendship. The two met 15 years ago when the actress first moved to Los Angeles. Instead of playing the “dating game” like most couples do when they’re first attracted to each other, Graham and Krause got acquainted over board games. As the actress told [People](#), “I think we liked each other [but] he asked me over to his house to play a board game – and that’s exactly what we ended up doing. So I was like, ‘This guy doesn’t like me. Who actually *plays* a board game?’ ... The timing wasn’t right. I don’t think either of us was ready.”

## Does starting out as friends make you a better couple?

### Cupid's Advice:

Your significant other is usually also your best friend. It's very important for couples to not only to share a physical relationship, but also to be able to relate to one another on an intellectual level. The best relationships tend to have a healthy balance between both physical and emotional attraction.

**1. The friend zone:** Anyone who has seen the film *Just Friends* starring Ryan Reynolds knows just how frustrating it is when one party is interested in pursuing a relationship, while the other is content with the "status quo." This proves that being good friends doesn't necessarily mean that more than that is possible.

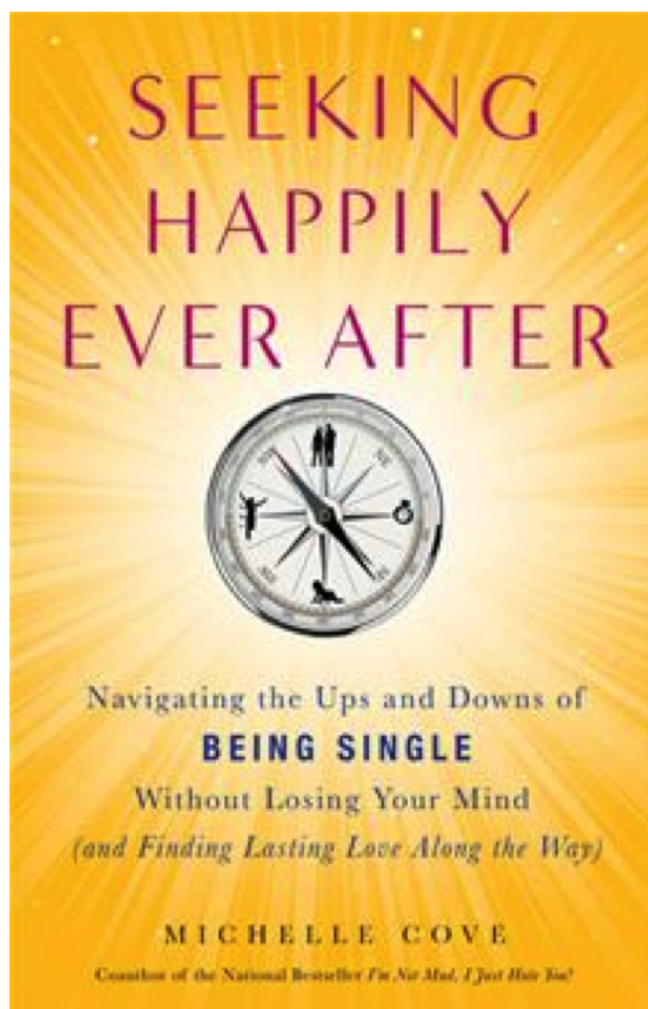
**2. Getting to know each other:** To have a serious relationship, you really have to get to know your partner. Hanging out as friends at first is a lot less pressure than going out on a date. People tend to open up more in a relaxed environment.

**3. Staying friends after a breakup:** Many find it hard to stay friends with their exes. However, if you were friends with them before a relationship bloomed, it could be easier to stay on good terms after a breakup.

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## Brittani Senser Impressed by New Beau Levi Johnston





Bristol Palin's ex-flame Levi Johnston has managed to impress at least one person: his new girlfriend, singer Brittani Sener. Sener revealed in an interview with [RadarOnline](#) that Johnston is a "really great guy." The two met while on the set of Sener's new music video for the song "After Love." "It was like we knew each other even though we had just met," said Sener. While on the set, the pair got along effortlessly. After Johnston's second engagement to Palin was

broken off, the two began to date. Senser noted, "Now dating, I'm finding that he is really a sensitive, caring person. Very bright; he's funny. He's a great dad; he's a natural." **Should you judge your partner by his past?**

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

**1. Get the facts:** Before you judge your partner by his past, you need to analyze the situation. If your boyfriend has a history involving law-breaking, it may be more serious than a boyfriend who's had several girlfriends. Be sure to collect all of the facts before making a sound judgement.

**2. Make sure his past is really the past:** A boyfriend with a history of partying too much who still parties too much has obviously not left his past behind him. Try to determine whether your partner is still clinging to the past or if he's truly trying to break free.

**3. Look at the bigger picture:** Try asking yourself, does it really matter? If you and your mate are happy with living in the moment, then don't trouble yourself by digging through his past. If he's let his past go, then you should follow his lead and also let the subject drop.