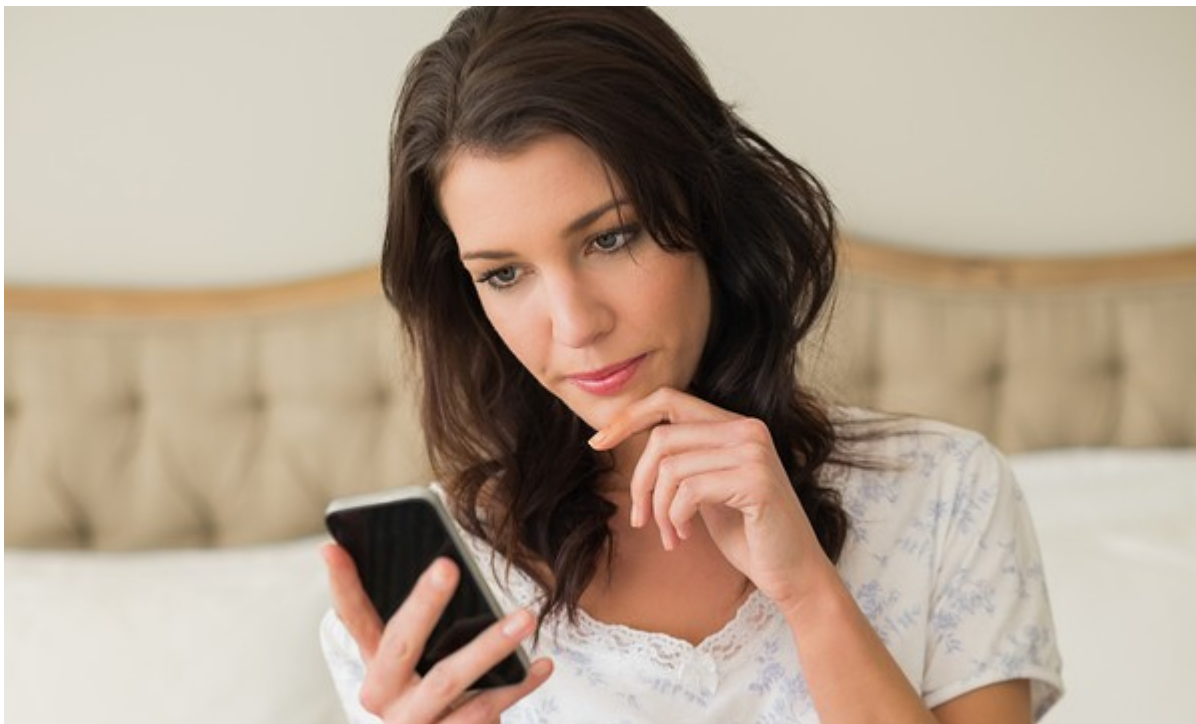


Ask the Guy's Guy: Single Ready To Mingle, But How Do I Meet Guys?



By

[Robert Manni](#)

Question from Sarah Q. Detroit, MI: "I've been single for a while and I don't know where to meet guys or how to put myself out there without going to a bar and waiting for someone to talk to me! How can I meet guys?"

Meeting guys when you just don't know where to start!

Hi Sarah,

I understand your situation. These days being single can be daunting, especially for women. Unlike guys, although women are often the aggressors in relationships, most single women and relationship experts I've talked to agree that women prefer men to be men (in the best sense of the word) and make the first move. But it's tough to hang around waiting for random guys to approach, and it's not very empowering having to sift through guys who you are not be attracted to. That is unproductive and often unpleasant. So, what's a single woman to do?

Related Link: [Ask the Guy's Guy: How to Win a First Date After Meeting Online](#)

I suggest two modes of action. First, do whatever it is you enjoy doing. Never change that for anyone. But, at the same time you want to fish where the fish are. That means opening yourself up to new experiences and opportunities where guys hang out. Every dude is different, but most guys like some type of sports, art, action-packed activities, learning new stuff, and having a few beers with their buds.

If you like watching sports, find a wingman or woman and hit a sports bar. You might be into working out and/or playing sports. You'll usually find guys running, playing water sports, skiing, golfing, or playing tennis, to name a few options. If you like arts and entertainment, consider attending a local film festival or night spot with live music. Or, take a class in martial arts, spinning, wine tasting, film, yoga, or learning a language. The key is getting yourself out there and doing things you like to do, while being open to new activities where guys congregate.

Related Link: [Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media](#)

I'd reconsider online dating if you keep it low key. Why? Sure, we've all heard the horror stories, but we live in a

digital culture, and a lot of couples have met online. It's worth a shot. My wife took a three day trial on Match and we were engaged within a year. It's all about being in the right place at the right time, and you can't do that if you don't try new things. Just don't fall into the deep end of the online dating pool and end up overbooking yourself and forgetting why you went online in the first place. This happens a lot.

The key to meeting guys is doing what suits you and being in the same place as your target market. If you can find activities that meet both these criteria, you will be a happy camper, and happy campers often attract other happy campers. Finally, always love yourself, keep a positive attitude, and smile.

Hope this helps. Good luck,

Robert Manni

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

More about the Guy's Guy:



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide"

exploring current guy-focused topics.

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "men's successor to Sex and the City," has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

Robert has appeared on broadcast television (NBC's Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

Read more at [Cupid's](#).

Date Idea: Be Daring on Your Date



By

[Melissa Lee](#)

Need ideas for a date this weekend? It's time to take some risks and go on an adventure with your special someone.

Not every date needs to be the classic standby of dinner and a movie anymore, and there are fun and original date ideas even for the more faint of heart.

Like the idea of still getting a meal out of your evening? There are plenty of cooking classes thrown by institutes and even some more exclusive restaurants.

Related Link: [Date Idea: Take a Risk and Be Daring](#)

Want to put some funk in the evening? Channel your inner Pauly D or Samantha Ronson and take a DJ-ing class together! You could even learn to mix your very own “song” for the two of you...or just a fun dance mix. Check out places like [Dubspot](#) for more information.

Related Link: [Date Idea: Enjoy The Great Outdoors With Your Other Half](#)

If you're feeling more adventurous, you could check out everything from indoor skydiving in a wind tunnel to taking lessons that could land you under the big top! “[Simply Circus](#)” offers classes in a variety of circus-inspired activities for anyone who dares.

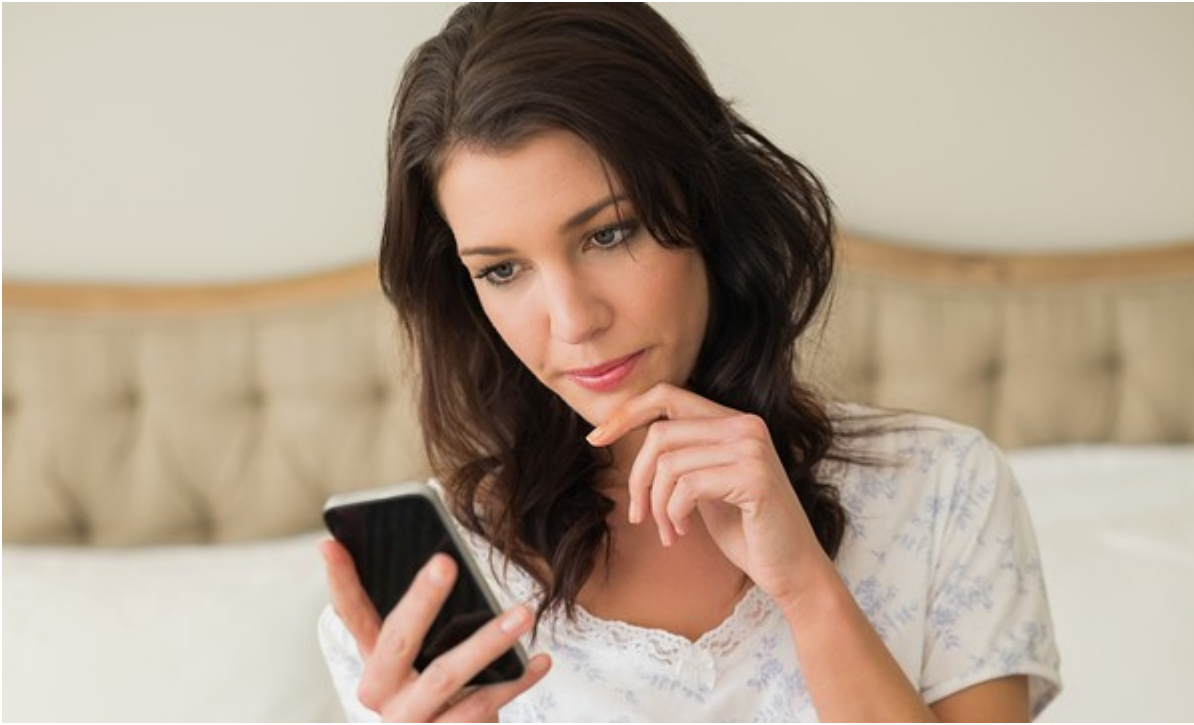
Related Link: [Date Idea: Learn a New Sport Together](#)

Lastly, “[zorbing](#)” is a new and fun activity that could lead to a date never to be forgotten. Check it out to see what we mean!

Have a favorite couple's adventure of your own? Comment below and share with our other readers.

Date Idea: Embrace Each Other with a Scary Movie Marathon





By Tanni Deb. Updated by [Josh Ringle](#)

Halloween is approaching, and it's time to get ready with a thrilling scary movie marathon, one of the many scary Halloween weekend [date ideas](#) for those who can handle it!

Boot up Netflix, head to your local movie theater, or rent movies that you've always been scared of or maybe that you love, and make a night of it with your significant other. Pop some popcorn and get ready for a few thrills and chills that'll have you jumping into the arms of the person you love – staying close is always one of those romantic and important dating tips!

Halloween offers the perfect time for some spooky weekend date ideas!

If neither of you are frightened by horror movies, then make it a competition to see how many you can watch in one night without falling asleep on the couch. A great piece of [dating advice](#) is to have little competitions when you can, to keep things interesting! This challenge is sure to keep your eyes wide open until the break of dawn.

Related Link: [10 Spooky Ideas to Strengthen Your Relationship](#)

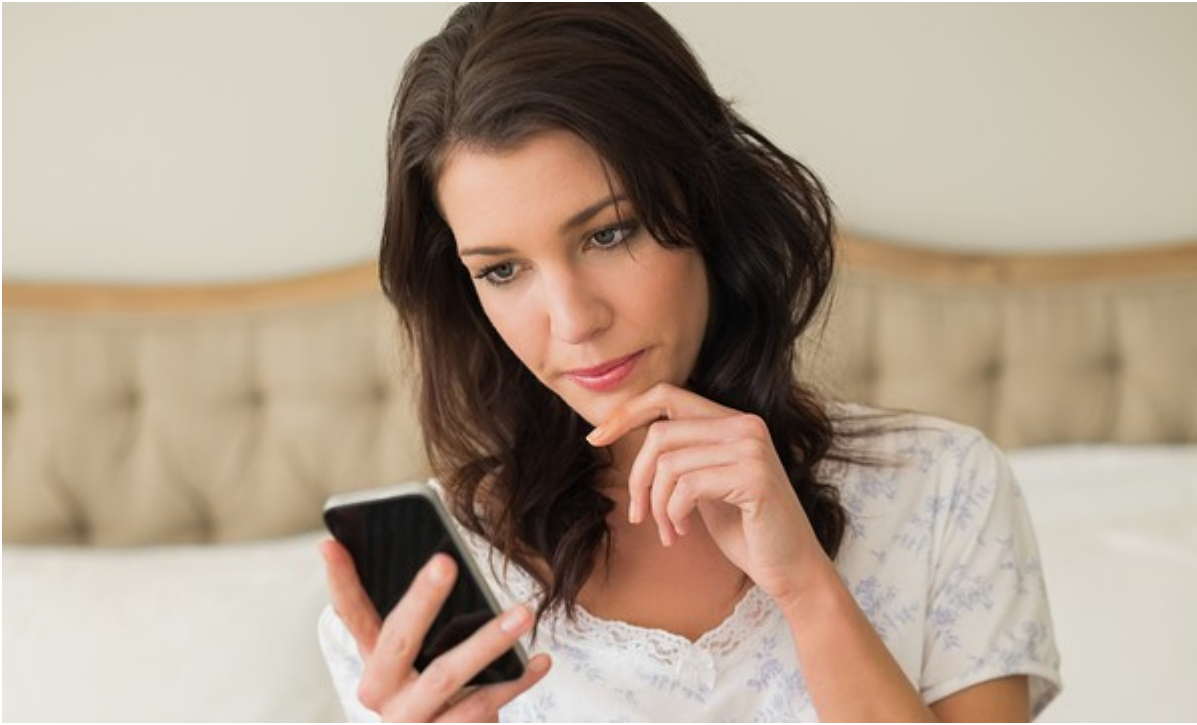
[and Love Life](#)

If you and your partner are huge horror movie fans, consider playing scary movie trivia and see just how much you really know about the genre. This is a great way to bond with your sweetheart and share your common interests – plus a little competition never hurt anyone. Start your marathon on a weekend because rest assured, you may have nightmares when it's over. This could lead to the two of you waking up holding one another in the middle of the night, which is as far from scary as you can get!

Did you watch a scary movie recently with your partner? Have any other weekend date ideas for Halloween? Let us know by commenting below!

Celebrity Interview: 'Newlyweds: The First Year' Stars Talk Love & Celebrity Relationship Struggles





By

[Michelle Foti](#)

As seen on reality TV show *Newlyweds: The First Year*, newlyweds Tara and Rob Radcliffe have showed America that no marriage is perfect and not every wedding can be either! Looking past the burlesque dance and into the hearts and home of the celebrity couple, their awe-worthy connection is illuminating. In our latest [celebrity interview](#), CupidsPulse had the pleasure of chatting with the reality TV stars about their love life, some of their celebrity relationship struggles, and they even gave us some marriage advice and strategies when things aren't always going well.

'Newlywed' Couple Talks Celebrity Relationship Struggles in New Celebrity Interview

Tara and Rob have faced the camera and faced America, but at the end of the day it's about facing one another with the gaze of appreciation and of course, a love life that now mimics a public celebrity relationship. Sharing their first year as

newlyweds with America has actually brought the famous couple closer! “We have this journey we’re going through together,” Tara says. “We can talk to one another about certain things with the show that we couldn’t necessarily talk to another person about...It’s nice to have someone to share it with that you’re married to or you’re close with.”

For this duo, their daily tasks are filled with laughter because of one another. In fact, laughter is one of Rob’s favorite things about their famous relationship along with how much time they spend together. “I’ve never been in any relationship, married or otherwise, where we spend so much time with one another out of choice,” Rob says. The laws of attraction do not even scratch the surface of the marriage.

“In this relationship with Tara, I find myself really gravitated towards her and just wanting to go spend time with her,” the *Newlywed* star says. “For instance, today she’s cooking and rather than being upstairs in our gym area, I chose to do push-ups and sit-ups right off the kitchen so I can be talking to her while I’m working out.”

With a bond that seems unbreakable, Tara attests to how deep their connection runs. “For me and Rob, I feel like we’ve had many lifetimes together, so the minute I saw Rob I felt like our souls were just reconnecting again and it was a really beautiful thing,” she says.

Related Link: [Relationship Advice: Are You Ready For Storybook Love?](#)

As newlyweds, the happy celebrity couple are no strangers to relationship problems. For the pair, struggle most typically comes in the form of family. “We have had a lot of issues just with the importance of family and the Persian culture,” Tara reveals.

“Although family is important in Rob’s life as well, he kind of picks and chooses who he wants a relationship with and who

he doesn't. For me, it's like you don't have a choice. You are going to be respectful and fake it with family members that you don't always necessarily get along with."

And although they've had their marriage problems, one thing that the famous couple not only loves to do but also helps their relationship grow is asking questions: date night questions. When they're on a date night and the conversation lulls, they like to ask each other questions about the relationship to make sure that it is growing and healthy. "They're questions, like for example, what do you feel like you should be acknowledged for," Tara says. "Or what would you like to be appreciated for? Is there anything that I haven't allowed you to say yet, something like that," Rob added. "They're helpful. Keeps the marriage strong."

The reality TV stars would advise other couples to use this dating tip to overcome hard times. "I feel like when we do have these date night questions, it's like a safe zone," Tara says. "There's no judgement around it, there's no hurt. It's just two people being upfront and real and being able to walk through a problem with one another." Rob's relationship advice is to just appreciate each other on a daily basis. "Of course there are those days that we bump heads," he says. "We disagree on things, we go off on our little spats with one another. But for me, it just comes back to appreciating each other." Even in the strongest of marriages, it isn't all smooth sailing. Rob says that in these situations, the love they share conquers all. "We're both so in love with each other, when we start stabbing and fighting I try to take a breathe and go 'You know what? Let's get through this fight because what we have is so special and the love that we have for each other is so important,'" Rob says.

Related Link: [Five Ways To Cope With A Relationship Breakdown Just Like the Celebs](#)

Before the celebrity couple exchanged vows, they had an

interesting start. Tara worked for Rob for three days. “I remember I looked into his eyes and I was like, ‘Oh my God, this is the man that I’m going to spend my life with. This is the soul I am supposed to be with.’ And I just knew I wanted to be with him,” Tara says.

Although they’re newlyweds, neither Tara nor Rob are new to marriage. “For me I learned what I don’t want in a partner from having a previous marriage,” Tara says with a laugh. “I knew exactly what was making me unhappy, so coming into another relationship, it was nice to feel happiness again. I know how I should be feeling now in a relationship,” Tara says. In our celebrity interview, Tara reveals that she loves the quirky things Rob does and he just loves being around her. Both Tara and Rob treasure the relationship they share.

“The exit door is not one I want to go walking through quickly because I’ve walked out through the exit door before,” Rob says. “It makes me more committed than ever before, so I make sure that I appreciate the love that Tara and I have.”

You can keep up with Tara and Rob Radcliffe via Twitter at [@robradcliffe180](https://twitter.com/robradcliffe180) and [@tara_radcliffe](https://twitter.com/tara_radcliffe) and on Newlyweds: The First Year on Bravo, Wednesday 10/9c.

Dating Advice: Authors of ‘The Marriage Test’ Reveal How To Confirm Compatibility

Before Vows



By

[Mary DeMaio](#)

Perhaps one of the most important decisions you can make is deciding who that special someone should be waiting at the end of the aisle. In the new self-help book by Jill Andres and Brook Silva-Braga, the couple shares their best [dating advice](#) on the issues that can strengthen or terminate a relationship and love prior to their union. Their book, *The Marriage Test: Our 40 Dates Before 'I Do,'* is designed to test the depth and durability of the relationship to see if their love can survive real life scenarios through 40 simulating challenges. This book is sure to give you a few interesting date ideas! In this exclusive author interview, the duo talks about their dating advice to confirm compatibility before proclaiming any VOWS.

Relationship Authors Open Up On Best Dating Advice Before Saying 'I Do'

To start, we are so excited for your new book! Can you give us some background on what made you decide to open up about your dating experiences?

Jill: After dating for several years, we reached a point that a lot of couples face: You really love each other, but it's hard to know if you should get married when the things that cause problems – sharing finances, raising a family – you don't typically face when you're dating. So we came up with activities to test ourselves and our relationship before making that big decision. We learned so much going through this test that we thought other couples could benefit from hearing our story!

Related Link: [Relationship Advice: Authors of 'The Marriage Boot Camp' Reveal How to Build A Rock Solid Relationship and Love](#)

What made you choose forty dating challenges, not more or less? And how did you decide what obstacles you should do together?

Brook: It could have been more or less but 40 gave us a chance to try lots of different things in a lot of different categories. We started by thinking of ways to simulate some of the problems married people face—*Oh we could swap credit cards*—and then when we started telling people about the idea they all had their own suggestions for dates to try.

In what ways do these dating challenges prove that you are compatible with someone? Can you explain which one is the most beneficial in strengthening a relationship?

Jill: More than anything, they show your willingness to work through hard things because the activities are designed to cause tension. We cut our budget in half for a month and it really stressed our relationship more than we thought it would. But it also helped prove that we could get past that tension and still want to be together.

Related Link: [Four Dates and a Wedding](#)

I'm sure you have some interesting stories from trying out all of these dates! Can you each describe a funny or unusual situation that you found yourself in on these dates?

Brook: We did a date where we went out with each other's exes and both those afternoons were memorable. First, we went out with Jill's ex-boyfriend and he spent the whole lunch talking about how he'd never met anyone as good as Jill—I was afraid he might try to take her back. Then, we went out with my ex-girlfriend and she spent an hour and a half explaining why her husband is better than me. I was glad when that date was over.

Jill: We spent a week trying to simulate having a newborn and not letting ourselves sleep for more than three hours at a time. Then we'd have to finish a chore like doing laundry or cleaning our bathroom. By the end of the week I was a walking zombie, barely able to get through the day. It wasn't so funny at the time but it's funny to think back on.

After going on these 40 dates, we have to ask...How do you both feel these marriage tests prepared you for your own marriage?

Brook: I really think they prepared us well. They forced us to discuss some awkward stuff that otherwise we would have avoided as long as we could. Instead, by the time we got married, we had worked through lots of hard stuff—like what religion we'd raise our kids and how we would change our last names—it made our first year of marriage pretty worry-free.

Our visitors are always looking for advice on how to make the most of their personal lives. So what advice would you give to couples who are struggling to keep the spark alive in their relationship?

Jill: In a word: communication—do more of it. As for the sexual spark, we did a couple fun activities people can try. For a week we dared ourselves to have a different kind of sex every day—it was a good way to get out of old bedroom habits. We also did a date called “Sex Seen,” where we agreed to re-create every love scene we saw in TV and the movies.

On the other hand, what message do you have for readers who are struggling to break up with their partner, even though they know it’s the right thing to do?

Jill: Be brave. Ending up with someone who isn’t the right fit isn’t good for either partner. It’s better for both of you to break up sooner rather than later and start moving on. Plus, imagine how painful it would feel to your partner if they found out you’d been considering breaking up with them for a while.

What is the most important message readers should walk away with after reading this book?

Brook: It’s hard to be honest with yourself and your partner about the shortcomings in a relationship. Especially for a couple who are serious enough to be considering marriage. Your lives are so intertwined that the possibility of breaking up is really scary. But our love advice is that we think it’s much better to honestly confront those things now than pushing them off or wishing them away.

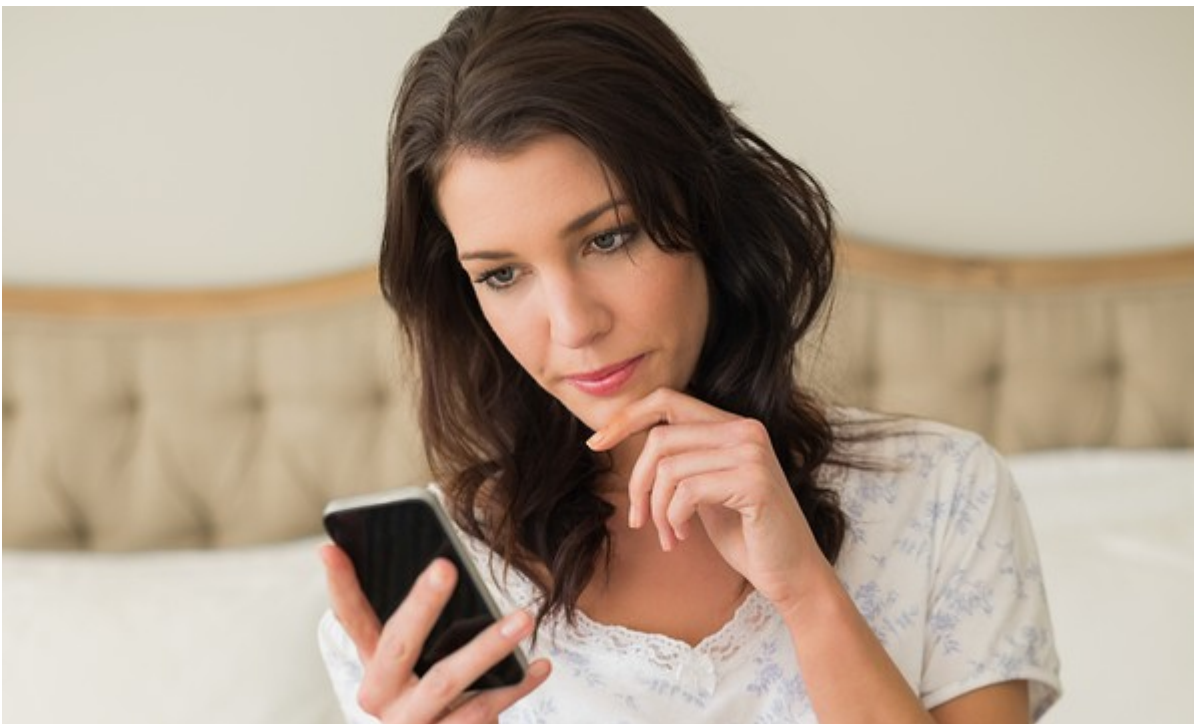
Lastly, do you have any other upcoming projects or anything else you’d like to share with our readers?

Jill: We’re inviting other couples to try some of the dates and tell us how it goes—their stories are being published on

our blog. You can go to themarriagetestbook.com/quiz to get some date suggestions.

The Marriage Test: Our 40 Dates Before 'I Do' *is available now on [Amazon](#)*. For more on Jill Andres and Brook Silva-Braga visit The Marriage Test [website](#) and check out Jill's Twitter at <https://twitter.com/jillyjill7>.

Relationship Advice: Are You Ready For Storybook Love?



By

Elaine Taylor

A couple of decades ago, my dog was sprawled out snoring on

the sofa, belly on a pile of unfolded laundry, tail stuck in an empty Ben & Jerry's tub. I was slouched beside her stroking her hindquarters, glumly ticking through the carcasses (figurative, not literal) that made up my dispiriting trail of my relationship roadkill. I had recently completed a reverse sprint down the aisle (not my first) with Peggy Lee's, "Is That All There Is?" echoing through my disenchanted heart.

Was I ever going to find a true love who didn't walk on four legs and woof for his breakfast? Here's what I found in the way of [relationship advice](#).

Desperate for an answer, I took a jaunt into California woo-woo: went to see Allie B, astrologer/psychic. She closed her eyes, did that deep-breathing, blahblahblah chart-reading thing and assured me I was destined for the kind of love about which stories are written.

"But," she said, "not until you're ready."

Related Link: [Relationship Advice On Finding True Love](#)

Ready? My mani-pedi was fresh enough you could still smell the polish; I'd had a Brazilian so recently you could ... well, I'll let you come up with your own image. My roots had been darkened, my highlights brightened. How much more ready could one woman be?

"What the heck am I doing wrong?" I whined.

"Guess what, chickie-poo. Wrong question. Try asking, 'Why do I keep doing it wrong?'"

"OK, why?"

“I’m a psychic, not a mind reader. Go sort it out with your therapist.”

Seriously? Ugh.

Related Link: [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

With teeth-grinding resistance, I trudged off to sit on Julia’s couch and ask my why question. She countered with, “Do you love yourself?”

Uh oh ... Strong stench of psychobabble. I tapped my finger on my bottom lip. “Hmmm. Do I love myself?” Was I supposed to? The concept alone made me squirm.

So I yuck-yucked and went with a wise-ass, “Oh, you mean self-love. Like they do in porn films. Kinda personal, don’t ya’ think?”

Julia gave me that undeterred shrink stare. I knew she could outwait me; and I definitely did not want to go where she seemed to be trying to lead. So I canned therapy and took another run at California woo-woo.

Allie B said, “You want storybook love? Start with these three things.”

1. Understand that emotions are an all-or-nothing deal: “You want the light, happy ones—like true love and contentment—you have to embrace the heavy, ugly ones. Heartbreak. Fear. Jealousy. Shame—the whole shtick.”

2. Examine, from a different perspective, the stories you’ve always told yourself about the people who did serious damage to your little-girl psyche. “Those adults with all their human flaws? Their little-kid psyche was wounded, too, by someone who was supposed to love and protect them.”

3. Knock down that barricade you built around you heart:

“Confront the abandonment and betrayal and loneliness of your redneck-Texas, girls-aren’t-worth-a-damn childhood.” (*Oh brother, not that cliché childhood thing, again.*) “Unless you do all that,” she said, “you won’t be able to forgive. If you can’t forgive, you’ll never heal the wounds of the past. Until you heal the wounds the past, Prince Charming ain’t GPS-ing you.”

I argued, I fretted, I weaseled. But a few months later, my devoted four-legged love was diagnosed with cancer and soon after departed my world. Heartbreak, fear and loneliness crashed my heart defenses. I was on my emotional knees. I crawled back to Julia’s couch and began to clean out the hurts and betrayals of the past. Both those done to, and by, me.

Over a years-long process I discovered three critical truths:

1. It is not possible to find long-lasting, deeply satisfying love until you believe yourself worthy of it. (Yes indeed, I had to learn self-love.)

2. As a woman clawing her way in a man’s world, I defined “emotional strength” as all sharp-edges and impenetrable boundaries. I had to relearn that tenderness and vulnerability are the DNA of true emotional strength. When the time came, I used that strength to love Jake, a Ferrari-driving doctor who had once broken my heart. A man who, then on his deathbed, desperately needed to receive love, even as he could not return it.

3. I accepted and found peace with the fact that Allie B might be wrong. I might never have that storybook life hiding in her crystal ball. So what would I do with all the love my newly opened heart yearned to give? I stopped focusing on what I did not have . . . and sought a way to offer compassion and caring to those who needed it most. I began to volunteer at a homeless shelter for families—the kind of place that, but for the grace of God, I could have landed in my early, below-the-

poverty-line, single-parent years.

As for that long-lasting, deeply satisfying storybook love? The psychic foresaw that it would come via a “karmic pact” between me and Jake, that dying man whose hands I cradled as he breathed his last breath.

Two years after his death Allie B said, “I was channeling Jake. He’s sending someone who will love you for the rest of your life. Someone who will love you the way you deserve to be loved.”

Ten days later I was introduced to a man whom I never would have met had I not reopened my heart to Jake. This year we celebrate our fifteenth Valentine’s Day together.

Thankfully, I was ready for love—I was ready for him ... when he found me.

*Elaine Taylor is the author of **KARMA, DECEPTION and a Pair of Red FERRARIS: A Memoir**. She is a former IT headhunter and Contingent Workforce Management consultant. She served on the Board of Raphael House in San Francisco. She can be found at www.KarmaDeception.com.*

Dating Advice On How to Date an Introvert





By

[Jared Sais](#)

As a relationship expert, I understand that dating an introvert is a different experience than dating an extrovert. If you need a quick how-to, then follow my [dating advice](#) and these three main rules when dating an introvert.

Dating Advice: Dating An Introvert

Rule #1 – Keep it simple. The date should focus on getting to know each other. But simple does not mean boring; in fact introverts have the right idea. They would rather the fun come from the person than the venue. The idea is sound. Introverts want the person to bring at least 80% of the entertainment, the rest should be venue related (at least at first). The idea is this: If you can hit it off at a quiet bar with almost no music or dancing, and you can laugh together, talk non-stop for two hours and make a seemingly boring venue seem like the most fun place in the world then you're worth their time, commitment and devoted trust. Introverts are not boring, so though they focus on the individual more than the venue it's your responsibility to spice things up. Come up with a few

date ideas like creating games and asking questions. It's okay to push them a bit out of their comfort zone but ease into that. The goal is to be intimate, fun and to get to know each other.

Related Link: [Expert Dating Advice: How Do I Know If a Guy is Into Me?](#)

Rule #2- Tell the truth and be yourself. Introverts are less forgiving than extroverts when it comes to lying and pretending to like or dislike something. Introverts want to get to know the real you. If you're an extrovert who likes dancing that's fine, but don't lie about it. Introverts hold dear to being yourself and honesty. Again, they want to know the real you. If you fake who you are or lie then chances are you won't be held in the best light. Be yourself and tell the truth and they will love you. Just because they're introverts doesn't mean they want to date an introvert. So if you're like me and a big extrovert, its okay. They will love you if you're kind, honest, and trustworthy.

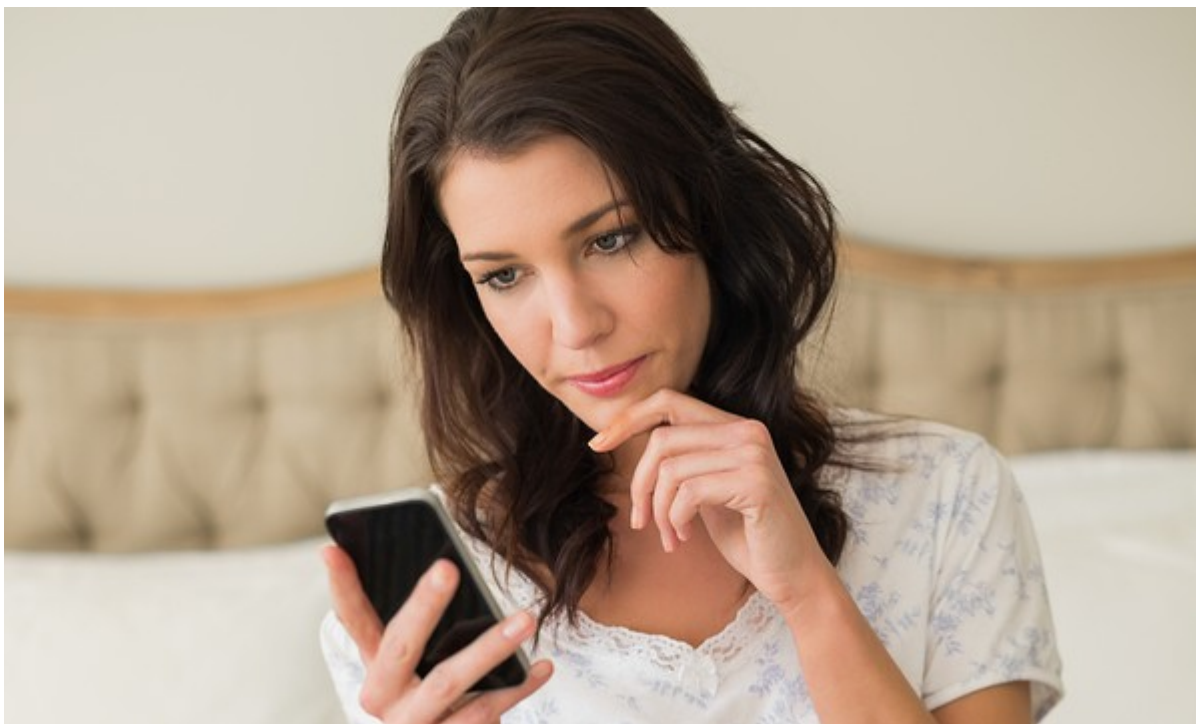
Related Link: [Dating Advice: Body Language to Create Instant Attraction](#)

Rule #3 – Take your time. You don't need to rush when dating an introvert. Getting to know each other is the best part so no need to rush the relationship and love. Introverts may take longer to warm up to you, but that's okay. Once again they have it right. Relationships need time to develop and mature, so the more time you invest the better and stronger your relationship will be. Though it takes longer, introverts are as loyal, trusting, and caring as they get. My dating advice is that if you open up to them and take your time in getting to know them they will be by your side forever.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a relationship expert in non-verbal communication, who

specializes in dating advice about body language, micro-expressions, and lie deception.

Relationship Advice: Authors of 'Marriage Boot Camp' Reveal How To Build A Rock Solid Relationship and Love



By

[Rebecca White](#)

Relationships and love are not easy to maintain, especially if you've been married for years. In the new self-help book by

reality TV stars Jim and Elizabeth Carroll, the couple shares their best [relationship advice](#) on defeating the top 10 marriage killers and building a rock solid relationship. Their book, *Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship*, will help you reignite the flames in your love life. In this exclusive author interview, the duo talks about their love advice to save your marriage.

Relationship Authors Open Up On Best Relationship Advice For Married Couples

To start, we are so excited for the *Marriage Boot Camp* book to come out! How will the book be like your program and reality TV show? And how will it be different?

Jim: It's like the reality TV show in that it takes the reader through many of the exercises and the purposes behind them. People learn when they do things. This book makes the reader apply the tools. It's different in that this book is written so couples avoid conflict, while the TV show enhances the conflict because we have a controlled environment.

Elizabeth: The *Marriage Boot Camp* book takes the top 10 sources of conflict in marriage and gives you a step-by-step action plan for couples to work together. It starts with a case study of one of our couples who struggled with this particular topic. We then give you all of the background information and research needed on the topic so that you can be completely informed. Finally, we end each chapter with a do-it-yourself exercise that you can complete with or without your mate. The book is similar to the TV show in that the readers, like the celebrities, participate actively in the work. It is different from the TV show in that all of the behind-the-scenes teaching and applications are available to

the reader.

Related Link: [Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'](#)

Can you tell us about the top three marriage killers? What's your best tip for helping couples overcome them?

Jim and Elizabeth: Communication – Learn to “mirror.” This is an active listening technique that requires the listener to close his mouth and open his ears. You use the phrase, “What I heard you say is...” and you mirror back what the speaker just said. The hard part is that you have to put your own thoughts, opinions, and feelings on hold temporarily and be open minded to your mates point of view. **Sex** – Understand the very real differences between male and female sexuality. Have a very frank conversation with your mate about what you want from your sex life and what you're willing to do to make that happen. It's also important to discuss your earliest sexual experience and understand how this makes an imprint that affects you even today. **Money** – Know that money is often just the tip of the iceberg with the “real” issue lurking below. Spouses need to spend some time digging into their own psyche and understand their own financial personalities. Money can mean love, power, control, status, or freedom. Each of us leans more toward spending or saving. And you also have a unique family culture. Each of us needs to know what money means to us and then communicate this to our partners. Then get started on a budget!

During the writing process, did you have any profound moments or epiphanies about your own marriage?

Jim: We created a new drill, called “cycles,” that we used in our own marriage.

Elizabeth: Jim's and my marriage is the lab for many of our Marriage Boot Camp drills. In chapter 9: Wrestling With Past, both of us had many “ah ha” moments where we came to a deeper

understanding of the impact the past has on our present. We are currently working on a drill called “cycles” or “circular conflict” because we have seen a pattern when we get gridlocked and it took quite some time to untangle. We definitely want others to learn from our mistakes.

Related Link: [Find Your ‘Clutch’: Relationship Advice from Author Lisa Becker](#)

In your program, you have a lot of drills and exercises for the couples to do. Which one do you believe is the most beneficial and why?

Jim: The forgiveness drill is always the most powerful. It releases people to grow and move forward.

Elizabeth: Every exercise in our program is important but if you could only pick two areas to focus on we would suggest chapter 1 (Communication) and chapter 10 (Forgiveness). With good communication you can solve virtually any problem, but with poor communication it’s almost impossible to solve even the smallest. Chapter 1 covers a concept that we call the Marriage Boot Camp ABC’s and Jim and I use this almost every day. A is for Action, B is for Belief, what you believe about the action and C is for the Consequence of your beliefs. We often say, “I think we have different B’s” when we’re each reacting differently to a situation, which could potentially cause conflict. Chapter 10 covers the need to forgive. As hard as we try, none of us can avoid hurting the other when you live so closely together. The only solution is to make amends and forgive anytime we fall short, but this is much deeper than you would imagine.

To shift gears, I’d love to ask you for some relationship advice! What message do you have for readers who are struggling to keep the spark alive in their marriage?

Jim: My relationship advice is to go to a marriage retreat. It is so much better than sitting around getting counseling and

then fighting after every appointment.

Elizabeth: Nothing kills the spark like a root of bitterness. In over 20 years of Marriage Boot Camp I have never seen a spouse who said they were no longer in love with their mate who didn't carry some deep, unresolved resentment. Once you dig that out, we take couples back to the moment when they fell in love and rekindle the flame that started their journey. It works every time. It is relatively easy for people to fall in love again, but it takes discipline to constantly scrub the little viruses out.

Related Link: [Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book](#)

What are the top dating New Year's resolutions for 2016?

Jim: Everyone always says they're going to work on their relationships and love in the next year but...why waste time making resolutions just to fail again? Better to get off your butt and get online and do something for real.

Elizabeth: Instead of trying to find Mr./Ms. Right, *become* Mr./Ms. Right. Chapter 5: Personality Differences is a great place to start. Find out who you are first, then you'll know the type of mate that would be a good match for you. Get involved in community. Find people with like interests and values. Get involved with a volunteer organization. This is a great way to meet people and more importantly it will make you a more interesting person. Take online dating seriously. This is a great way to be exposed to a sizable number of people. Be open, be kind and wonderful things can happen! That's how Jim and I met!

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

Elizabeth: We have several more seasons of *Marriage Boot Camp* ready to be filmed and the concepts and casts are unbelievably

exciting! The Marriage Boot Camp seminars continue for anyone who wants to have an exciting interactive experience of growth and healing. Co-director Ilsa Norman and I are also blogging on celebrity relationships. Finally, Ilsa Norman recently launched the Marriage Boot Camp Retreat for couples who want to keep making memories and continue to grow, while bringing fresh life into their marriages.

Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship *is available now on Amazon. For more from Jim and Elizabeth Carroll, visit the Marriage Boot Camp website, www.marriagebootcamp.com/ and read Elizabeth's blog at <http://www.mbcmotherdaughterduo.com/>.*

Celebrity Couple Paris Jackson and Chester Castellaw Look Happier Than Ever





By

Mackenzie Scibetta

Paris Jackson, the only daughter of Michael Jackson, was seen looking radiant while out and about in Malibu with her boyfriend, Chester Castellaw. As [UsMagazine.com](https://www.usmagazine.com) reported, the [celebrity couple](#) began dating in April and haven't slowed down since, only expressing more and more adoration for one another. This [famous relationship](#) brings hope to young love as Jackson and Castellaw are only 17 and 18 years old, respectively. Jackson's guardian, TJ Jackson, expressed signs of approval while also warning and giving love advice to other parents to "keep a close eye".

**Cheers to this celebrity couple!
After tragedy, what are some ways
to cheer your partner up?**

Cupid's Advice:

Not all of us have to deal with a tremendous loss like Paris, losing her father Michael Jackson at the tender age of 11.

However, we all face troubling situations and must learn how to conquer them. What's harder than overcoming our own struggles? Helping your partner find happiness again after difficult circumstances. Cupid is here to help you navigate through tragedy to cheer your partner up:

1. Do something they've always wanted to do: You know that one thing on their bucket list that they always say they'll get to doing but never actually do? Go do it with them. Take them on an adventure and check off items from their bucket list to encourage happiness.

Related Link: [Celebrity News: Bindi Irwin Makes First Red Carpet Appearance with Boyfriend Chandler Powell](#)

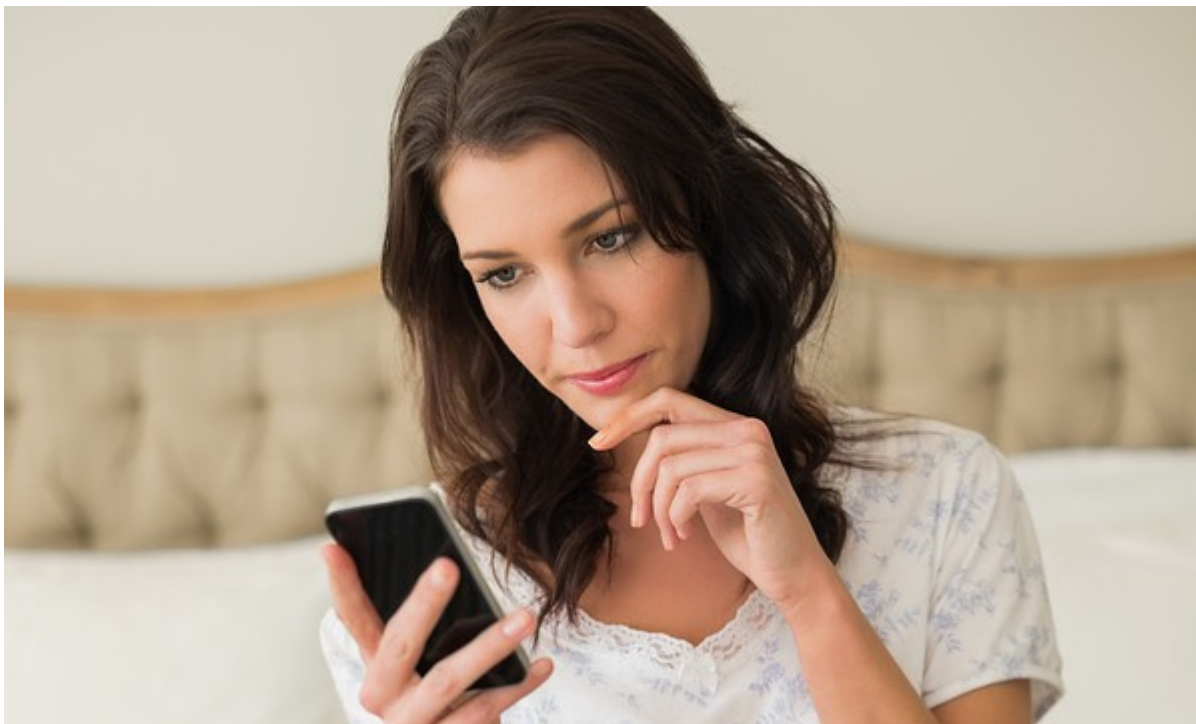
2. Get out of the house: After an appropriate amount of time your partner will need to stop sulking. You need to push your loved one away from misery and into a world of new experiences and fresh memories. Take them out of the house and go exploring, eat at a new restaurant, see a movie, or do anything to help create new memories to push out the negative ones.

Related Link: [Celebrity Couple Sandra Bullock and Bryan Randall Share Cozy Moment in New Photo](#)

3. Be there to talk to, but understand when they need space: Always remind your significant other you're willing to listen to their problems, but don't push them into telling you anything. Some days they will need their private time, so take note of that and do not get offended. When they have these days, offer to make them soup or rent them a movie. Emphasizing that you're there when they need you is a big comfort.

How do you like to be cheered up when you're having a rough day? Comment below.

Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man



By

Mackenzie Scibetta

The only situation more traumatizing than discovering your man is with a secret woman, is realizing that you have unknowingly been the “secret woman” to a man and his wife or girlfriend. Devastating to a woman’s self-esteem, this type of relationship needs to be stopped before it takes off into something more serious. The typical man who is already taken will be manipulative, uncommunicative and cautious. Watch out for those telling traits, as well as other signs that your

lover may be in another commitment.

Look at Cupid's [dating advice](#) on the most revealing signs that your man is taken:

1. He's overly protective of his phone: One reason your significant other doesn't want you to touch their phone might be because there are incriminating messages, phone calls or photos on it. If he keeps his phone hidden and becomes defensive when you ask about who he's talking to, that hints he's hiding at least something, whether it is another woman or not is for you to decide.

2. He doesn't invite you to his place: This could be for the fact that he has a wife, girlfriend, or even kids at home. To keep this other life veiled from you, he will likely always suggest heading to your home instead. All and any excuse will be brought out to mislead you from the real reason you cannot visit his place.

Related Link: [10 Body Language Signs That Mean He's Into You](#)

3. He doesn't talk about his friends or family: Opening up about his friends, or even introducing you, could potentially lead to you finding out details about his other significant other. Naturally, if your man is taken then he will keep you as distanced as possible from anyone who knows that he is deceiving you.

4. He is not active on social media: This sign is significantly important, especially in our modern age where everyone and their grandparents have at least one form of social media. This lack of an online presence suggests he does not want to be found, tracked or followed.

5. He stays quiet about past relationships: A cheating man will not share many details about his past relationship because, technically, his past relationship is also one of his current. To prevent slipping up on information or accidentally giving clues to another woman he will likely completely avoid any topic about past romances and will become agitated at the mention of it.

Related Link: [Dating Advice: 7 Things All Healthy Relationships Require](#)

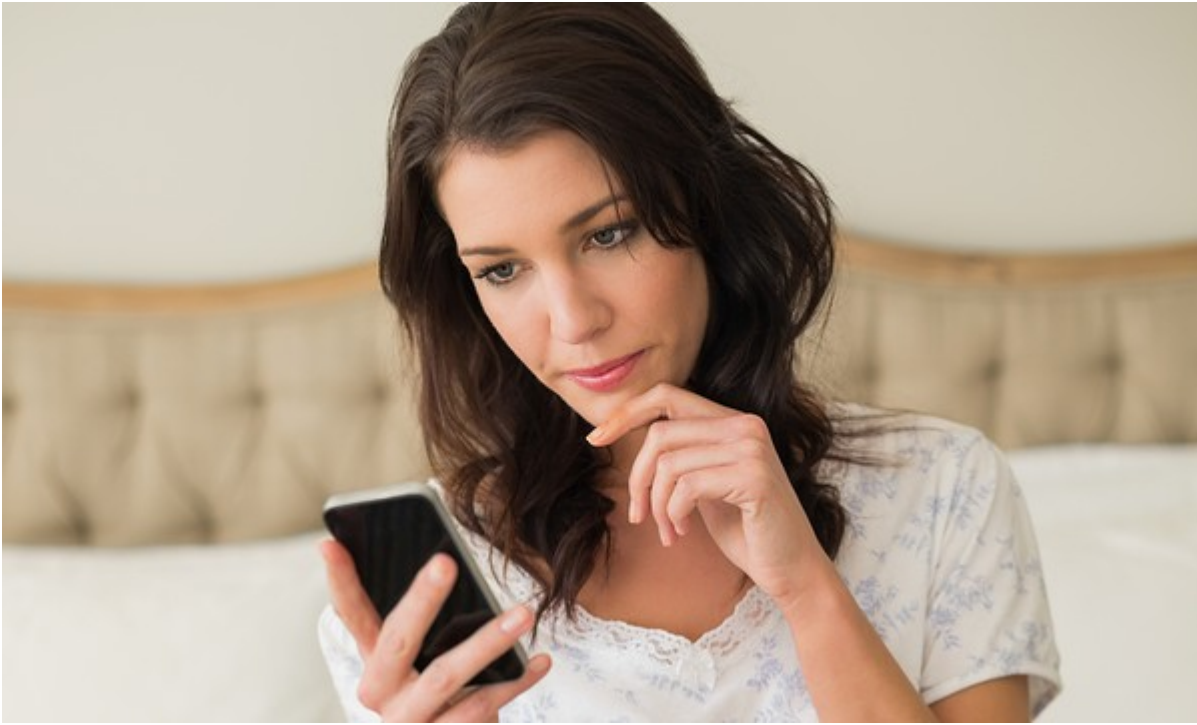
6. He always calls you when he's out of the house: Whether it's from the supermarket, post office, or sidewalk he will make sure that your voice is not heard inside of his home. He uses these outside places to avoid his home life, where a girlfriend or wife awaits him.

7. He's always busy on the weekends: It's hard to sneak in time with you on the weekend when his wife/girlfriend knows he is off from work. Attached men cannot afford to be spontaneous or adventurous. They can only stick to safe zones and days when they know they will have an excuse.

How do you handle a cheating a boyfriend? Let us know below.

Relationship Expert Talks What's Wrong With Men In The Dating World





By

[Jared Sais](#)

As a [relationship expert](#), I've heard some of the worst dating stories. I'm sure, like my friends, you too have been on some bad dates. Sometimes the men are only after one thing. Sometimes they just don't know how to actually have a conversation with you. And sometimes they have no manners and barely plan the date. This article will do two things. First, I will call out the rude, bizarre, and ugly behavior men are showing women on dates. Second, I will share my love advice on how women should handle situations like these.

Relationship Expert Says What To Do On A Bad Date

Let's look at a couple scenarios and then I'll give my expert dating advice.

Scenario 1: The girl picks up the guy in front of his apartment. It's 7 p.m. and the girl hasn't eaten and is quite hungry. She is excited as she sits in the car anxiously. She took the time to make sure she looked nice. Then the man walks

out of his building in workout gear. Long shorts, ragged shirt, and hair a mess. He gets in the car and tells the girl that they're going to a nice place. Needless to say, she's a bit dumbfounded by the way he chose to put himself together. He tells her where to go and they wind up at a sports bar. As they get into the bar he sees a group of his friends and orders two beers, one for him and one for her. The night ends two hours later and he decides to stay with his friends, leaving the girl to drive home from the bar.

Now, I'm sure your mouth is on the floor by now, but this situation might also look familiar. And if so, this is what you can do next time:

- Call them out on how they've presented themselves.
- Tell them you haven't had dinner yet.
- Tell them the date is over if they don't treat you right.
- If they don't show you respect or have class, they're not worth your time.

Related Link: [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

Scenario 2: The girl took time getting ready and even wore a new outfit. It's 8 p.m. and she only ate a tiny bit as the guy said they were getting food together. As the girl meets the guy, he decides to change the plans and wants to head to a bar for a drink first. They get a drink each and he only pays for his, leaving her to pay for her own. During the drinks they speak about getting food and more about him. He never asks one question about her and what she likes. They finish their drinks and head back to his car. They start to drive and wind up back at her car. He says he'll get food on the way home and that he feels tired. So the girl drives home and eats back at her place.

What to do if this happens to you:

- Leave and never call him back, ever.
- Again, call him out on his behavior.
- The man should pay for the first few dates. Call me old school but it's just classy and shows good manners. Of course, the girl should offer to split but the guy should decline and pay.
- If the plans change, step it up in scale. So if you want to change plans, make it bigger and better, not smaller and worse.
- If you agree to food on the date, then that is a must. Don't ditch the main event. It's rude.

Related Link: [Expert Love Advice: 10 Signs That He's Just Not That Into You](#)

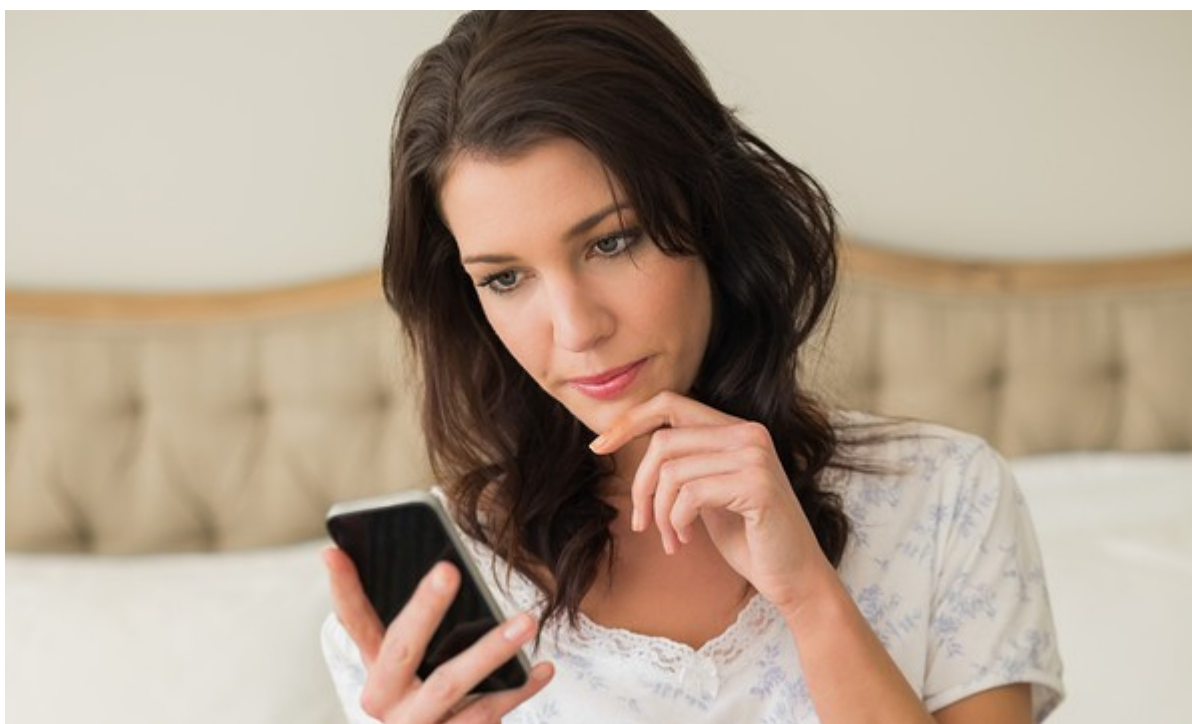
What is wrong with men today? They aren't dressing to par, they aren't paying, they only want a physical relationship and love, they show zero class, and worst of all, they're disrespectful to women. There are good guys out there, ladies, but there may be awkwardness, which will happen to a guy that really likes you. They will pay for the date, open the door and want to get to know you.

As a relationship expert, I see good guys get the boot due to some silly reason, while idiot men who won't even care about a woman's day get all the buzz and attention. This leads to a constant cycle of bad dates and sadness. But, this isn't all the woman's fault, not in the slightest. Men need to really bring their game up. Be a classy guy, show you care about the way you look, and act with gratitude. Open doors, pay for the meal and look for something real in the woman you're dating. Not every date needs to be perfect but try and put some thought into it to make it nice. I think the perfect date is

at a coffee shop, from 5-8 p.m., where there's quiet music to take away from any first date awkwardness.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.

Celebrity Video Interview: Master Sommelier Talks Relationship and Love Advice



By [Rebecca White](#)

If you're keeping up with New York Fashion Week, then you know that the worlds of fashion and wine are colliding this year. Master Sommelier DLynn Proctor shares his best relationship and [love advice](#) concerning all things wine in our celebrity video interview.

Related Link: [Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: "We Carve Out Time for Each Other"](#)

DLynn Proctor Talks Love Advice In Celebrity Video Interview

Sometimes ordering wine at a restaurant can be stressful, especially on a first date or special occasion such as an anniversary or Valentine's Day. Proctor's love advice is to make sure you communicate with your sommelier. "Give your somm buzz words, like light or bold, medium wines, fruity, dry, sweet, etc.," he says. After that, your somm will easily be able to make a pairing sure to improve your date night.

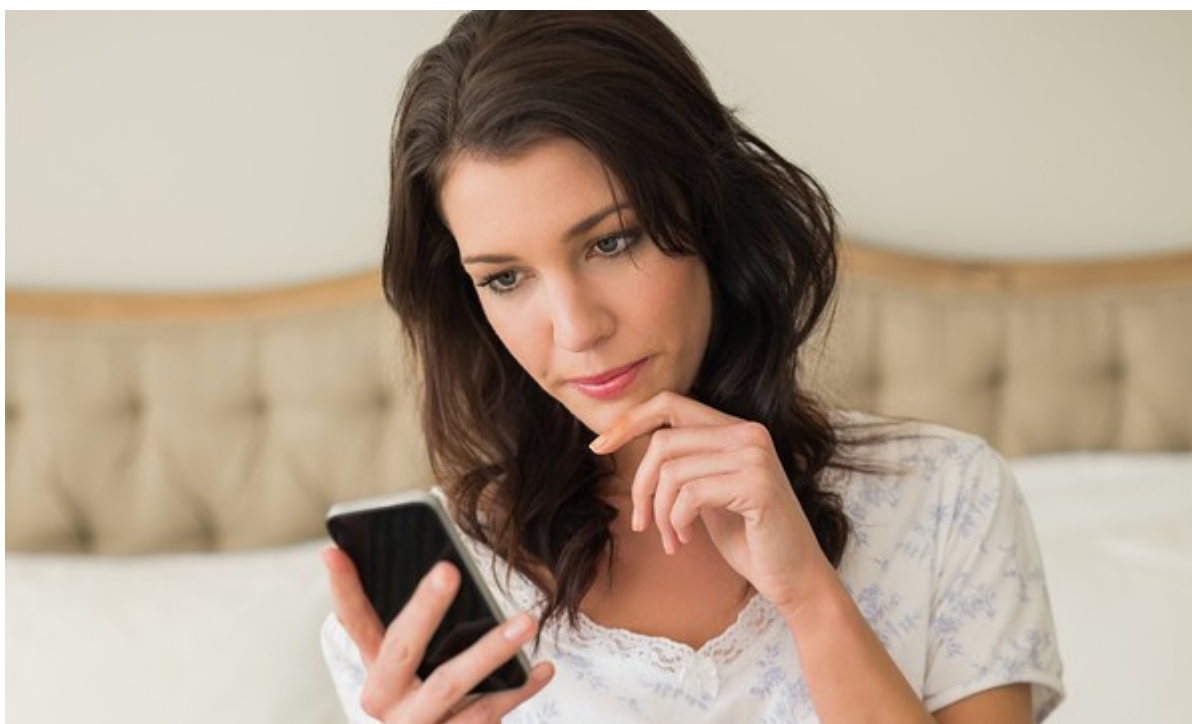
But if you still need some dating advice concerning wine, then look out for these recommendations. For a first date, you can't go wrong with the Bin 28 Kalimna Shiraz, Proctor shares. "A lot of beginners can enjoy this and the price is affordable!" he says. But, maybe your relationship is more mature, and you're searching for an anniversary wine. In that case, go with the Penfolds Grange Shiraz that can be order at the finest establishments.

In regards to his own relationship and love life, Proctor jokes that being a sommelier has only improved his marriage. "The wine seller is always stocked and the wife is always happy. She drinks very well," he says with a laugh.

You can keep up with DLynn on Twitter @WineauxDLynnP and www.instagram.com/penfoldsdlynnp/.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Snooki Stands Up for Celebrity Love Jionni LaValle Amid Ashley Madison Reports



By

Kyanah Murphy

Ever since the Ashley Madison hack, the rumor mill has been churning like crazy and even exposing celebs for infidelity and using the site. While Josh Duggar leads the exposed pack in the Ashley Madison scandal, it seems that Snooki's

[celebrity love](#) Jionni LaValle is now joining the Ashley Madison rumor mill. According to [USMagazine.com](#), LaValle's email address matched one used on the infidelity website. In response to this discovery, Snooki has taken to Instagram to firmly stand by her husband. This is a brave move by Snooki that really shows how much faith and trust she has in her celebrity relationship.

This reality TV star is standing by her celebrity love! What are some ways to stand by your partner amid scandal?

Cupid's Advice:

It's important to have trust in your relationship and love, especially when something troubling arises such as rumors. In any healthy relationship, you should naturally want to stand by your partner. Cupid has some tips:

1. Have a line of communication with one another: This is an essential key in any strong, healthy relationship. You two should be able to talk like best friends and share everything with each other and really listen to what the other has to say.

Related Link: [Snooki & JWOWW Tell Sammi the Truth](#)

2. Let go of negative influences: If you have a friend or someone you know that is trying to get you down regularly, such as by insulting you and/or your partner or trying to cast doubt into your heart, it's time to let that person go. They are no friend of yours. Surround yourself by positive people – people that want to life you up.

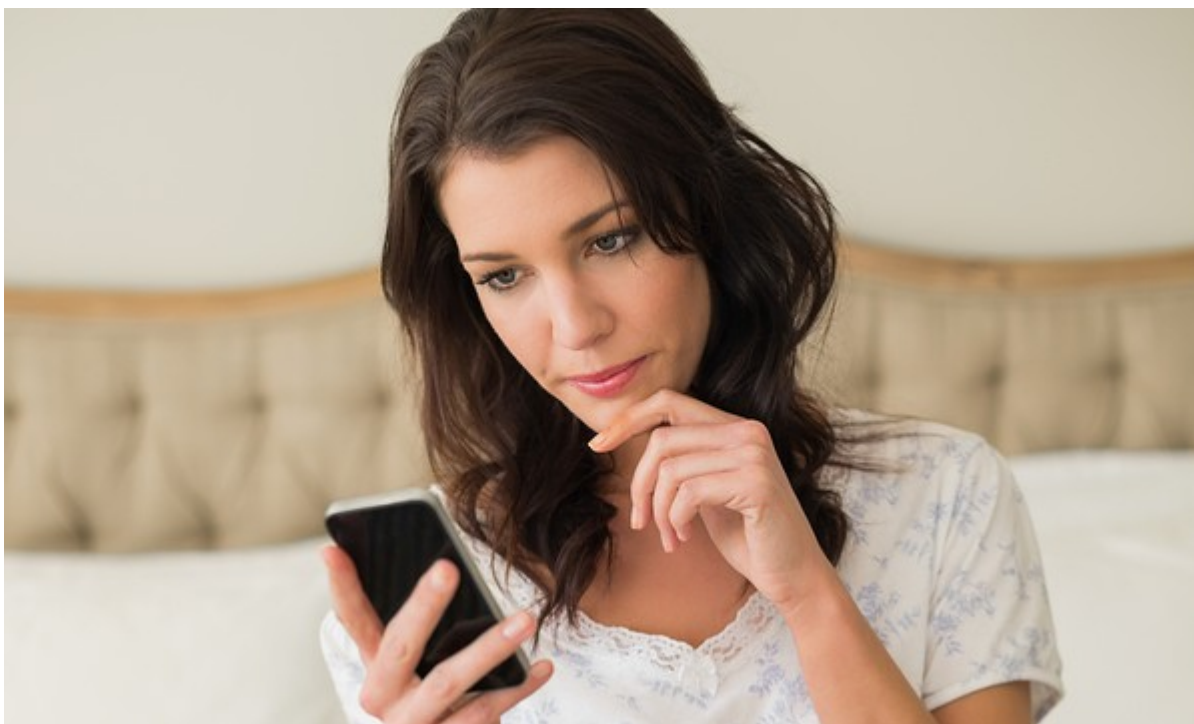
Related Link: [Selena Gomez is 'Having a Good Time' Post-Split](#)

[with Justin Bieber](#)

3. Have trust in each other: If you have a sweetheart, you two should already have established trust in one another! Stand by that trust! If you don't have any trust in each other, it's time to re-evaluate your relationship.

What are some ways you stand by your partner? Share with us below!

Dating Advice: 7 Things All Healthy Relationships Require



By

Molly Jacob

Are you in a relationship and love, but aren't sure whether it's healthy or not? Or are you on the lookout for someone that can make you truly happy? It's hard to get caught up in your own checklist about what makes your relationship a good one: your parents like him or her, you have fun going out with mutual friends, or you like living together. So, it's time to take a step back and evaluate how well you treat each other and how much you value your relationship.

See what dating advice Cupid has to dole out about what all healthy relationships need!

1. Communication:

It's an often-stated but important aspect of healthy relationships and love: communication is key. Without communication, you are just two strangers sharing the same bed. You need to not only communicate about what's making you happy or troubling you in your relationship, but also about your life outside the relationship. Let your partner know what's going on, what's concerning you, and what's on your mind!

2. Intimacy:

With every relationship, some alone and intimate time is important. You both need to show your love in a physical way, whether that is in the form of a massage after a long day or a much-needed cuddle session. Dating advice: don't skimp out on this important alone time, even after a busy and crazy day full of kids, work, friends, and chores!

Related Link: [Love Advice: 5 Signs You're in a Lukewarm Relationship](#)

3. Shared interests:

It could be that you both love to binge watch *True Detective*

or workout together, but people in healthy relationships and love have shared hobbies. Find what you both have in common, even just a love of cooking, and spend your time together pursuing those interests!

4. Openness: If something's bothering you, say it. If you're concerned about your finances or some other aspect of your relationship, say it. Bottling up emotions and ideas that you know you should be talking to your significant other about can only lead to an explosion later on. Relationship advice: the topics you find most difficult to talk about are usually the topics you SHOULD spend time discussing with your sweetheart.

Related Link: [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

5. Love:

This may sound obvious, but every healthy relationship should have love. Not only should there be love, there should be expressions of love. This can be as simple as saying "I love you" once a day, but every relationship is different so make sure you find how YOU uniquely express your love.

6. Conflict:

This may sound counterintuitive (how can a relationship be healthy if you're fighting?) but healthy couples won't agree on everything. The fact that you two argue shows you care enough about your relationship to want to see it succeed. Relationship advice: instead of name-calling and bringing up irrelevant issues from the past, healthy conflict includes empathetic listening and understanding each other's point of view.

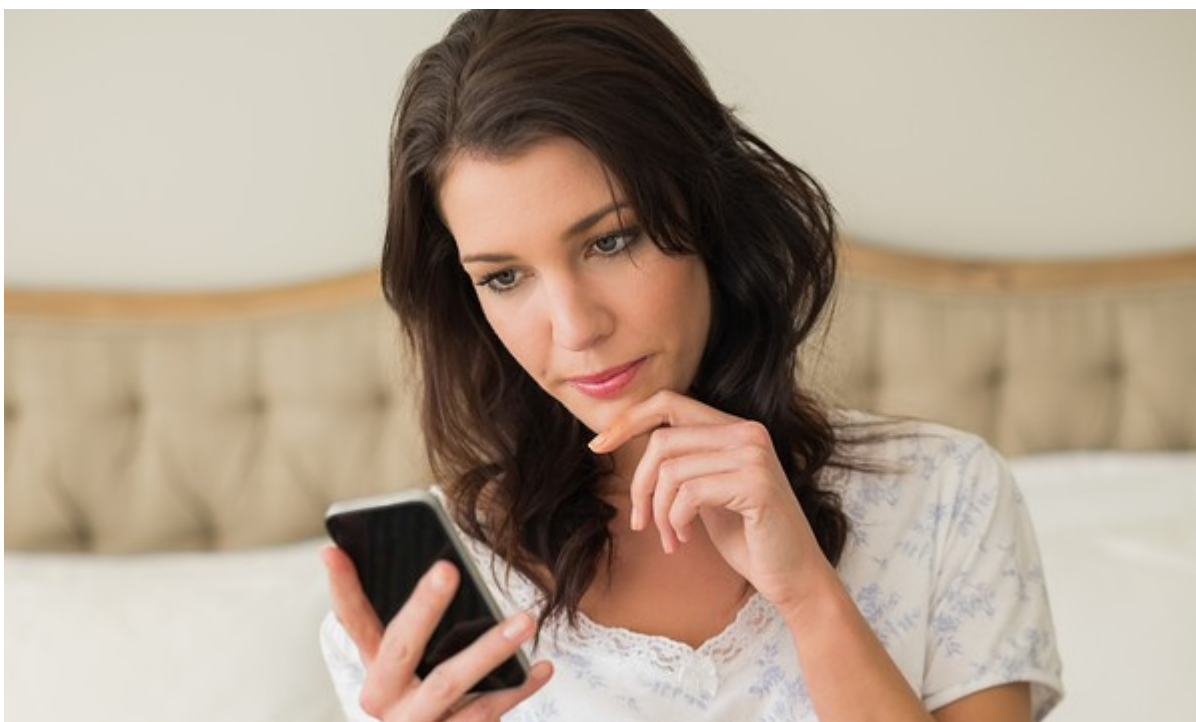
7. Fun:

Life can be serious and difficult, so why not have fun in your relationship? Your partner is more than your spouse or girlfriend or boyfriend; they should be your best friend! Constantly find new adventures for you two to experience or

ways to make menial tasks, such as doing the dishes together, fun. Life should be an enjoyable adventure with your partner by your side.

What other aspects do you find in your healthy relationships? Let us know by commenting below!

Owen Wilson, Jennifer Aniston, and More Star in New Relationship Movie, 'She's Funny That Way'



By

[Courtney Omernick](#)

This relationship movie features the interconnected, personal lives of the cast and crew of a Broadway production. You'll never believe who falls in love with who in this non-traditional chick flick.

Cupid has the details on this new chick flick!

Should you see it:

This relationship movie has a twist! If you like films that keep you guessing and have many different layers, then this chick flick is for you. The movie also features Owen Wilson, [Jennifer Aniston](#), Will Forte, Kathryn Hahn, and more great actors.

Who to take:

This relationship movie/non-traditional chick flick would be great to see with your friends or significant other. Is it a good idea to date multiple people at the same time?

Cupid's Advice:

In today's world, you can never be too sure that the person you're looking to date is the cream of the crop. So, sometimes going on dates with a few different individuals at the same time can help you narrow down what's out there. But, is this a good idea, or is it only asking for trouble? Find out below!

1. It speeds up the process: Dating multiple people can definitely speed up the process of finding the right person. Why wait around with someone that you know you're not that interested in, if you've already found someone else that you know you can see yourself in a relationship with?

Related Link: [Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session](#)

2. Compare and contrast: Yes, everyone has different personalities, and everyone has their positives and negatives, but it is nice to be able to compare what you like about one person to the next. It'll also help you decide what you want to look for if the people that you're dating aren't working out at all.

Related Link: [Love Advice: How To Tell If a Guy Likes You](#)

3. Honing your first date skills: Think of it as interviewing for a job. Once you've done it a few times, you finally know the questions you need to ask to get to know the other person, and it helps you figure out if they're worth your time and effort. Once you've done it a few times, you'll be a pro.

Have you dated multiple people at the same time? Did it work out? Comment below!

Relationship Advice: How Can You Tell If Your Partner Is Having an Affair?





By

[Courtney Omernick](#)

You've just found out that your significant other is having an affair; and it's something that you never wanted to hear. That being said, it can be worse wondering whether they're betraying you or not, and there are signs to look for in that situation.

Whether you're dating, in a relationship, or single, read these pieces of dating and relationship advice below on how to tell if your partner is having an affair.

It can be tough to tell if your partner is having an affair, and you don't want to wonder about it too much. Cupid has some red flags:

1.Their behavior changes: If your partner suddenly breaks an

established routine or stops wearing their wedding ring for no reason, these could all be signs that he or she might be having an affair.

Related Link: [Ben Affleck: Can You Forgive a Betrayer in a Romantic Relationship?](#)

2. Showering/cologne/perfume: If your significant other comes home and showers right away when they work an office job, that could be a bad sign. If they smell differently when they come home, or if they're starting to buy new fragrances at the store, it's cause to at least check things out.

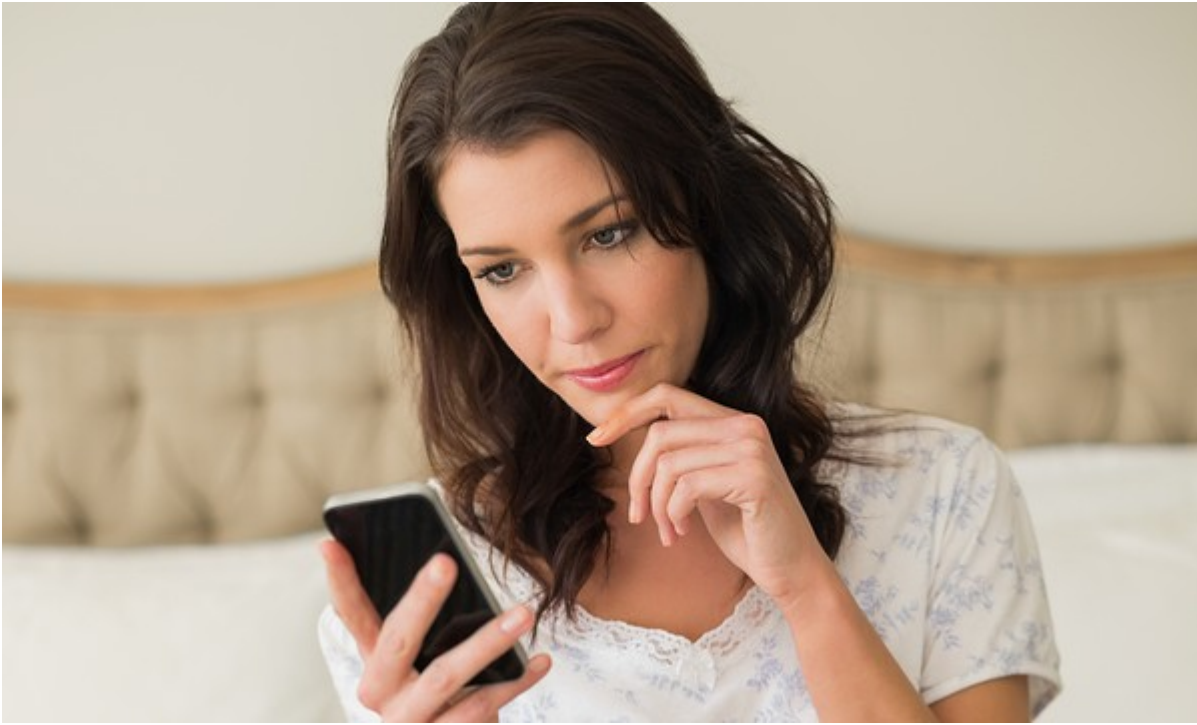
Related Link: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

3. Discomfort: If your partner seems less comfortable around you and gets easily angry when they weren't in previous months, this could be a sign. If h also stops attending social gatherings with you, you may want to start asking questions.

What's your relationship advice for our readers? Have you ever found out your significant other was having an affair? Share in the comments!

Top 5 People Tools for Relationships and Love





By

Alan C. Fox

I describe [relationships and love](#) as a “journey from me to us.” As romantic as that sounds, it also implies a lot of hard work. Two unique people with distinct tastes, thoughts, feelings, ambitions, and personalities are now sharing a single life. And no matter how perfectly compatible you are, you’re bound to face challenges along the way.

I’m a pragmatist at heart and so I like to use “tools” to help me navigate the challenging terrain of relationships and love. In fact I’ve developed many of them for my new book on relationship advice and love advice, *People Tools for Love*

and Relationships: The Journey from Me to Us.

Below are my top five pieces of relationship and love advice:

1. Be (not find) the right person: Many of us spend years of our lives searching for the perfect person to build a life with. But we're often disappointed to find that our prince or princess charming turns out to be imperfect. It's just as important to learn how to be the right person as it is to find the right person. Work on perfecting yourself, rather than endlessly searching for that perfect other.

Related Link: [Love Advice: How to Make Your Partner Happy in 5 Minutes a Day](#)

2. The Best Defense is No Defense: While having a strong defense is helpful on the battlefield, being defensive in your relationships can cause serious problems. If your partner is upset with you or offers criticism, rather than automatically defending yourself, try adopting an "intent to learn," and quietly listen to their point to learn what they have to say.

Related Link: [Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session](#)

3. It's a Movie, Not a Snapshot: It's all-too-easy to lose sight of the big picture during times of emotional strain and conflict. In times like these you need to remember that your relationship is more like a movie than a snapshot. It's a series of events and memories, and not a single particular event.

4. More Is Not Always Better: I often refer to relationships as "a journey from me to us," because sharing your life with another requires surrendering a degree of your independence. Each of you should maintain your own interests, hobbies, and

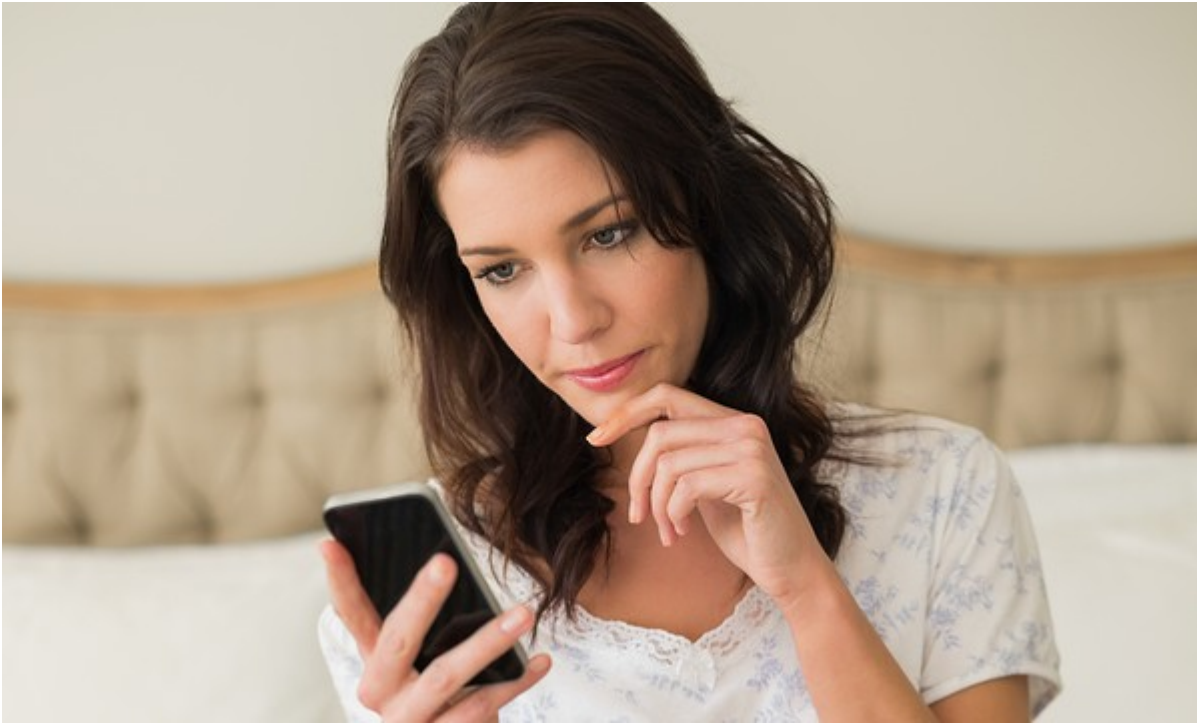
time to yourselves.

5. Apologize: This is the simplest and most effective thing you can do when fighting with your partner. Yet it's often the most difficult, especially when you're convinced that you're right, which is most of the time, if not always. You have to put aside your pride and be willing to compromise on some points, even when you feel strongly about them.

Alan C. Fox is the author of "People Tools for Love and Relationships," as well as two other bestselling People Tools books. He is a real estate investor, philanthropist, mentor, and founder of Rattle poetry journal. Visit www.peopletoolsbook.com.

Meryl Streep Stars in New Relationship Movie, 'Ricki and the Flash'





By

[Courtney Omernick](#)

In the new relationship movie, *Ricki and the Flash*, Meryl Streep stars as Ricki, a guitarist who gives up everything, including her family, for her dream to become a rock-and-roll star. But, she decides to return home to be there for her family after her daughter, Julie, suffers a painful divorce.

Should you check out this new relationship movie starring Meryl Streep? Cupid has some insight.

Should you see it:

This relationship movie is not your average chick flick! If you've ever been hurt from a relationship, or revived an old one, then you'll enjoy this film. The movie also features a great cast including Meryl Streep, Kevin Kline, Rick Springfield, and more!

Who to take:

This relationship movie/non-traditional chick flick would be great to see with your friends, family members, or significant other.

How can you welcome a past relationship back into your life?

Cupid's Advice:

Whether it's an old friend or an old flame, sometimes, people from our past come back into our lives. How you welcome them back can say a lot about you. So, if you're not sure what to do, see our advice below!

1. Embrace what you have in common: Even if you may have multiple differences, embrace what you do have in common. Everybody has at least one thing in common with someone else. Start there.

Related Link: [5 Celebrity Marriages That Are Rock Solid](#)

2. Make them laugh: Laughter is the best medicine. Make sure to stay positive and upbeat. Talk about funny stories, and keep the mood light.

Related Link: [Love Advice: How to Make Your Partner Happy in 5 Minutes a Day](#)

3. Talk about the good, past memories: Even if you can't think about anything good to talk about now, talk about the good times you had with them in the past. Some research has proven that talking about the good times of the past can bring two people closer together.

How have you welcomed a past relationship back? Comment below!

Relationship Advice: Signs You Really Need Couples Counseling (and Why It's Not a Bad Thing!)



By

Molly Jacob

Sick of all the fights, cold shoulders, and disappointments in your relationship and love life, but still think it's worth saving? It may be time to visit a therapist with your significant other, and in terms of practical [love advice](#), that's not necessarily a bad thing! Going to counseling is one of the best ways to save your relationship, and you might find that your it becomes stronger after this rough patch is over. But, how do you know if you need couples' counseling?

See what relationship advice Cupid has for you as signs that you really need couples counseling!

1. You're not as affectionate:

If you've been less intimate or less emotional with one another, it may be time to go visit a therapist. Every couple goes through dry spells, but usually a lack of intimacy is the sign of a deeper issue, such as a lack of trust or comfort in the relationship.

Related Link: [Love Advice: 5 Signs You're in a Lukewarm Relationship](#)

2. You keep things from another:

Relationships and love thrive when you are open with your partner. If you're keeping things from him or her, such as hiding the credit card bill, it could be a sign your relationship isn't healthy. It's important to see a therapist who can help you open up to one another, something that can be accomplished with more trust, understanding, and communication.

3. You think the OTHER person is the issue:

Not being able to recognize that there are two sides to every story could be a reason your relationship is in trouble. Yes, it may seem like your partner is the one who has been causing problems, but it's important that you take a look at yourself and see where you can improve, too. Relationships and love are all about compromise, so look to a therapist for relationship advice about how to achieve this balance.

Related Link: [Paula Patton Says "Passion" is Key to a Successful Relationship](#)

4. You don't speak up:

The classic love advice about communication being the key to a healthy relationship is true. You may feel as though there is an issue in your relationship, but you keep it to yourself because you are afraid of the fight that could happen if you speak up. No one should feel this way in a loving relationship; you should feel comfortable enough to express your feelings. A therapist can give you the love advice you need to find your voice.

5. You think about having an affair:

You could just be fantasizing about that coworker and have no plans on acting on your thoughts of infidelity, but even just thinking about being unfaithful is a clear indicator that you should go to counseling. When you have an affair, it's usually because there's something lacking in your relationship, something you need from them that you just aren't getting. A therapist can help you identify this issue and communicate it to your partner so you can work to save your relationship and love.

What other signs are indicators that you need couple's counseling? Let us know by commenting below!

Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session



By

[Courtney Omernick](#)

Whether you're just dating, in a [relationship and love](#), or single, it never hurts to get some extra dating and relationship advice; especially when it comes to important things like kissing.

Below are some special pieces of dating advice and kissing pointers.

Cupid's Advice:

1. Have fresh breath: It seems like common sense, but a lot of people are guilty of bad breath. Make sure your teeth are clean. It doesn't matter how good of a kisser you are, as bad breath can ruin everything.

Related Link: [Love Advice: 5 Signs You're in a Lukewarm](#)

Relationship

2. Build up the moment: No matter if it's the first date, or if you've been dating for awhile; there's going to be some tension. And, kissing is a great way to break the tension. Don't wait too long for that first kiss, however. You want to make sure they still understand that you're interested in them.

Related Link: [Relationship Advice: A Couple's Guide to Better Arguing](#)

3. Use your eyes: Obviously, don't keep them open while you're kissing. But, try speaking with your eyes to initiate the kiss.

4. Don't try to control it: A good kiss is powerful. The moment will be broken if you put too much thought into it.

5. Relax: Kissing isn't a "win or lose" situation. Try to gauge what the other person is doing, and go from there.

6. Be spontaneous: Give your partner a gift when they least expect it. Catching them off guard with a kiss can be just what they needed.

7. Pay attention to the surroundings: Special and new surroundings can make things interesting. Because your eyes are closed, you'll be able to see and feel new sensations more clearly.

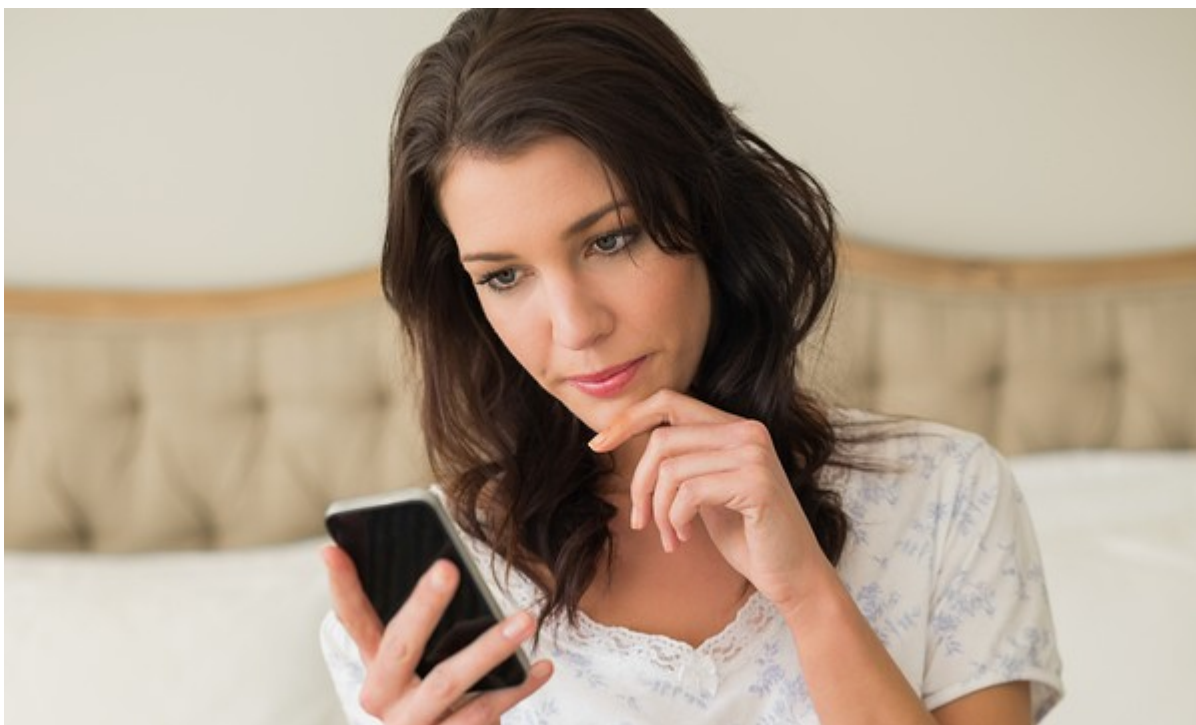
8. Control your saliva: Don't create slobber that runs down your face. Keep your saliva in check.

9. Use your hands: Don't just fixate on someone's face. Touching their neck, sides, or holding them close makes the kiss better.

10. Don't drink: The best kisses and makeout sessions occur when you're sober.

What's your dating advice for our readers? Do you have any kissing tips? Share in the comments!

Love Advice: How to Make Your Partner Happy in 5 Minutes a Day



By Molly Jacob

Molly Jacob

From work to social lives, our days can get pretty hectic. Although we love our partners more than anything, some days we just don't have enough time to give them all of our attention. With relationships and love, it's still important to give your

sweetheart small, but significant reminders of your love every day. Need dating and relationship advice about how to do that?

Cupid has love advice about ways you can make your partner happy in just 5 minutes a day!

1. Give a massage:

Your baby has had a hard day at work, so giving a quick back or foot massage is sure to make his or her day. Giving a massage without them having to ask for it is sure to win you brownie points with them, too.

Related Link: [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

2. Do the dishes:

Even if you're tired at the end of the day, doing the dishes should take you no more than five minutes, and it's sure to make your significant other's evening much more relaxing if they see that the dishes have been taken care of after dinner. You could do any sort of similar chore around the house, which would just as well add happiness and gratitude to your relationship and love life.

3. Give a gift:

This gift doesn't have to be a big or extravagant one; it can simply be a candy bar or latte you picked up on the way home from work. Your sweetie is sure to love a treat, and little gifts are an easy way to add a nice surprise to your partner's day.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

4. Send a cute text:

Throughout the day, send a couple cute texts, such as, “How did your meeting go?” and “You’re amazing!” These little reminders of your love don’t take much time or effort, but really show you’ve been thinking about them. It’s good love advice to always make sure your significant other knows how much you mean to them!

5. Say “I love you”:

This won’t take any longer than a few seconds, but it’s definitely a fantastic way to strengthen your relationship and love life. Your partner may know you love them, but it’s still always important to say it out loud, and often. Love advice: you can never say, “I love you” too much!

How else can you make your partner happy in just five minutes a day? Let us know in the comments below!

Love Advice: 5 Signs You’re in a Lukewarm Relationship





By

Molly Jacob

Are you afraid you've been settling in your relationship? Some people love the security of having a significant other and have a hard time being alone. So in exchange for the uncertainty of single life, they stay in a tepid, dispassionate relationship. Although it may be hard to deal with the fact that your relationship isn't that great, it's important to evaluate your relationship and never give yourself less than you deserve in your relationships and love life. Take this love advice: you should never settle for anything less than the most fulfilling relationships.

Cupid has dating and relationship advice to help you determine if you're in a lukewarm relationship!

1. You spend less time together:

When you are passionately in love with someone, you always want to be around them. You want to experience new things with

them and show them the best parts of your world. But as your relationship and love grows from hot to lukewarm, you have less of that desire to spend time with them. Instead of looking forward to your dates or alone time together, you feel as though your one-on-one time is an obligation, not a treat. Your relationships and love life should be one of the most wonderful and fulfilling parts of your life, not just something to check off a to-do list.

Related: [Relationship Advice: 3 Reasons Not to Break Up Via Social Media](#)

2. You're less intimate:

Intimacy adds passion and depth to a relationship. If your sex life is cooling down, your relationship may be experiencing the same thing. But this is about more than just sex; being intimate means not only being physically close, but also emotionally close. Are you sharing less of yourself with your honey? Are you closing yourself off emotionally? If so, take our dating and relationship advice that your relationship is losing its passion.

3. You never fight:

Some couples never fight and always seem to get along, and that can be a totally healthy relationship. But to a certain extent, couples argue because they care about each other. Oftentimes, couples who argue are fighting to repair a relationship or finding a solution to relationship troubles. If you find your partner not even worth the trouble of arguing with, you may be in a lukewarm relationship. As they say, apathy, not hate, is the opposite of love.

Related: [Paula Patton Says "Passion" is Key to a Successful Relationship](#)

4. You talk less:

If you find yourself communicating less and less with your partner, your relationship may be lukewarm. While you once discussed your passions and deep emotions, your conversations are now filled with recounts of grocery shopping and dentist appointments. While it's not bad to talk about these things, it's also a sign of an unhealthy relationship when that's all you have to talk about. See if you find yourself making conversation just for the sake of filling the silence at dinnertime.

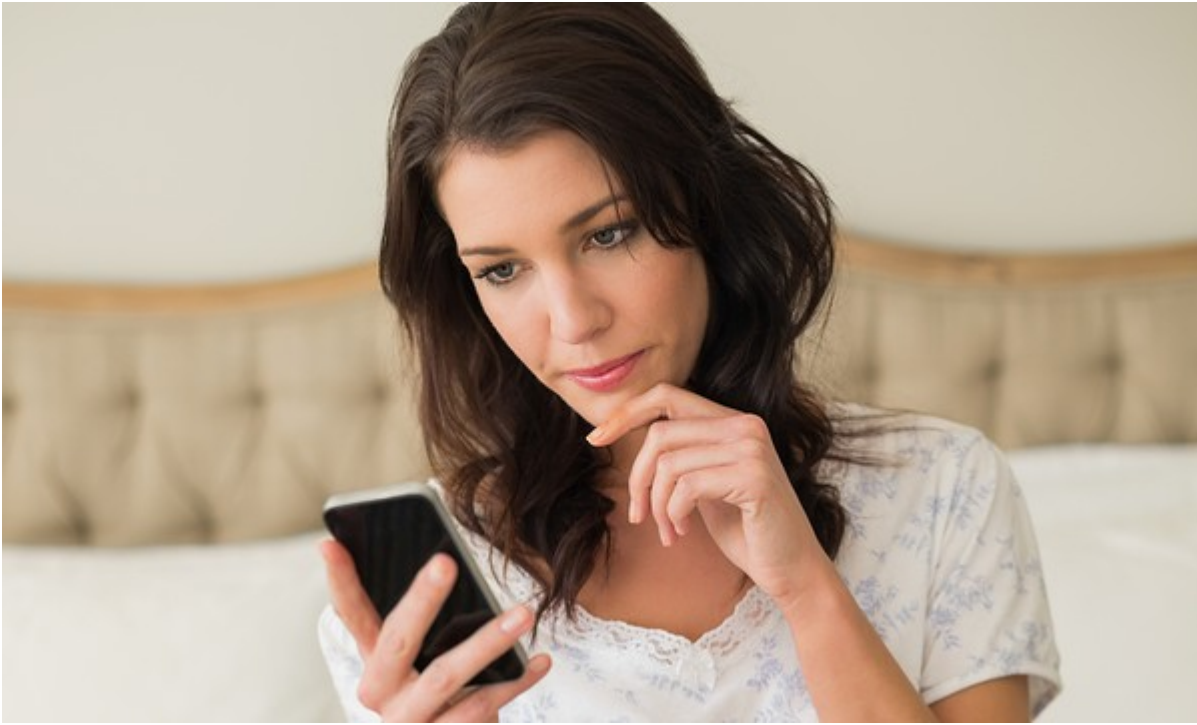
5. You care less about each other:

Relationships and love should be exciting and consuming, not half-hearted or mundane. While this may go without saying, if you find yourself caring less about your partner and what's going on in their lives, your relationship has gone from simmering to lukewarm. If this is true, take time to evaluate the benefits of being in this relationship. Love advice: you deserve better than settling for a relationship that doesn't bring you happiness.

What are other signs of a lukewarm relationship? Let us know in the comments section below!

Pros of Breaking Up in a Social Media World





By

[Courtney Omernick](#)

[Relationships and love](#) can be complicated, but the break-up doesn't have to be. Sometimes, we're very lucky that we live in a world filled with social media that provides us with faster ways to connect with more people.

A lot of relationship and dating advice will tell you that it's a terrible idea to break up with or find a new partner via social media, however, there are some positives. Cupid has some ideas.

1. Remove the awkwardness: If you do decide to break up with your significant other, you have the option of making things a little less awkward by doing it through social media. If you're too nervous to face them in person, or haven't been dating for too long, you have the option of sending them a

private Facebook message and then moving on with your life.

Related Link: [Sean Penn and Charlize Theron Break Off Celebrity Engagement](#)

2. Spread the word: With social media, all you have to do is click a few buttons, and all of your friends, family members, and acquaintances, can instantly know you're single. This helps diminish the amount of times that you have to bring it up in a conversation. Now, if they really want to know, they'll ask.

Related Link: [Sources Say Ben Affleck and Jennifer Garner Are Facing Celebrity Marriage Troubles](#)

3. Options: Before social media, people met and dated individuals who they went to high school with, lived next door to, etc. Now, with social media, you can find ten times as many newly, single matches for you within your city and beyond.

What are some other pros to breaking up in a social media world? Share your relationship and dating advice below!

Kristen Stewart's Mom Denies Speaking About Her Daughter's Celebrity Love Life





By :

Maria N. Capalbo

According to [UsMagazine.com](https://www.usmagazine.com), Kristen Stewart's mom, Jules' mouth remains sealed when it comes to Stewart's celebrity love life. Jules denies having commented on Stewart's rumored new celebrity relationship involving celeb Alicia Cargile in an interview with Sharon Feinstein. Jules said, "Never ever did we discuss Kristen!" Feinstein is extremely saddened about Jules' denial of statements because she believes, "This was a very positive story and one told by a loving parent." Feinstein was going to release the audio clip with the alleged proof, but was stopped along the way, so it's Feinstein's word against Jules'. This is not the only time Stewart's love life has been involved in celebrity gossip!

Celebrity love life rumors are nothing new! What are some ways to keep gossip from affecting your relationship?

Cupid's Advice:

Gossip can do serious harm to relationships, and can sometimes even be embarrassing. It can also ruin reputations even if it isn't true, and finding a solution can be difficult. Cupid has a few solutions to getting rid of gossip for good:

1. No confirmation: Just like Kristen's mom, do not give people any information on anything that involves you, as that just gives them more reason to talk. Instead, keep quiet and never confirm any information, so your relationship always stays a mystery.

Related Link: [Kristen Stewart Says She and Rob Pattinson Are 'Totally Fine'](#)

2. Release it all: In some cases, you can do just the opposite. By releasing all your personal information, you have nothing to hide or nothing for people to assume. Everything people want to know is told, so there's no room for gossip to intrude in your relationship!

Related Link: [Rob Pattinson Thinks Kristen Stewart Looks "Amazing" as a Bride](#)

3. Avoid it: If you know there are certain people that cannot keep their mouths shut about your life, block them and make sure they see nothing of it! Delete them on social networks, and stay away from commenting about your personal life to them. If they are not contributing anything positive to your relationship, avoid them.

What are some ways you've stopped gossip from being a part of your relationship? Comment below!