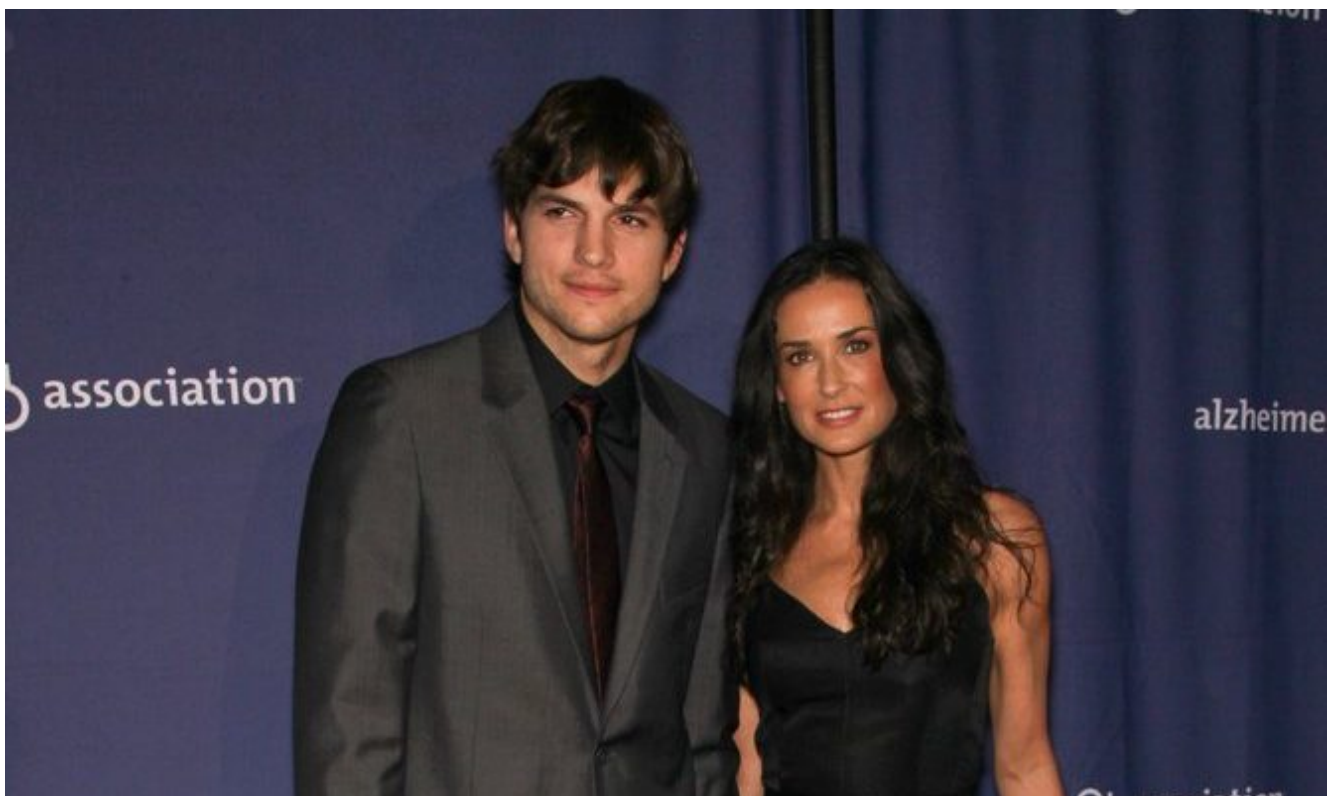


Ashton Kutcher and Demi Moore Are Spotted at Religious Services



After recently being slammed with rumors of turmoil in their marriage, Ashton Kutcher and Demi Moore were seen together attending religious services at the Kabbalah Centre. According to [People](#), the two sat on separate sides of the aisle as is customary in Kabbalah. After the service, Kutcher greeted Moore with a hug and the couple walked out with their arms wrapped around each other's waists.

What do you do if you hold different religious beliefs than your partner?

Cupid's Advice:

The laws of church and state don't just apply to the government; they can also often times apply to relationships. Find a happy medium by agreeing to disagree:

1. Focus on what you have in common: Chances are you have something in common with your partner, even if it's just your love for one another. Keep your focus on what you can agree on.

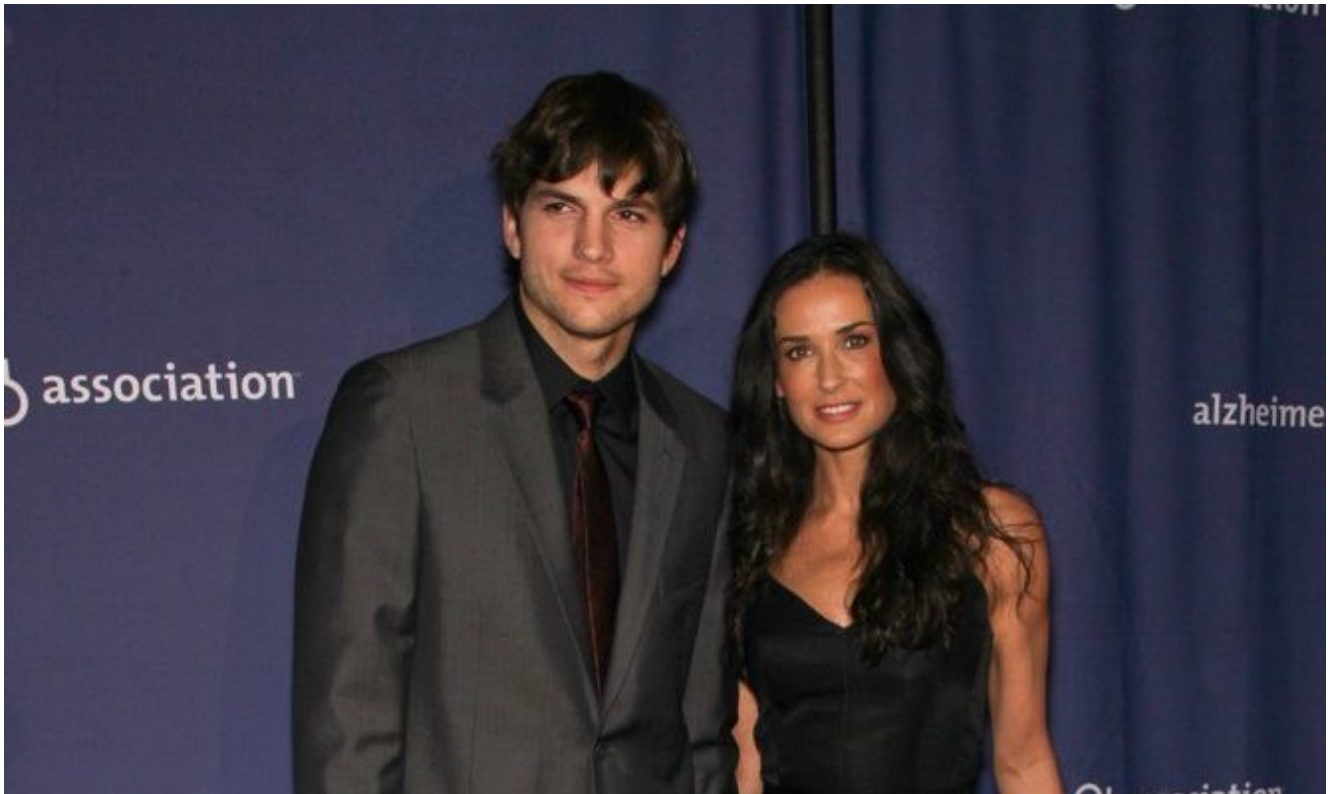
2. Learn more about your partner's faith: Take this opportunity to learn more about your partner's beliefs and why they are important to him or her. Chances are that they will want to learn more about yours in return. You may find more commonalities than differences.

3. Don't bring it up: Make it clear to your family and friends that when your partner is around, religion isn't to be a topic of discussion.

What do you do if you and your partner shares different political beliefs? Share your ideas below.

Date Idea: Don't Let Fall Cool Your Dates Down





Fall is here, and what better way to get ready for the cool weather than by heading indoors for dinner and a movie? Try something new by heading to a recently opened restaurant in your town or trying a dish that you and your date can share.

Not only are you creating memories, but you're getting ready for the holiday, which is all about giving thanks to one another.

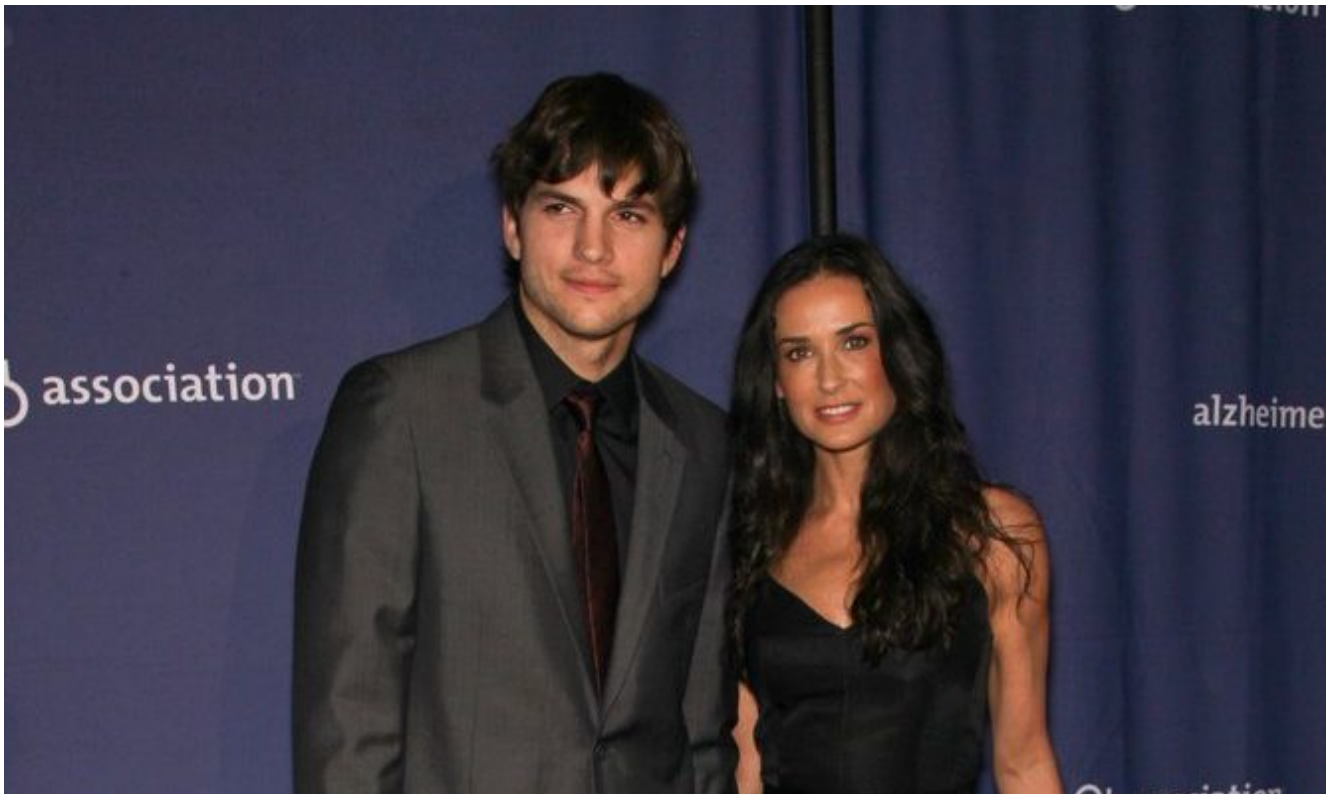
To get current information on new restaurants coming to your area and for some great deals (who doesn't want to save money before the holidays?), check out websites like Bloomspot, Groupon and Living Social.

If you'd rather stay in, become a chef in your own kitchen and start whipping up some fall-flavored creations. Bake a pumpkin pie for your sweetheart, or embrace the season by making it together. Whether you decide to cook a three course meal or just dessert, finish the evening with a movie by the fire, which will put you in the mood to cuddle well into winter.

Do you and your special someone have a specific restaurant you

love? Let us know by commenting below.

'Twilight' Star Kristen Stewart Talks Love and Relationships



Actress Kristen Stewart has had a lot of experience with love, playing half of one of the most tumultuous on-screen relationships in the movie saga, *Twilight*, and being in love with her co-star, Robert Pattinson. UsMagazine.com reports that her advice on relationships was pretty simple. "Don't be an a-hole. Don't be mean. Don't take s-t. Don't settle,"

she said. The star continued on to say, "Good relationship advice for me tends to being honest and knowing yourself." Although Stewart is very into all things *Twilight*, she reveals her boyfriend does not have the same appreciation. "Me and Taylor [Lautner] are actual *Twilight* fans, so we can sit there and be so totally into it! Whereas I sit there with Rob...He likes it, but he has just such a different energy."

How do you know when you're settling for a mediocre relationship?

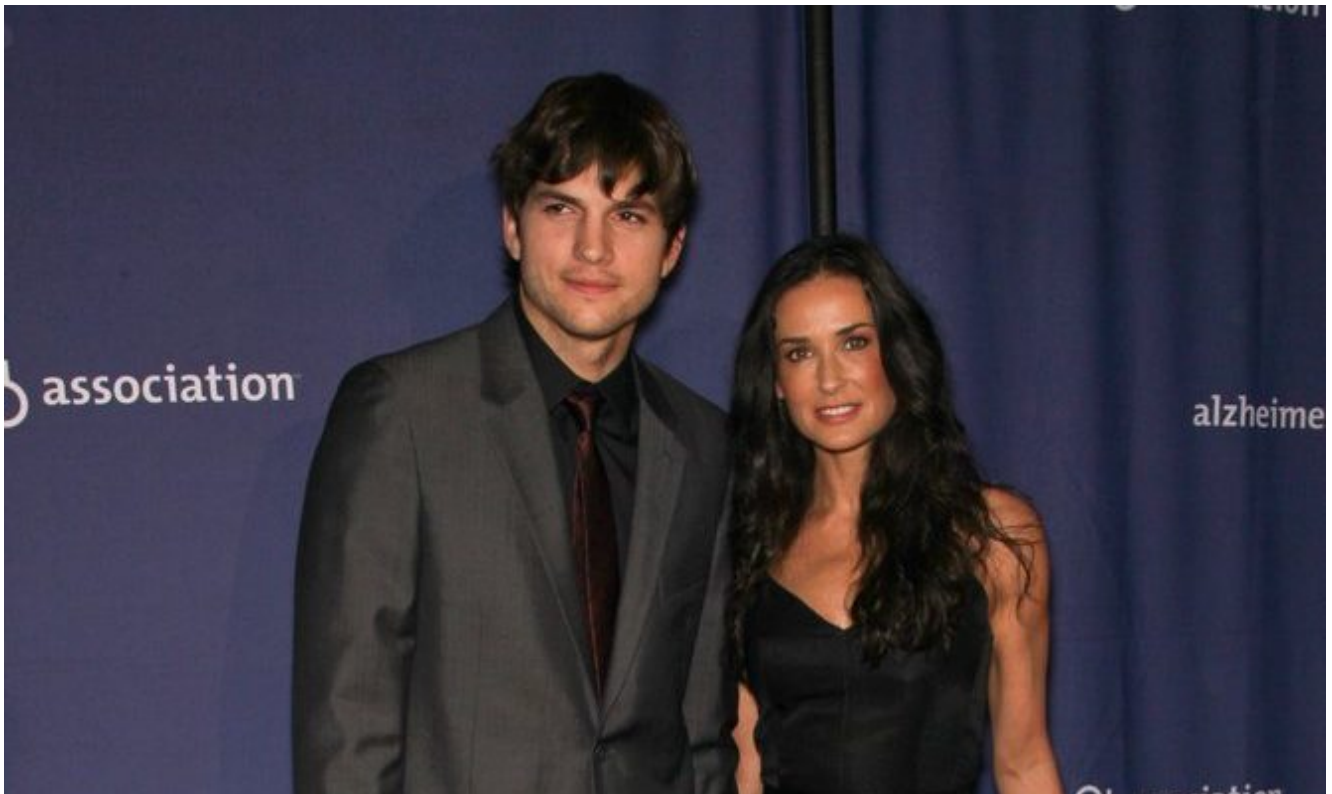
Cupid's Advice:

When settling in a relationship, your mind may be saying, "yes," but your heart is definitely saying, "no". Be sure to take notice of the signs that you're not happy in your relationship:

- 1. No conversation:** Communication is key in every relationship. If you and your partner's conversations are rare, take this as a warning that maybe you aren't clicking like you should be.
- 2. People take notice:** If others can see the tension and awkwardness in your relationship, then you probably should take some time to analyze your connection.
- 3. No feelings:** If you feel nothing for your significant other when you kiss, touch or even look at them, you're most likely settling. It's probably best to move on.

How do you know when you're settling? Tell us your story below

Alec Baldwin Skips Emmy's for Night Out with New Girlfriend



30 Rock's Alec Baldwin skipped Sunday's Emmy's for a night out with his new girlfriend Hilaria Thomas. According to UsMagazine.com, the actor attended Tony Bennett's 85th Birthday Gala benefiting Exploring the Arts in New York City. The bash, which was held at Lincoln Center's Metropolitan Opera House, included Whoopi Goldberg, Bill and Hilary Clinton, Robert DeNiro, and of course Baldwin and Thomas were spotted packing on the PDA. "He had his hands all over [her] the entire night," an eyewitness said. Another insider stated that Baldwin is committed to staying single, but his being so public with Thomas "makes me think it might be a little more serious."

How do you prioritize when it comes to a relationship?

Cupid's Advice:

It may be challenging to make time for your loved ones, but it's important to do so. If you aren't sure how to prioritize when it comes to your relationship, here are some tips:

1. Schedule one day: Your job is important to you, but so is your significant other. By spending at least a day or several hours in a week solely with your honey, it'll show them how much they mean to you.

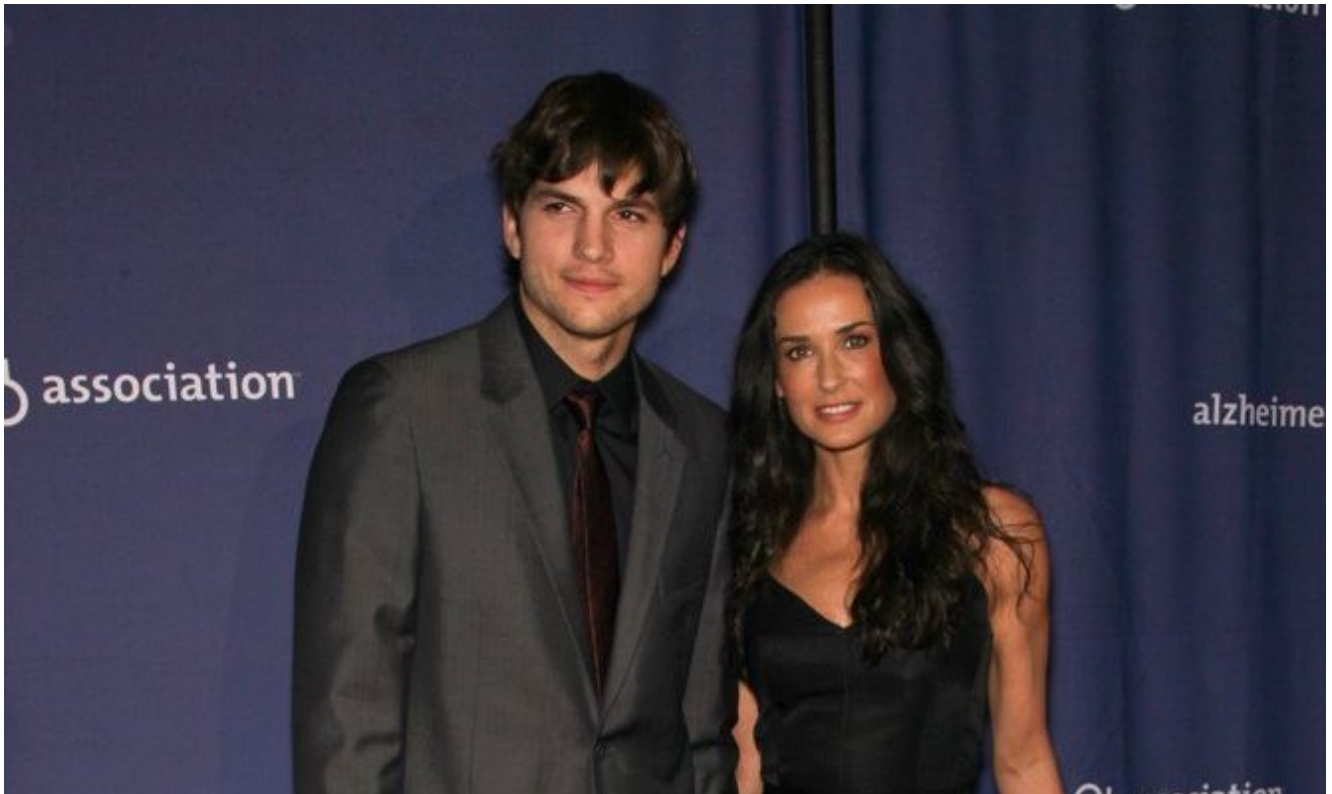
2. Lunch or dinner: If it's difficult to spend a day or more than a few hours with your partner in a week, try to schedule a time that's suitable for both of you to have lunch or dinner together.

3. Family: Spending quality time with your family is equally important as spending it with your mate. Find time to have several get-togethers with all of your loved ones.

How do you prioritize when it comes to a relationship? Share with us by commenting below.

Stacy Keibler Gushes About George Clooney at 'Ides of March' Premiere





Stacy Keibler told [People](#) just what she thinks of her new beau George Clooney on Friday at the premiere of his new film, *The Ides of March* ... "Everything!" she said. That said, the fresh duo is taking baby steps into the public eye together. For example, rather than walking the red carpet arm-in-arm, Keibler and Clooney attended an after party with friends at the Deq Lounge at the Ritz-Carlton where they were seen chatting and laughing. One party goer said, "They have good chemistry, and she can hold her own with the boys. They both can equally be the life of the party."

How do you know when to take your romance public?

Cupid's Advice:

When things are new in a relationship, it can be a hard decision to take it into the public eye for fear of ruining something. Cupid has some tell-tale signs it's time to head out:

1. You're comfortable: First make sure that this is a relationship you definitely want to be in. You need to be

comfortable before you declare your love to the world; otherwise, the relationship won't stand a chance.

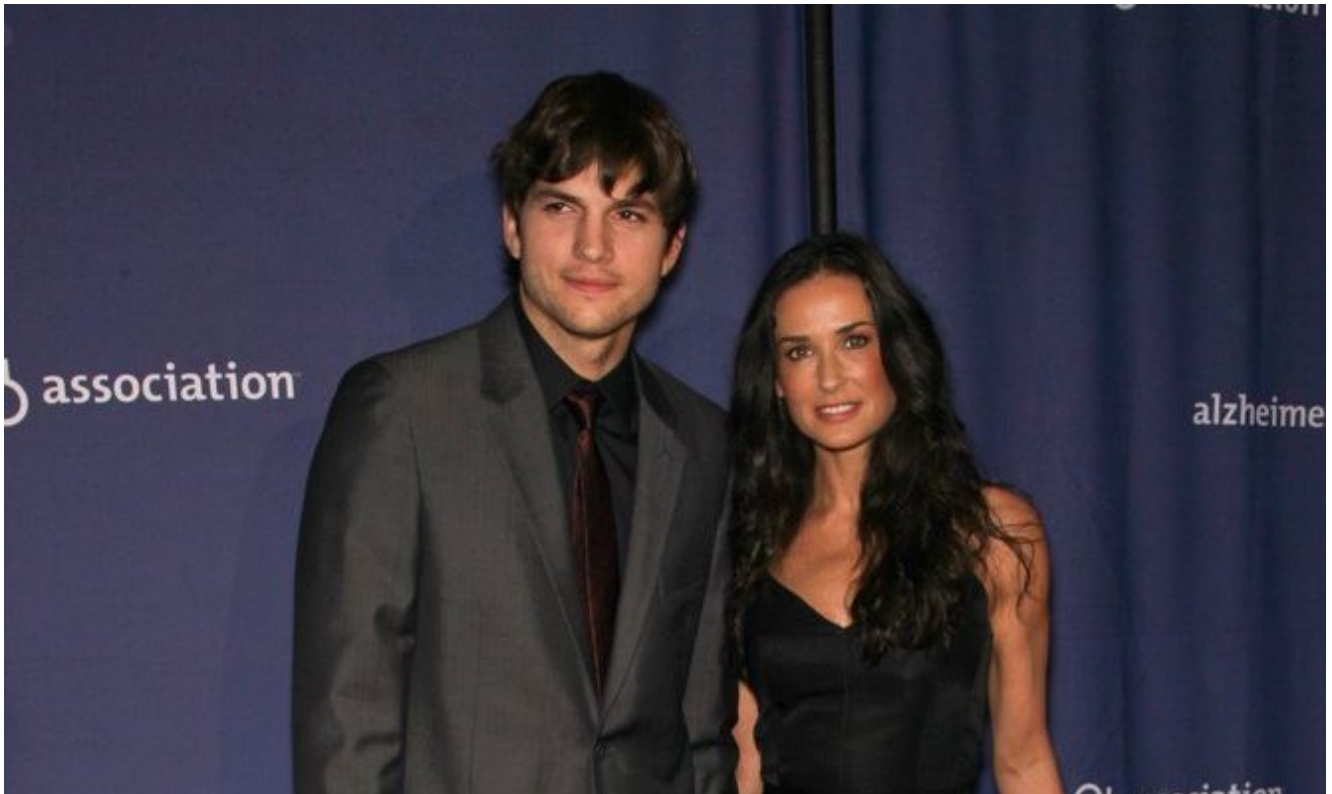
2. Be aware: Make sure there aren't external factors that will hurt your relationship. For example, a jealous ex or an overbearing parent can put a halt to any relationship.

3. Be understanding: There are inevitably people out there who will not be happy for you and your new relationship. Don't let this cause a rift between you and your partner. Don't buy in to rumors that are spread. Trust your gut.

How did you take your romance public? Share your thoughts in a comment below.

Maria Shriver Discusses Support Received After Divorce Announcement





Maria Shriver endured a difficult year, but she's thankful for all the support she has been receiving from family and friends. At a bicycle race on Saturday, [People](#) reports that Shriver told the crowd, "I appreciate your support, particularly this year, for sticking with me." She also spoke of a recent experience with a friend. "When I was going through my own challenges this year; feeling down and confused, I got an email from him. He wrote me a note saying, 'You're my best friend Maria and you will never be left out,' " she said. "When the world is so complicated, the simple gift of friendship is within all of our hands. Thank you to everyone who came up to me this weekend and wished me well."

What are some ways to deal with the aftermath of a divorce announcement?

Cupid's Advice:

Going through a divorce is difficult, but trying to deal with it once it's official is a whole new experience. Since moving on can be harder than you expected, Cupid offers some advice:

1. Express your feelings: In order to heal, you must speak about your feelings with someone you trust, instead of keeping them bottled up.

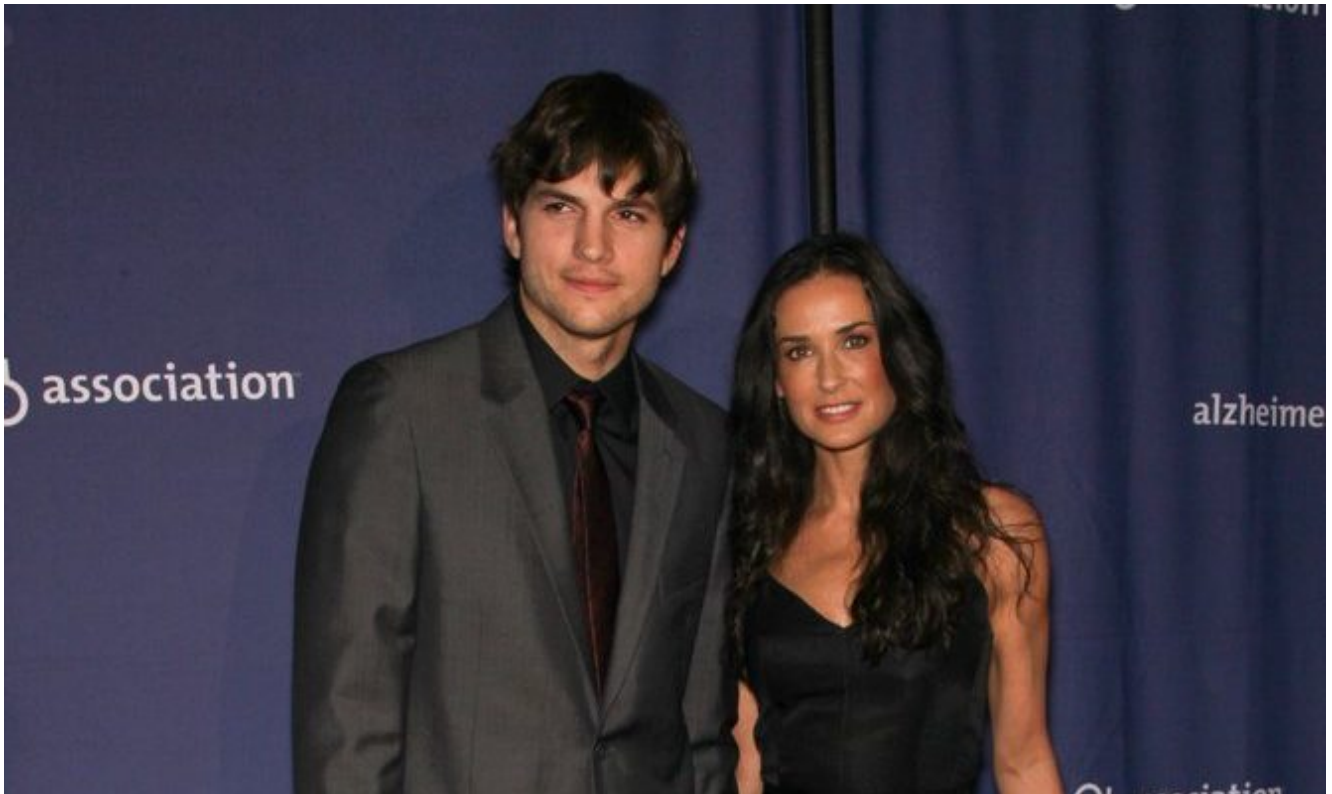
2. Activities: Stay busy by participating in activities or picking up new hobbies. When you're engaged in something, you're less likely to think about your divorce.

3. Travel: Take advantage of being single by traveling wherever you want to go. This experience will make you feel less lonely, and you only have to worry about yourself in the planning process.

Do you have suggestions on how to deal with the aftermath of a divorce? Share your ideas below.

Edward Bass on the Importance of Relationships – In the Movies and In Real Life





By [Whitney Baker](#) and [Lori Bizzoco](#)

The mind of a serial killer is something that is both intriguing, and at the same time, disturbing. With motives that are primarily based on psychological gratification, these types of killers usually have a method to their madness, one that drives their actions and limits their inhibitions. Belle Gunness, America's most prolific female serial killer, is no exception.

Director, writer, producer, and Golden Globe nominee, Edward Bass, is producing a film that captures Belle's story in the most deep, dark, and irresistible way. His past films have all been accepted into major film festivals and have included talents such as Sir Anthony Hopkins, Ashley Judd and Kevin Spacey. His extraordinary yet challenging life contributes to every project that he tackles, adding a complex and unique angle. His directional debut of *Belle* is sure to reflect his personal history, sharing the story of Belle Gunness and portraying the practice of serial killing more intimately than ever before.

The story came to life for Bass when his friend, actor, and

directing coach, Bjorn Johnson, introduced him to novelist Eva Mayer, whose family bought the Guinness estate. "Eva had all this information about the family. She had been working on the story for twenty years. In fact, her great-great uncle was probably one of Belle's victims," he says. Bass spent three years speaking with both serial killers and forensic experts in an effort to try and understand the emotional profile of this character.

The captivating story of Belle examines the life of a woman who kills over 100 men, and eventually falls in love with one of her victims. Bass explains, "All the reasons for a deep, true love are there for her: she likes him because he's good-looking, not very powerful, and younger than her. She can dominate him." Belle's love interest soon realizes that she is a serial killer and obviously wants to leave and call the police. Instead, Belle locks him in her basement and continues to kill older, greedy men. "But, she can't kill him," Bass explains.

It is for this reason that Bass believes *Belle* is a relationship film. "It's a classic theme about a woman looking for love and never quite finding it," he says. "And when she finally does find love, it eludes her. As they say, you can't live with him, and you can't live without him," Bass jokes, referencing a famous saying. Bass is still in the casting stage of production but hopes to begin shooting the film in early 2012. He has yet to determine who will play Belle, but he has a very clear idea of what type of actress it should be. "It needs to be a strong woman, a woman who can kill men," he explains.

Of course, one cannot help but wonder: Why did Belle do it? And Bass is quick to answer. "She was a nasty pig. She was greedy and killed for money. She got away with it. Maybe she enjoyed it, but it doesn't matter," he explains. "You can have all sorts of urges, but you have to control them."

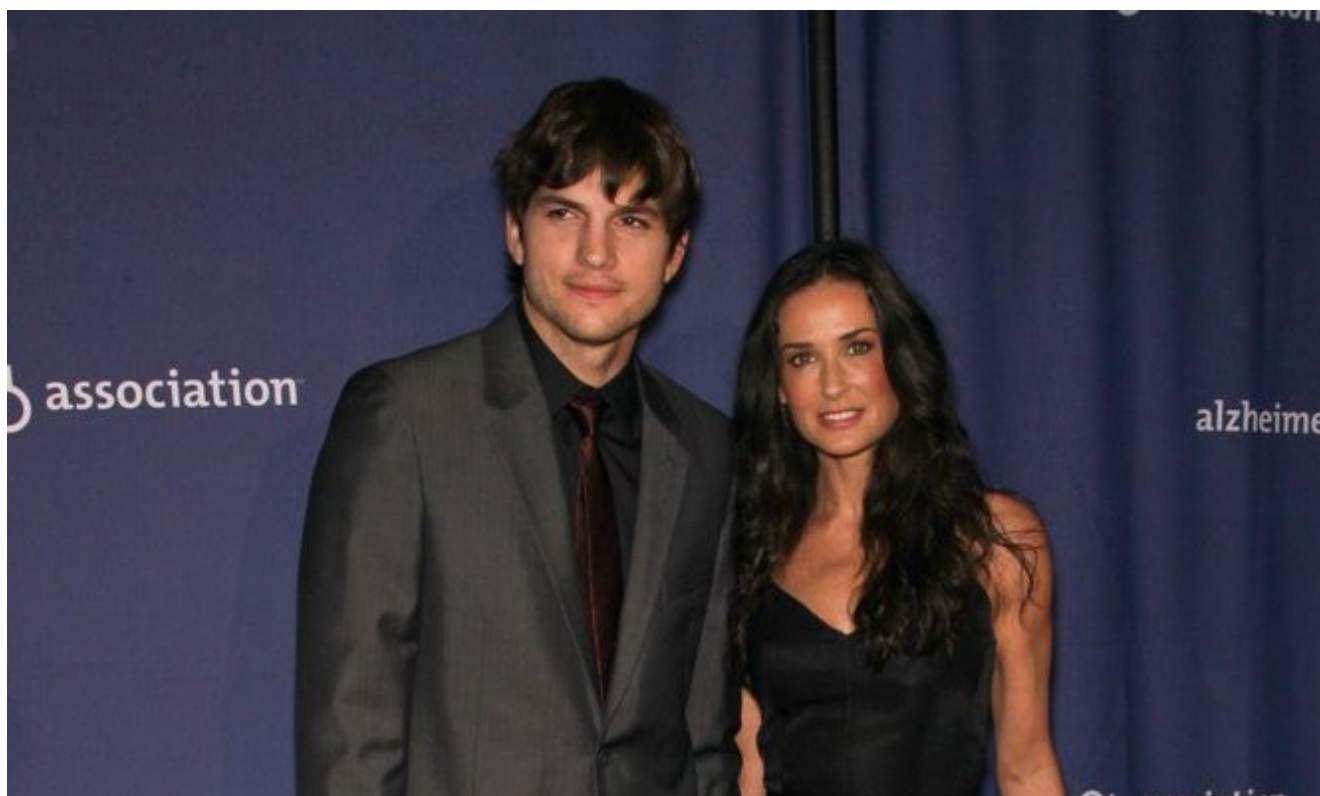
Belle is a challenging character. She's a woman who kills men, women, and even her own children. Bass describes her as a one-woman crime wave, and the most prolific serial killer in American history. What makes Belle even more interesting is the fact that's she's virtually unknown. Despite her character flaws, he says the audience will feel empathy for her because of the multiple dimensions in which the story is told. As Bass says, "You won't really love her, but you will find her fascinating and hate yourself for it."

When asked if his past influences what he chooses to write and produce, Bass again focuses on the importance of relationships. "I have interesting relationships with people, and I bring them to each film," he says. "I think the most important thing in a relationship – which is the easiest thing to do – is honesty. Most men aren't honest, but you have so much power if you are."

Addressing his rumored dalliances with actresses in past films, he says in jest, "That's not true. Only Anthony Hopkins and I dated, and we were drunk." A little laughter and sarcasm are probably necessary given the darkness of the film. However, to defend the question on a more serious note, he adds, "It's not that I look to date actresses – I really don't. It's just that you spend every day on set, and you become attached to the people that you work with. I think it is proximity and opportunity."

When asked if he learned anything about women through Belle's story, he ironically says, "Women are so much brighter than men in every way. There would be no war if women were in charge."

How to Size Someone Up For the Long Run



By Dr. Samuel Barondes, author of *Making Sense of People*

When we meet someone new, we immediately form a tentative picture of his or her personality. We generate this first impression in a matter of seconds, because we need it to guide our initial give and take.

Our amazing ability to rapidly size people up works so well that we continue to rely on it as we get to know the person better. In doing so, we keep building a more elaborate intuitive impression—an impression that we rarely bother to consciously examine. Although we may spend hours methodically assessing a new smartphone before deciding what we think of it, our assessment of someone's personality keeps being made

by the seat of our pants.

There are times, though, when we want to consciously think over what we've observed. We may, for example, want to figure out if a person we are dating has the right stuff for a permanent relationship by discussing it with our friends. But these conversations are often uninformative because few of us have been taught a systematic way to assess personalities.

This limits our ability to come up with a thoughtful appraisal of the person we have in mind, even with the assistance of those who are eager to help us.

I have a system for going beyond a first impression by consciously assessing the personality of someone who interests you. With this system, you and your friends can discuss the many observations you've made, and come up with a clearer and more useful picture. It begins by showing you how to thoughtfully assess basic characteristics such as sociability, warmth, competence and emotional stability. This will help you decide how much it matters to you that the person is shy or outgoing, warm or cold, reliable or unreliable, and content or easily upset.

You will then be ready to look for signs of troublesome patterns such as compulsiveness, narcissism, sociopathy and paranoia, and to consider how this might affect you. Having clarified these matters will put you into a position to make a moral appraisal of the person's character, using your own personal standards. You'll also learn how to put this all together with what you know about the person's view of who he or she really is, a sense of identity that includes goals, ideals, and a life plan.

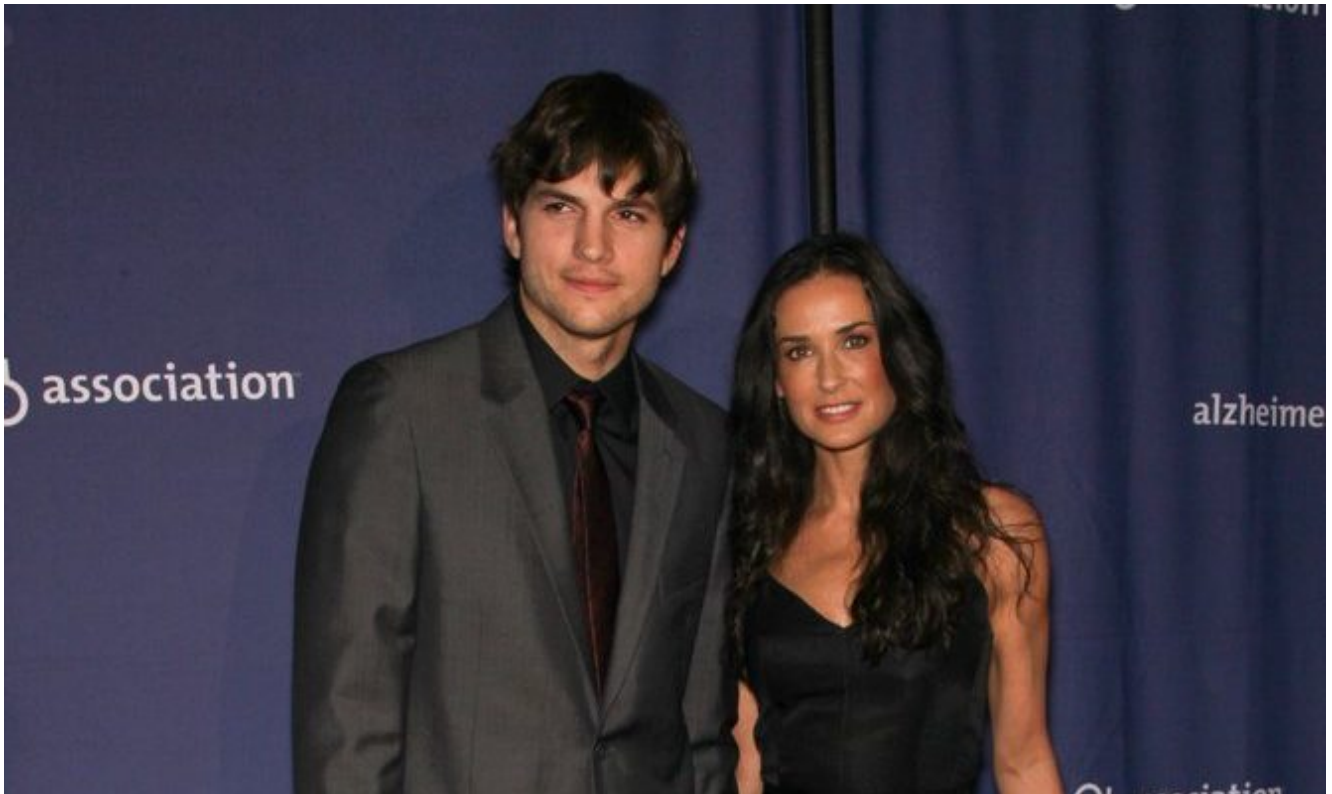
Making sense of someone in this systematic way will help you decide how compatible the two of you are. Although a first impression tells you if you want to get to know someone better, a thoughtful appraisal may reveal both admirable and

dangerous aspects of a personality that you might have overlooked, and that may prove to be important in the long run.

Samuel Barondes is the Jeanne and Sanford Robertson Professor and Director of the Center for Neurobiology and Psychiatry at the University of California, San Francisco. A leading psychiatrist and neuroscientist, he is a member of the Institute of Medicine and the American Academy of Arts and Sciences. His books include Mood Genes, Better than Prozac, and the Scientific American Library title Molecules and Mental Illness. He lives in the San Francisco Bay area.

‘Bachelor Pad 2’ Couple Michelle and Graham Are Still Talking Every Day





Two stars of *Bachelor Pad 2*, Michelle Money and Graham Bunn, have managed to keep their relationship going long after the cameras stopped rolling, according to [People](#). Money, who returned to Utah after the show, and Bunn, who now resides in New York, make sure they keep in contact almost every day. How do they do it? Well, it's not visiting each other every weekend or doing "hanky panky" over the phone. The two keep their relationship going strong with communication.

What are some keys to making a long distance relationship work?

Cupid's Advice:

It can be nearly impossible to see your partner every weekend when he or she lives so many miles away, and can even be tough to talk multiple times a day with a hectic schedule. Once you've decided to take on the challenge of a long distance relationship, you're going to have to put in some work! Here are some ways:

1. Skype: This technology is a great way to talk to your

significant other face-to-face sans the airline ticket prices and long lines . All you need is a computer and webcam. Also, it's free!

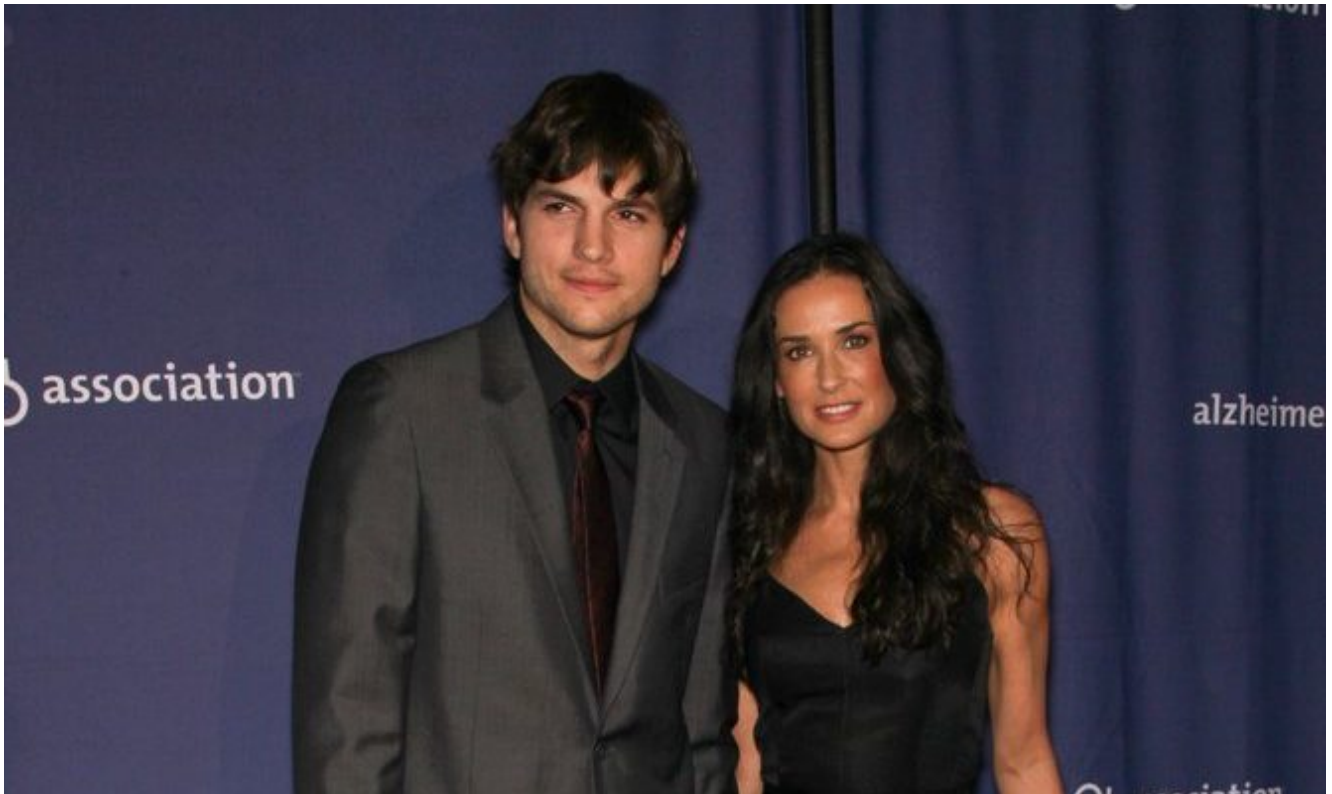
2. Have a Friday night movie date: Movie dates are a dating staple. With Netflix, you can both watch the same movie at the same time in party mode. The Netflix package is available through Xbox live, Playstation, and Nintendo Wii. Plus, what guy doesn't already own an Xbox?

3. Unlimited plan: You're going to be making some expensive phone calls, so make sure your phone plan has the best possible deal you can get.

What are some ways you make your long distance relationship work? Share your experiences below.

Oskana Grigorieva Discusses Why She Settled with Mel Gibson





It's official! Russian musician Oksana Grigorieva accepted last week's truce deal – worth \$3 million – with Mel Gibson, RadarOnline.com reports. A forensic accountant analyzed this deal with the \$15 million settlement from 2010. “The previous offer was structured in a way that made its value less than \$1 million,” her lawyer Daniel Horowitz said. “Moreover, it required Oksana to surrender to Gibson all evidence in the criminal case against her, which could have made her subject to criminal charges ranging from bribery to destruction of evidence.” Grigorieva's lawyers value the present settlement, which includes 16 years living rent free in a \$1.8 million home, \$750,000 in periodic payments, payments to attorney fees and rights to her album and videos, “at over \$3 million.”

How do you know when to drop an argument in a relationship?

Cupid's Advice:

When you're quarrelling in a relationship, what you want most is to end it. Here are some suggestions on when to drop an argument:

1. Identified main issue: Once you have both figured out what caused the argument and shared how deeply it impacted each other, it's safe to move on from it.

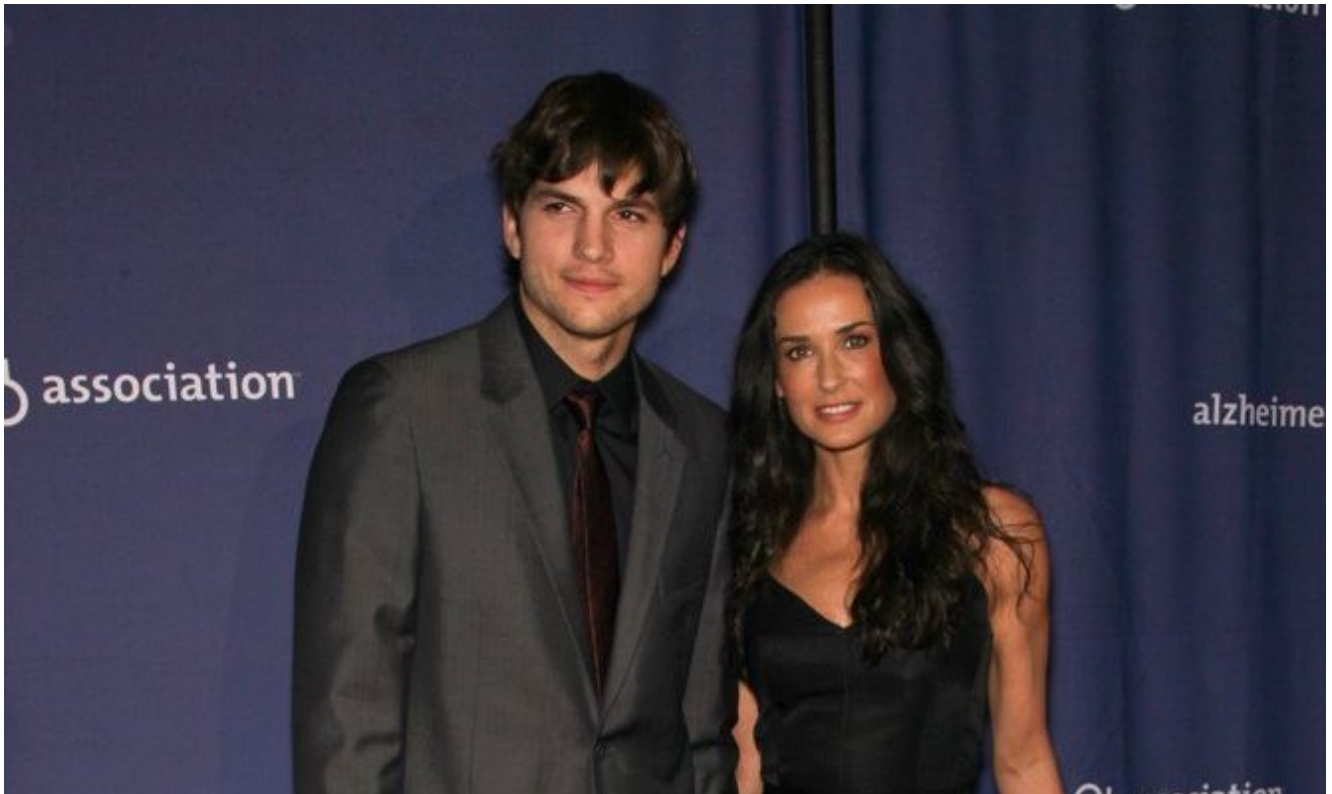
2. Fixed the issue: When a resolution to the issue has been decided so you can avoid the argument from resurfacing in the future, it's best to stop discussing it.

3. Apologized: The best ending to an argument is when one or both of you has apologized sincerely.

When do you think it's best to drop an argument in a relationship? Let us know by commenting below.

3 Ways to Support a Grieving Partner





By Linda Guma

Coping with the loss of a loved one is undoubtedly very painful. It may cause us to simultaneously experience rage, sadness, despair, and disbelief. This emotional suffering is known as grief, and it's our natural response to loss. This week in the United States, we celebrate Patriot's Day, which is dedicated to the victims who were killed during the terrorist attacks of September 11, 2001. It's a day marked with loss for many in our country, and it's important for us to remember those who perished on that day, especially this year, since it is the tenth anniversary of that tragic event.

But with remembrance comes emotional turmoil. Experiencing loss can definitely be tough to deal with personally, but when you're in a relationship, you also have to be supportive if this happens to your partner. If your mate loses a loved one, you have to know how to be there for him or her. You may feel like there's nothing you can do to help relieve your partner of their misery, but there are ways you can be supportive. Here are three immediate ways to help them:

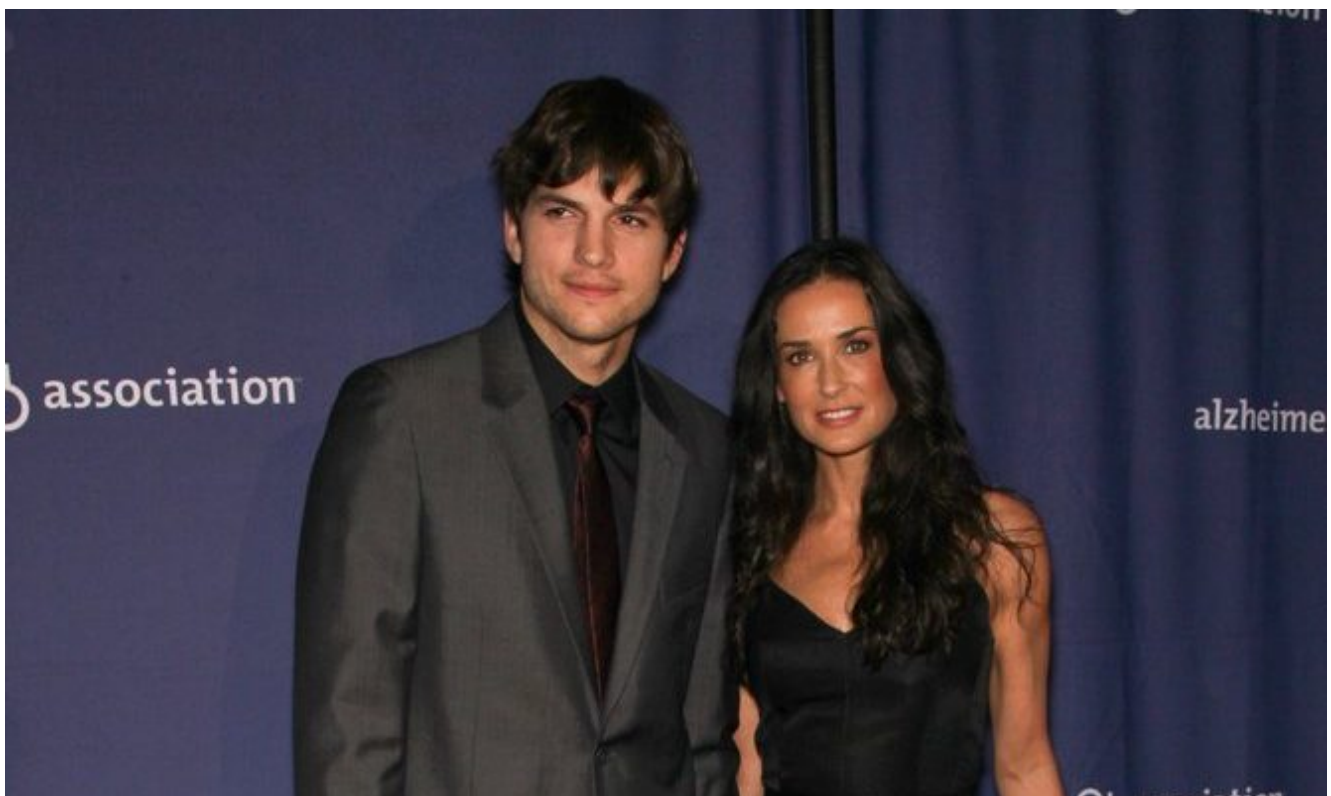
1. Be present:Avoidance is not going to expedite the grieving process. It'll only feel like a second loss for your mourning partner if you pull away. It may be frightening to see your loved one suffering, but you can't pretend it's not happening. Grieving is necessary for healing the pain and moving forward. Acknowledge the devastation of the bereaved, and let your significant other know that you are there for them by expressing your sorrow and support. Choose your expressions carefully. For example, use phrases like, "I'm so sorry," or "I care." Don't say things like, "I know how you feel," or "It's not that bad," which won't be helpful and will only reflect a lack of understanding.

2. Be patient:There's no such thing as a set timeline for grief. Some people may cry every day for five years, while others may do all their mourning at once. While you want to give your partner hope, don't tell him or her that the sense of loss will be over soon. Be prepared to stand by for as long as it will take. Be patient and encourage your partner to be patient.

3. Be encouraging:While it's necessary to go through the mourning process in order to heal emotional wounds, it's also important not to let it take over your lives. Spend time with your partner outdoors and get some exercise. Ask them to join you for a jog in the park or for a game of tennis. It may not be a solution to the problem, but the endorphins produced by physical activity will help relieve some tension and frustration.

How can you help your partner through the mourning process? Share your ideas below.

Are Justin Timberlake and Jessica Biel Rekindling Their Romance?



Are they back on? Justin Timberlake was spotted biking with ex-girlfriend Jessica Biel on Sunday post-brunch. “They were in good spirits,” an eyewitness at the diner claimed. “They seemed happy ... They had a nice time.” A close source to Timberlake tells [People](#) that it wasn’t shocking to see the former couple hang out together. “They always remained friendly after the split and spent time together,” the source says.

After a split, can you remain friends with your ex?

Cupid's Advice:

Remaining friends with your ex isn't difficult, unless your relationship ended terribly. Cupid offers tips on when to know you're ready to rekindle your relationship with your ex:

1. Take a break: Spend some time away from your ex for a while to process your feelings about him or her.

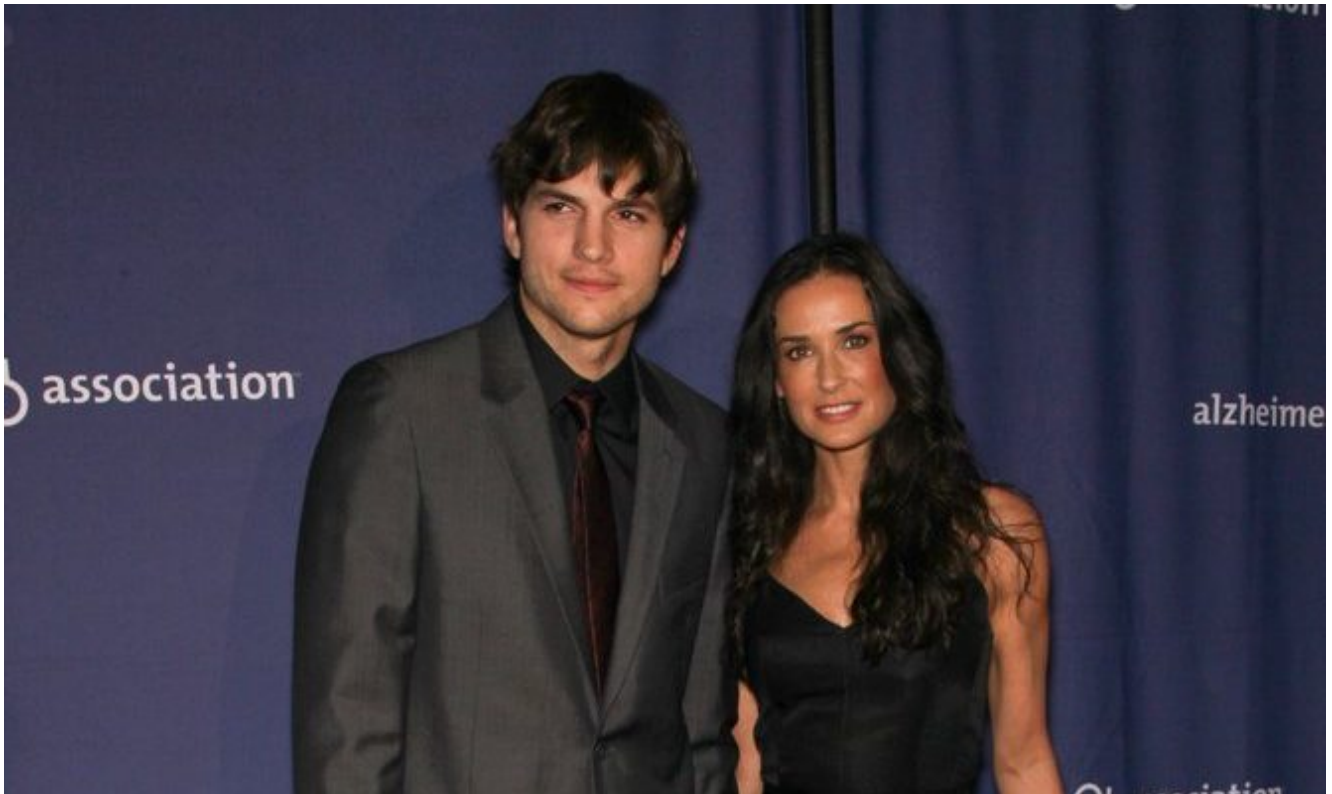
2. Process your feelings: After some time, if you realize that it was best for you to split with your former flame and you know that you wouldn't want to be in a romantic relationship with your ex, talk with him or her and figure out how you can remain friends.

3. Spend time: It's best to start off spending time with your ex by inviting him or her to get-togethers with your friends. If you're spending time alone instead of in a group, your feelings may return.

Do you think one can remain friends with their ex? Let us know by commenting below.

Does Kim Kardashian Want Babies Already?





Although Kim Kardashian tied the knot with Kris Humphries earlier this month, she's already thinking of babies, according to family friend Lisa Gastineau. "She wants babies. Let's cross the fingers. And her mom wants her to have babies quick!" Gastineau told UsMagazine.com on Saturday in Hollywood. Gastineau believes Kardashian will be a great mom, and she's confident that Humphries will be a great family man. "He adores [Kim]. I wish that every girl that I know had someone that adores her. Just the way that he looks at her. He's so cool, he stands up to her. Kim is a little dynamo. It is amazing; it is a fun, fun relationship watching them!"

Is there such thing as bad timing when it comes to having a baby post-marriage?

Cupid's Advice:

Although some couples take advantage of their time alone as newlyweds, others prefer having children immediately. Here are a few things to consider before starting a family:

1. Financially stable: Make sure you both have a career and

are doing well financially, because taking care of children is expensive.

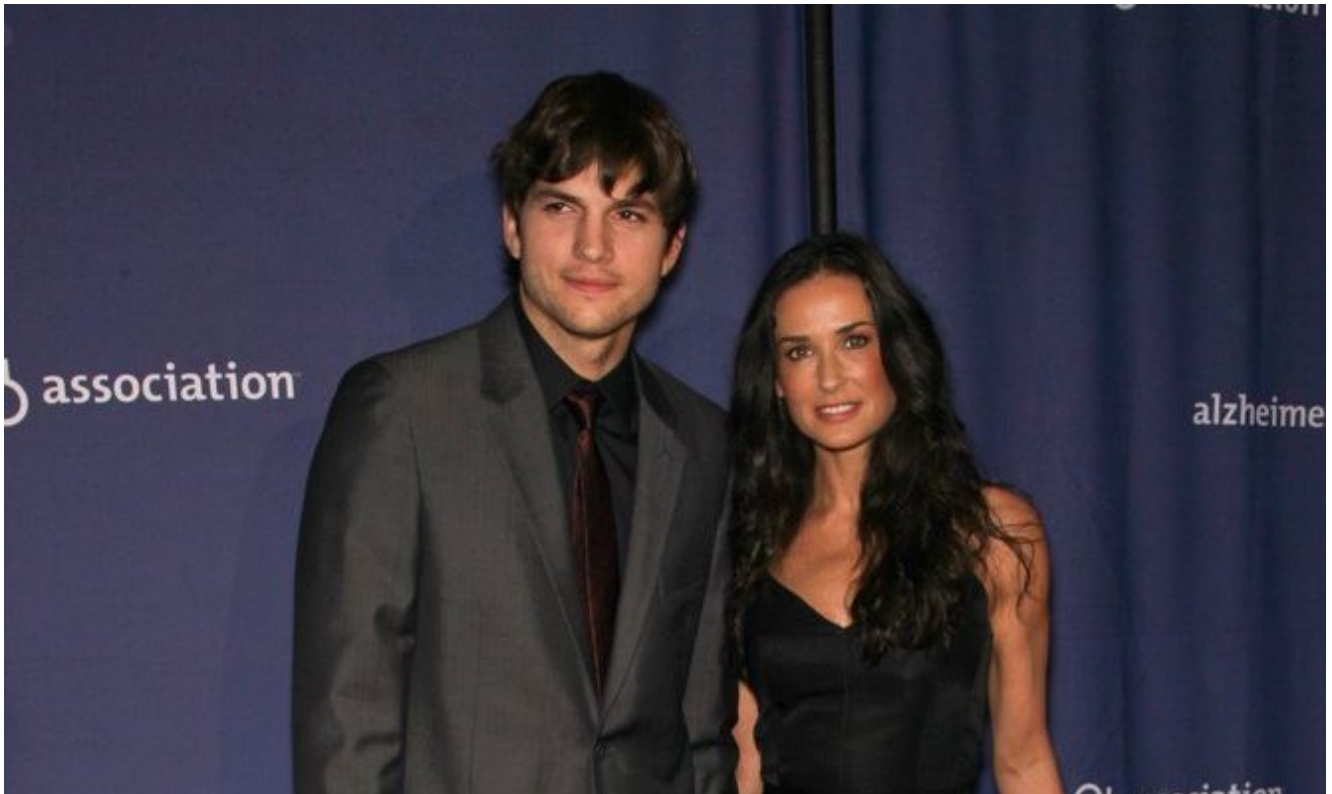
2. Goals: Do you both have future goals? Think about how having children might affect your dreams and relationship.

3. Ready for babies: You and your spouse have to understand the responsibilities involved when raising children. Make sure it's something you both want.

When do you think a couple should start having kids after marriage? Share your thoughts below.

DJ Jessica Who Says Men Can Be Intimidated By Independent Women





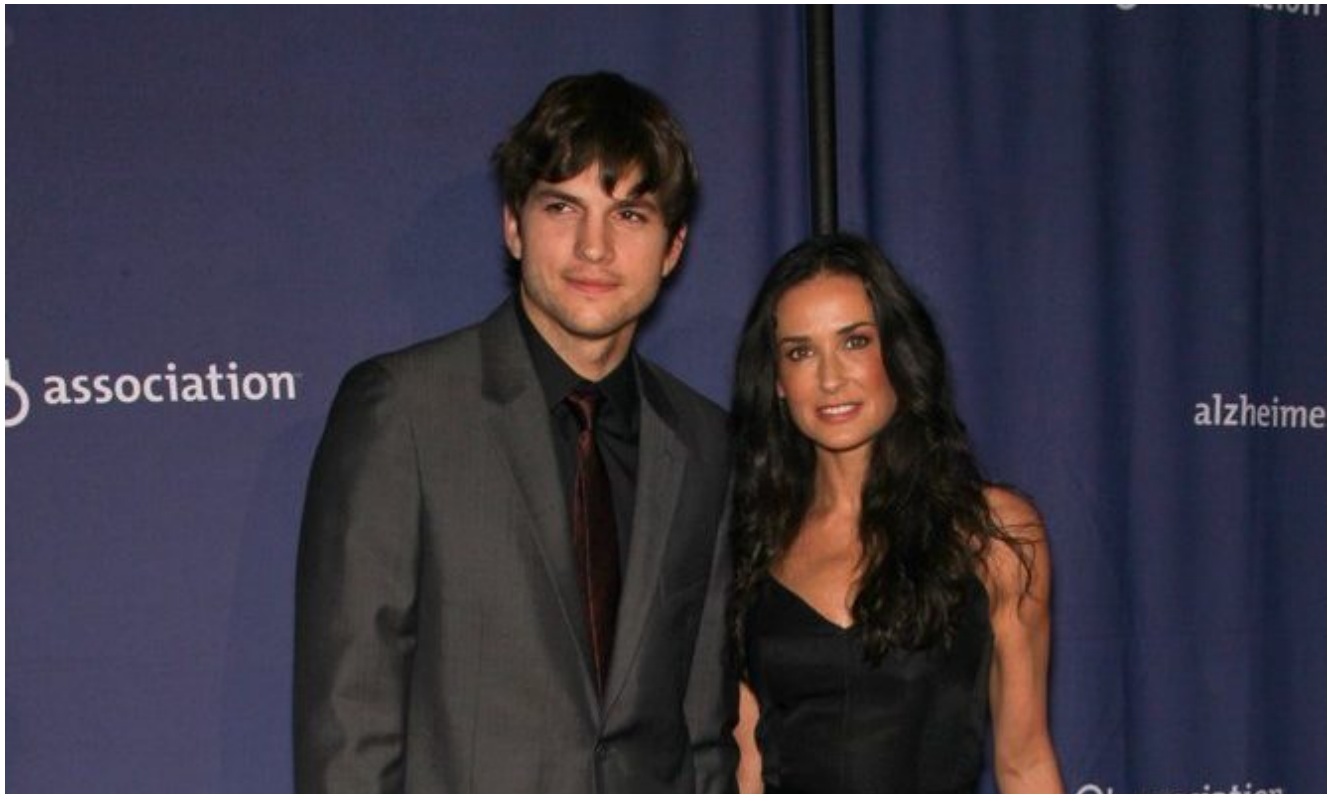
By Mia Salituro

Miami born Celebrity DJ Jessica Who has been getting all the buzz lately. She recently began filming in Miami for the MTV Dove Fresh Spin project and she attended her first VMAS on Sunday. Now in the spotlight, Jessica's career is booming and she admits that it's tough to find a guy who can handle it. How do you balance a relationship when you're career is on fire? Cupid's Pulse caught up with Jessica after the VMAs to find out.

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

Khloe Kardashian and Eva

Longoria Double Date



Two days after Kim Kardashian's wedding, Eva Longoria met up with the *Keeping Up with the Kardashians* star Khloe for a double-date on Monday. They were joined by their beaus, Lamar Odom and Eduardo Cruz, at the Madeo restaurant in Hollywood. [UsMagazine](#) reports that once their meal was over, the couples headed to the Montage Hotel in Beverly Hills. Although there hasn't been any word on what they did at the hotel, it's safe to assume they had a great time. Khloe tweeted that she had a "magical night!"

What are some fun things to do on a double date?

Cupid's Advice:

Double dates are a great way to spend time with your

sweetheart and friends. From movie nights to dinners, the options are endless to have a spectacular evening. Here are a few fun things Cupid suggests you do on your double date:

1. Game night: This is a great inexpensive way to spend the evening. If you don't feel like being cooped up in the house, take a trip to the arcade. Or better yet, get out in the field and play a sport.

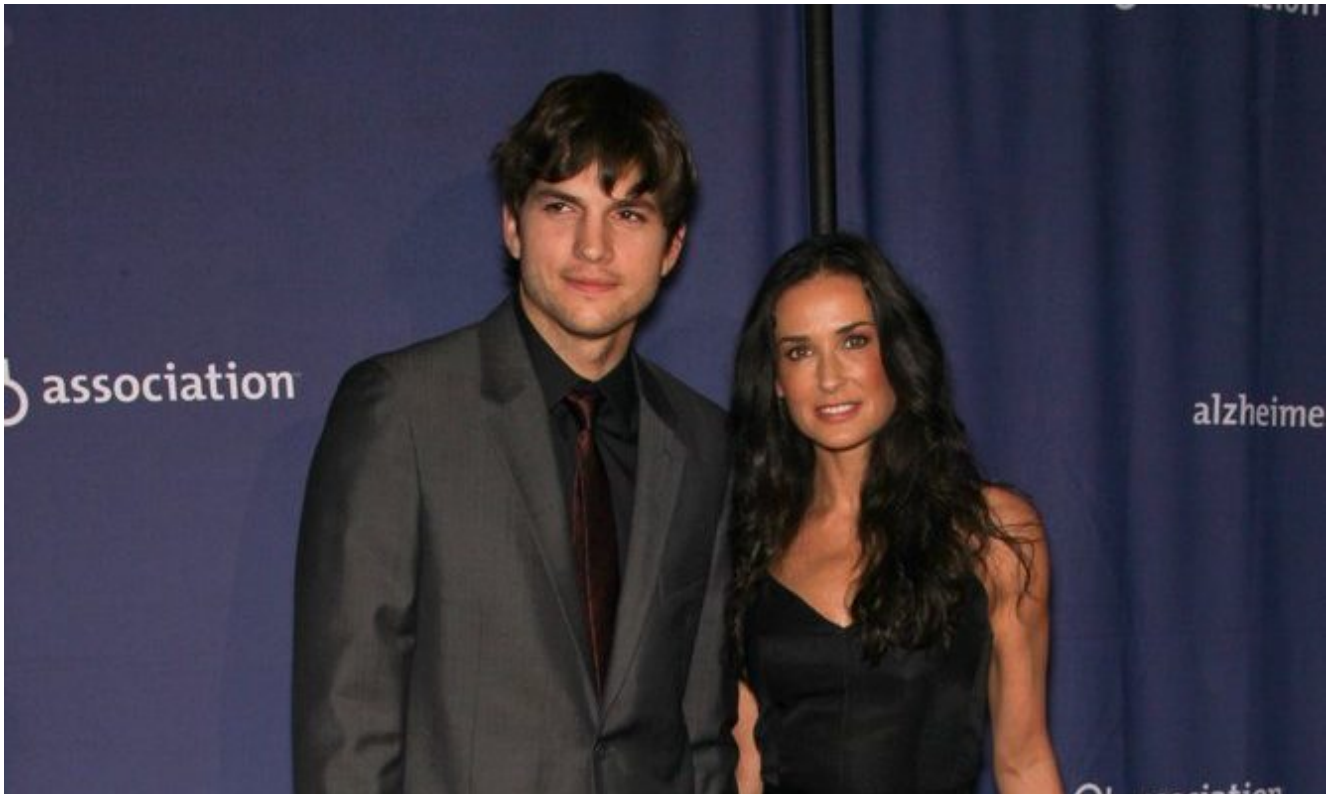
2. Trip: Visit a town or attraction close to your area and spend the day checking out the site, shopping and having a meal.

3. Camp: Summer isn't over yet, so consider going camping with your partner and pals. Enjoy a hike or go rafting, and spend the night cooking over a campfire.

Know any other fun things to do on a double date? Share with our readers by commenting below!

Country Crooner Chely Wright Ties the Knot





Chely Wright finally found her happy ending after tying the knot with partner Lauren Blitzer last weekend, reports UsMagazine.com. The country singer, 40, met civil rights activist Blitzer, 30, just weeks after coming out. Last year Wright told NBC's *Today Show* that she "was hiding. I was gay, and I didn't want anyone to know that I was." The differing religions of the two brides meant that both a rabbi and a reverend were present at the interfaith ceremony.

What do you do in a wedding if you and your partner have differing religions?

Cupid's Advice:

When you and your fiance practice different religions, your wedding ceremony will have to be altered. Cupid has some tips on how to make an interfaith union a success:

1. Two celebrations: One option is to have two ceremonies, one for each family and each religion. This way you'll make sure to accommodate everyone, and plus you'll have two awesome parties to attend.

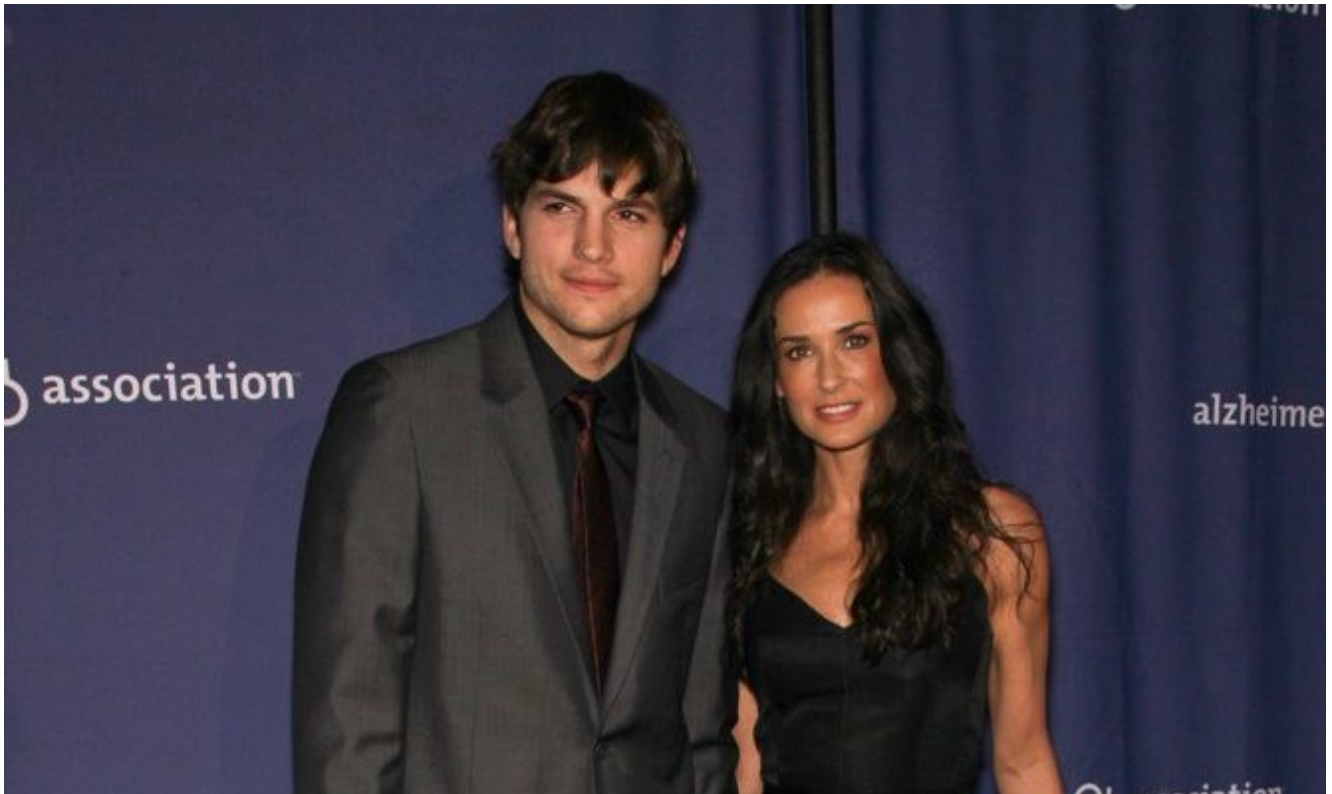
2. Interfaith: You can also combine your two faiths in one wedding by having, for example, both a rabbi and a reverend preside over the ceremony like Chely Wright and Lauren Blitzer did.

3. Compromise: If you're not religious, but getting married in a church has always been your partner's dream, be flexible and let he or she pick the place. Maybe that means you can choose the wedding cake.

What's the best way to make sure no one feels left out in an interfaith wedding? Share your comments below.

Jessica Simpson's Best Friend Cacee Cobb Is Engaged





It seems like Jessica Simpson won't be the only one heading down the aisle soon. [RadarOnline](#) reported that the singer's best friend Cacee Cobb is engaged to her longtime boyfriend Donald Faison. The excited groom tweeted, "If you like it you better put a Ring on it. – Beyonce." Cobb responded with, "If she likes it then she better say YES!!" Faison revealed his feelings for Cobb in an interview last November. "I'm sure I know in my heart I love her and I definitely want to be with her forever, but sometimes you throw marriage in situation and it ruins everything," he told Vibe.com. Fortunately, he got over his fear and proposed to his girlfriend of nearly six years.

How do you support your best friend with wedding plans?

Cupid's Advice:

Since a wedding day is one of the most important days in a woman's life, your best friend will count on you to support her throughout the planning process. Here are three ways to do so:

1. Support: Assist her in finding the perfect dress and organizing the ceremony and reception. Celebrate with her at the bachelorette party and bridal shower.

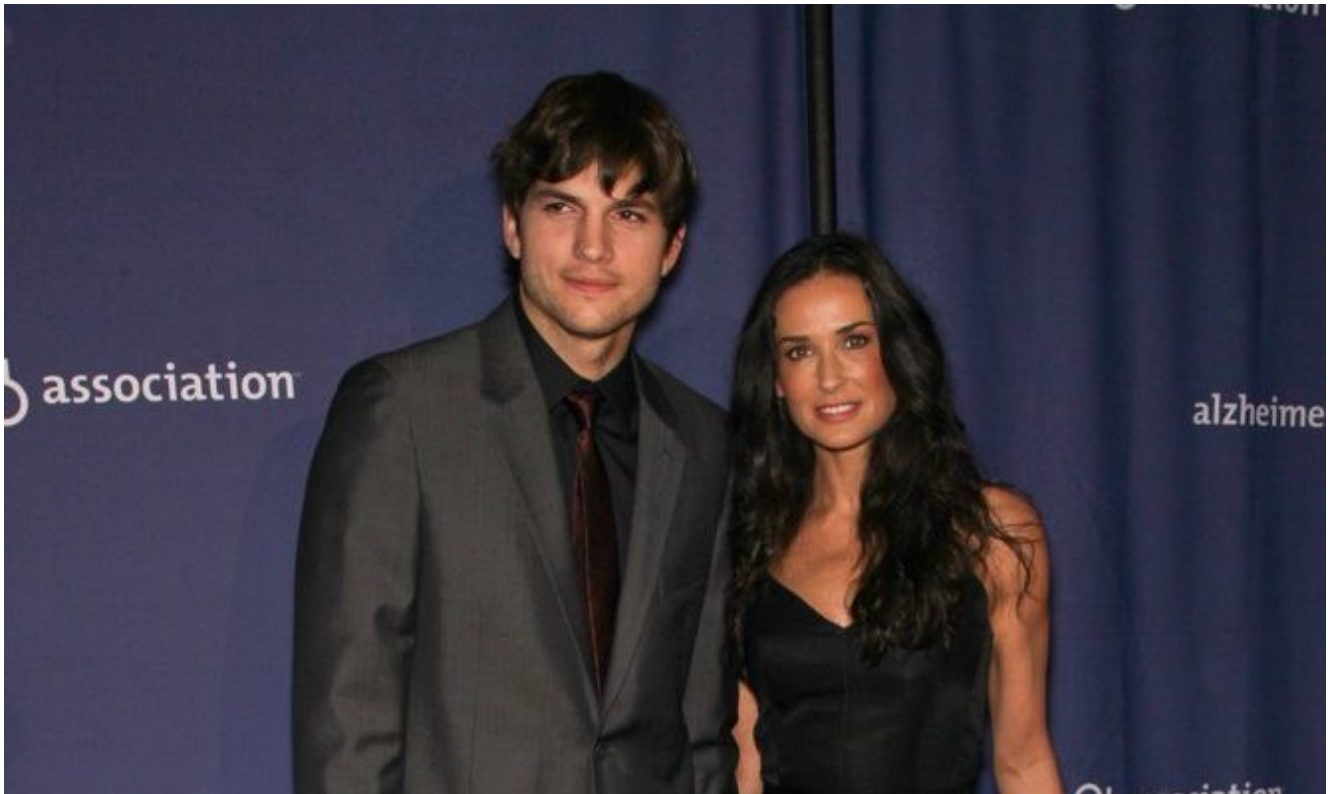
2. Ceremony: Help her get dressed and ensure that she looks elegant. Give her a reassuring grin whenever she glances your way.

3. Reception: Stay until the very end to assist your best friend with anything she needs.

What are some other ways to support your best friend with wedding plans? Share your thoughts below.

Marla Martenson Talks 'Diary of a Beverly Hills Matchmaker'





By Tanni Deb

Finding love doesn't come easy, especially when you have unrealistic expectations of your partner. If you don't believe me, just ask professional matchmaker **Marla Martenson**, the author of ***Diary of a Beverly Hills Matchmaker***. Martenson gives readers an inside scoop of what really goes on behind the scenes when it comes to matchmaking. Featuring real letters from clients where elite men search for supermodel look-alikes and women are on a quest to find a wealthy soul mate in one of the richest cities in California, the book is sure to shock and entertain readers.

Cupid had a chance to interview Martenson via phone about her book. Take a look at what she had to say:

Why did you become a matchmaker?

It was really a fluke that turned into a career. I got a job as a videographer at a video dating company back in 2001. I had been an actress and a waitress for 20 years in Los Angeles and Chicago, and I didn't want to be in the restaurant

business anymore. I was still acting, but I never could make a living out of it. When I was offered the position at the video dating company, I jumped at the chance. I loved it and felt like I was the director doing these videos for the people. While working there, I thought about writing a dating book from talking to all these people. After that job, I moved over to an upscale matchmaking service in Beverly Hills where I became the vice president of matchmaking. I was there for seven years.

What challenges do you face as a matchmaker?

The challenges would be the people who are so picky. They're very selective here in Southern California. The guys want the girls to look like models and the girls hope the guys are super wealthy. So I think the initial challenge is that everybody has on their wish list their prince charming. It's really about what you want in a partner and getting them to see that it's not always about that first superficial wish that they might think they want.

Your book review in Amazon said that you've had clients who were very unrealistic. For example, "old, nerdy, overweight, and balding man" who is searching for a "supermodel look-alike who has to have an Ivy League education but prefers to be a 1950's housewife." How do you handle people with unrealistic expectations?

A lot of times I will do some coaching. A woman has come to me recently for some coaching, but sometimes people are not open to changing; they want what they want. I try to deliver and if I can't, I can't. But I tell them that I'm a matchmaker, not a magician.

Is it possible to find them someone who matches their criteria?

I have to say I really love my clients; they're great people. But a lot of them have unrealistic expectations. Luckily, in

Los Angeles there are a lot of beautiful women so I'm able to match the guys. And there are a lot of guys who are doing very well and are successful. It's understandable that a woman wants a man with something going on. She wants to get married and have a family. She wants somebody who has a good career and who can take care of her. I can see where some of it comes from.

Have you had clients who return continuously because they aren't satisfied with who they were matched with?

I do show them photos, so they'll see the pictures first. Now when they get on a date, there might not be any chemistry or their personalities might not match. But, generally, they won't say that the person didn't look good at all because they've seen the photo. So they're not too disappointed that way.

What do most men and women search for in a significant other?

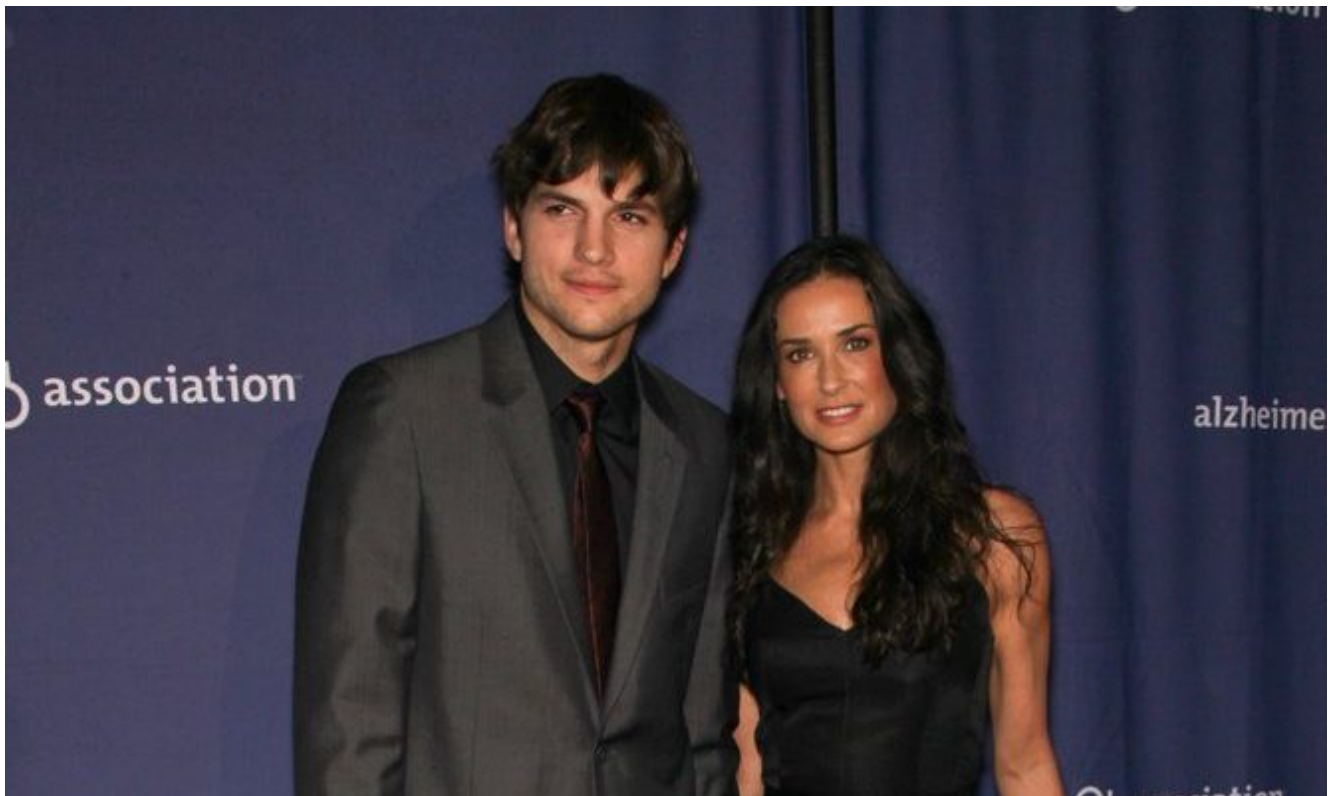
It's interesting because women's top desires that they tell me in a man is sense of humor, honesty, loyalty, looks and healthy lifestyle. The men want what they see first. They say they want a woman who is attractive, they love a great sense of humor and someone who is easy going.

What advice do you have for those who have been single for quite some time now because they have unrealistic expectations of the opposite sex?

Be a little more open-minded and try dating someone who maybe doesn't fit the exact picture in your mind. If you go out with somebody, it doesn't mean you have to marry him or you're going to spend your life with him. It's just a cup of coffee or lunch or dinner. So give the guy a try if he has a lot of great qualities you're looking for.

Cupid thanks Marla Martenson for her time! To get a look into the world of matchmaking, visit **Amazon** to purchase *Diary of a*

10 Signs You're Ready For a Relationship



By Marianne Beach, GalTime.com

I'm admittedly a recovered relationship addict. I went from relationship to relationship with little or no break in between. Luckily, I was finally able to break that cycle and stay single for two years – before finally meeting my dream guy (and now husband).

But staying single for a serial monogamist is often easier said than done. After all, you're used to having a second opinion, someone to take to dinner parties and curl up with in bed. An empty house can be frightening for someone addicted to love.

But Jennifer Oikle, Ph.D., relationship psychologist, dating coach and founder of **MySoulmateSolution.com**, insists that though it's difficult, it's also ultimately rewarding and will prepare you for the relationship of your dreams.

So how do you start? First, she says, forget being committed to a relationship and start becoming committed to yourself instead. "Become delighted by the idea of discovering who you are, without having to please someone else."

In fact, she suggests not dating at all for a certain amount of time, so you don't fall into old habits. "Avoid all of the typical ways you usually behave to find a new beau (going to bars, trolling the Internet, etc)," she says. "Ask a friend to be your sponsor and help you stay single."

During that dating fast, start living for yourself. "Become involved in new hobbies, activities and same-sex friendships to help you discover who you are, what you love, what you don't love," Dr. Jenn says. "Allow yourself to discover new strengths, become aware of patterns which no longer serve you and begin trying out new behaviors so that you become a strong, confident, self-sufficient person, before you head back onto the dating field."

When you are feeling more secure with yourself – and you don't need a relationship to survive – start with casual dating first, rather than jumping in with both feet.

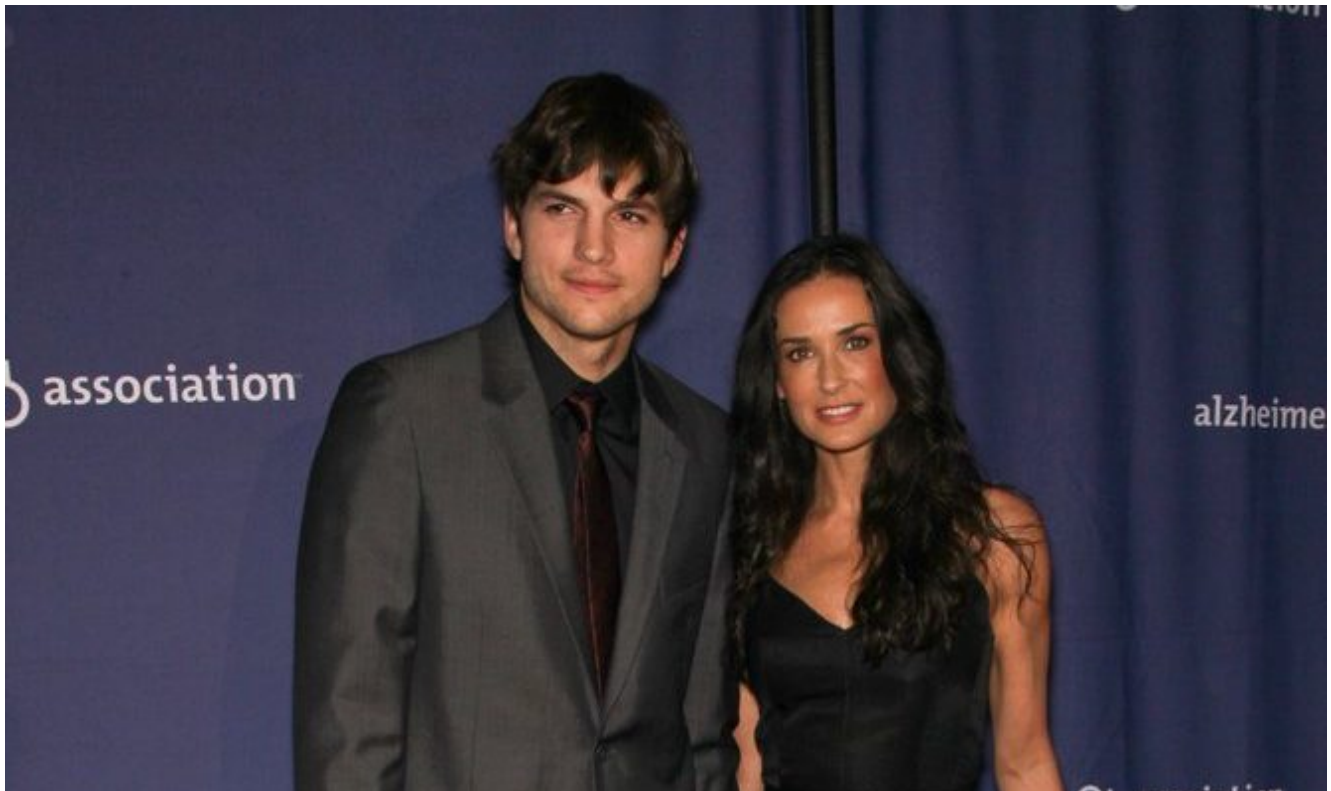
"By casually dating, often more than one person at a time, you can slow yourself down, by spreading your attention over more than one person – keeping you from getting over – invested in any one person too quickly," Dr. Jenn explains. "You want to

keep dating until it's comfortable – until you aren't running into a relationship to get away from the insecurities of dating.”

How do you know when you are finally ready to enter a real relationship? Dr. Jenn suggests you look for the following signs:

1. You've been on your own for at least 3-6 months and you no longer feel like you NEED a relationship just to survive.
 2. You feel like you are good on your own.
 3. You feel confident.
 4. Your mood is stable – you don't let the little ups and downs of life throw you overboard.
 5. You can hear other people's opinions and criticism and not take it personally.
 6. Your worth isn't directly related to what other people think (as long as it is, you are too vulnerable to date).
 7. You aren't preoccupied with your ex and your emotions are no longer raw.
 8. You can think of the past and just feel mostly gratitude for what you learned AND you can explain what you learned, how you contributed to the cycle and how you will proceed differently. If you can't name those things, you aren't ready to date because you'll just make the same mistakes.
 9. You now have interests, hobbies and friendships that you are passionate about and invested in and you are serious about not dropping them for ANY man!
 10. Ask your friends – they will know! ☐
-

Jesse James and Kat Von D Split Due to Distance



The rumors are rolling once again about Jesse James and Kat Von D, as they recently announced that they are calling off their wedding. This time it's official. Not only did they call off the engagement, but they've also broken up. They were in a long distance relationship, with James in Austin and Von D in LA. When [People](#) asked Von D whether she would relocate to be with her boyfriend, she responded, "If only it were that easy. Having two places we call home will be good for now. In the end, home is where the heart is, and my heart's with him. " Unfortunately, the couple couldn't keep doing the long distance thing.

What are some ways to keep a long distance relationship

strong?

Cupid's Advice:

Surviving a long distance relationship can be tough. Cupid has some tips on how to prevent letting distance loosen the bond:

1. Communicate: Make an effort to frequently communicate. You're probably both caught up in your daily routines, but make sure to schedule a regular time to talk to your loved one via skype or phone. You can also keep each other up-to-date via email and text, but it's important that you hear each other's voices.

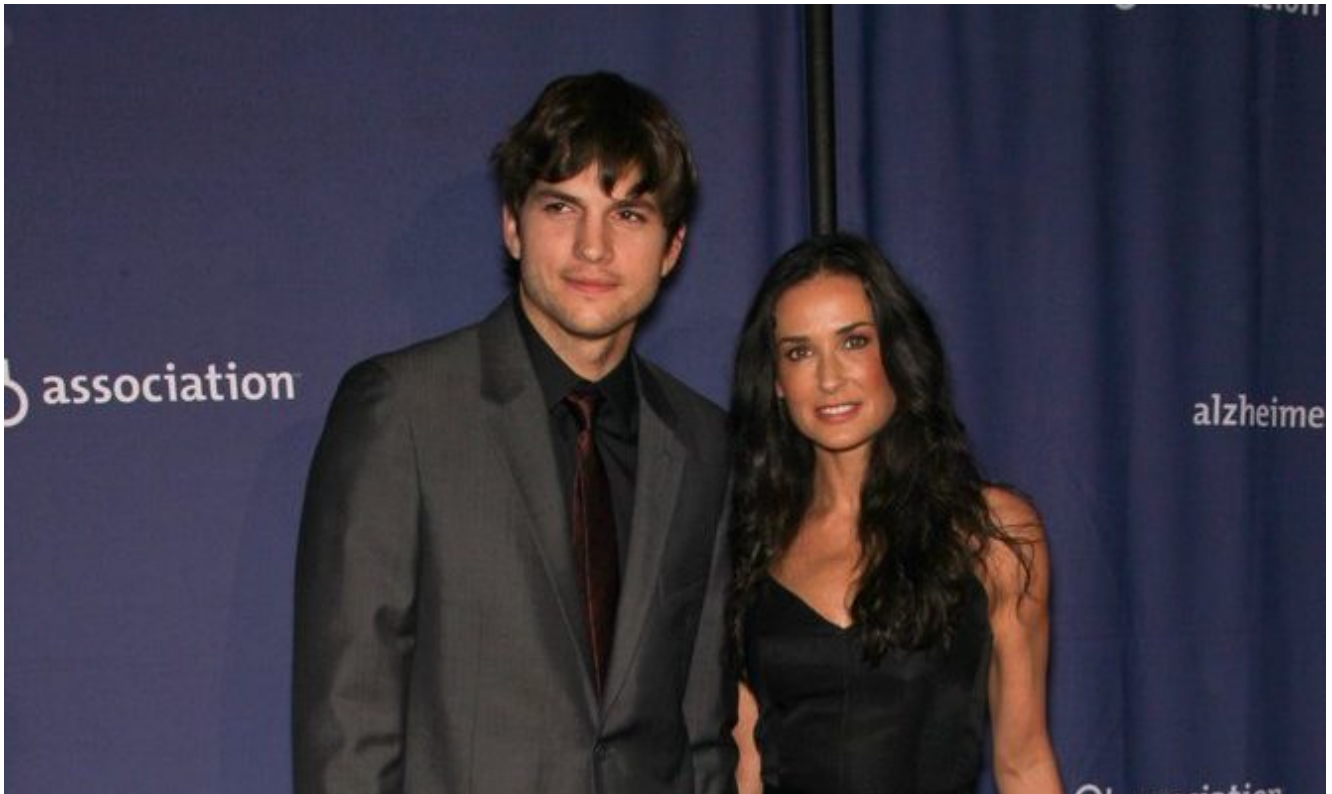
2. Visit: Of course the sound of your partner's voice isn't always going to be enough. You'll need some physical contact in order for the relationship to persevere. Take turns making trips to see one another, and make sure that you share the responsibility equitably.

3. Trust: Starting a long distance relationship means unforeseeable changes and challenges in both of your lives. If your partner starts forming new circles of friends or engaging in new activities, don't assume the worst. Just take a breather and have faith that your partner will remain loyal to you.

Have you ever been in a long distance relationship? Share your experiences below.

Cameron Diaz and A-Rod Spend

a Domestic Weekend Together



A movie star and a New York Yankee: could there be a more glamorous couple? But in Miami this past weekend, Cameron Diaz and Alex Rodriguez actually spent a low-key, domestic couple of days together. According to [RadarOnline](#), the high-profile twosome was spotted having a casual meal out and stopping at a local Whole Foods grocery store. Diaz, 38, is enjoying a break from filming her new movie, *What to Expect When You're Expecting*.

What are some signs that you've settled into a serious relationship with someone?

Cupid's Advice:

After the honeymoon phase of the relationship is over, you and

your sweetie will either get serious or call it quits. Cupid has some signs that you've settled down with your mate:

1. **It's the little things:** Doing everyday things together, like grocery shopping, shows that you're serious as a couple because you don't need to impress each other anymore.

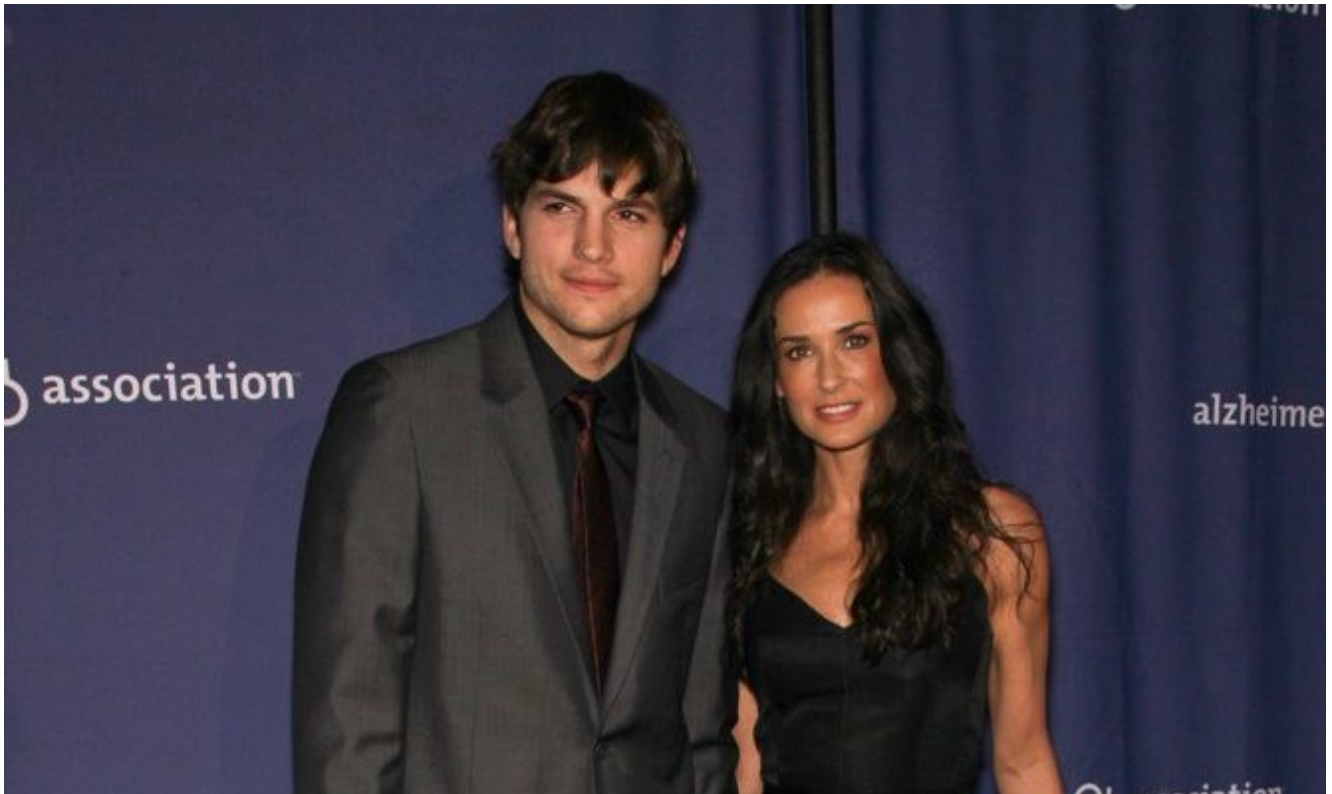
2. **You have a routine:** If you know that Tuesday night is pizza night and Saturday you go to the park together, you've settled into a routine with your partner. Once you've gotten into a groove, you've also settled into a serious relationship.

3. **Nothing to hide:** When you and your mate are totally honest with each other and don't care about showing your flaws, you're in deep. You're probably past the honeymoon phase when you're comfortable being in your sweats with no makeup on in front of your mate.

How do you know when your relationship is serious? Share your comments below.

10 Cool Summer Date Ideas to Heat Up Your Relationship





By [Andrew Pryor](#)

It's a known fact that opposites attract, but even those destined for each other need to find common ground. So this season, if you can't stand the heat while your partner is soaking up the sun – or if you're basking in 100 degree temps while your lover is counting the days to December – try switching things up a bit. Here are five fiery and five frosty things to do with your significant other this summer:

1. Schedule a hot stone massage for two: Heat is a natural tension reliever, so enjoy this relaxing experience together. Give your stressed out muscles a rest and take your mind off of your problems, whatever they may be.

2. Indulge in exotic and spicy cuisine: Thai, Indian, Moroccan, Cajun – pick your picante poison and indulge in a fiery mouthful. Spicy food is an aphrodisiac, so don't be afraid to stimulate your senses.

3. Throw it on the grill: Whether it's charcoal or gas, bring some sizzle to your summer with a delicious barbecue. Cook up

a feast, and have an outdoor date together.

4. Light some fireworks: Watching sparks fly and explode across the night sky is the perfect way to ignite the passion in your relationship. Brighten up your evening with a fireworks display and hope for a bright and engaging future with your loved one. Just be sure to check whether setting off these bad boys is legal in your state!

5. Catch fireflies in your backyard: Sure it's a childhood pastime, but sometimes, old traditions are the best ones. Stumbling around in the twilight, holding hands and grasping at blinking lights is a perfect way to work up a sweat and make great memories.

6. Make homemade ice cream: This is another traditional pastime that deserves to be brought back. Dump sweet cream and sugar in a bowl and whip up a cool and tasty treat for your sweetheart. Then sit on the porch and watch the sun set, one hand holding a cone while the other arm is draped around your partner's shoulder. How sweet it is indeed!

7. Take a refreshing swim: It's the greatest way to beat the heat in the summertime – what more needs to be said? Just try to stay away from crowded public pools and beaches. Find your own private spot if you can.

8. Keep cool with a water balloon fight: Why not make keeping cool fun? Instead of standing in front of a fan or sticking your head in a freezer, get your playful aggression out with a water balloon barrage.

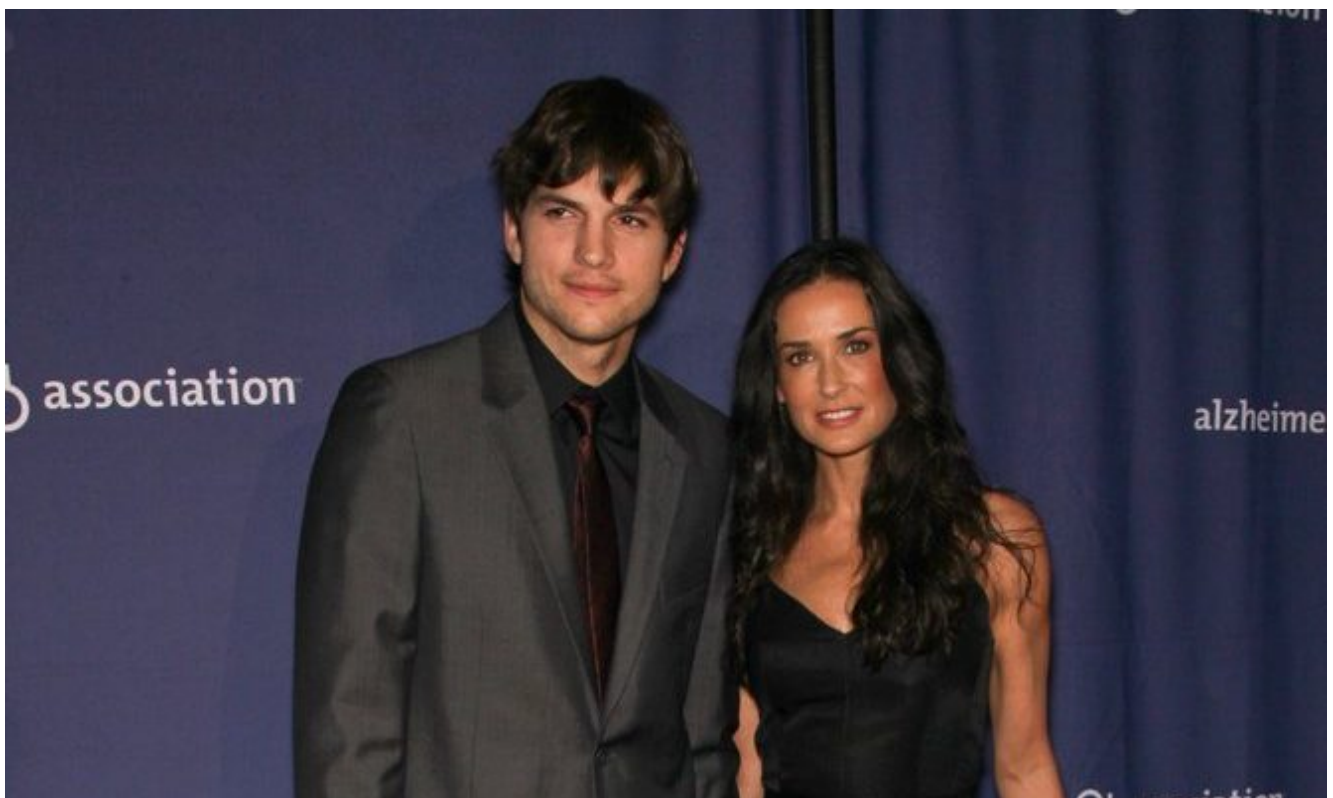
9. Celebrate Christmas in July: The summer isn't known for snowmen and sleigh bells, but you can bring some holiday spirit to a summer climate. Dig out that plastic tree from the attic, sing carols to each other and exchange gifts 'just because.'

10. Go skydiving: It's a radical suggestion, but there's

nothing more invigorating and life affirming than feeling the wind whip past your face while you're thousands of feet above the ground. Try it with your loved one and you'll always have a story to tell your friends.

Do you have any hot or cold weather ideas to stir up a relationship? Share them with us in a comment below.

Ashlee Simpson and New Beau Vincent Piazza Pack on PDA



Pete Wentz's ex was spotted cranking on the PDA with new boyfriend Vincent Piazza during a brunch date in the Big Apple

on Sunday. Ashlee Simpson was visiting Piazza in New York a month after he had visited her in LA. An insider told UsMagazine.com, "Vincent's a chill guy, very artsy, the quiet type. He likes her."

How do you overcome the struggles that come with a long-distance relationship?

Cupid's Advice:

1. Trust: Spending time apart can present itself as a challenge for a couple's commitment. This means that you and your partner both need to trust each other in order for the relationship to survive. If either one of you gets paranoid, there's going to be trouble. But if your trust can tolerate the long distance, it'll make your relationship grow stronger.

2. Communicate: Fortunately, contemporary media enables us to overcome geographical barriers. So, being physically apart does not mean you can't still interact on a daily basis. It's important to frequently keep each other in the loop.

3. Be romantic: Ironically, it's likely that your distance has brought you closer. Not being able to see each other every day will hopefully teach you to appreciate each other's presence. So when you do have a chance to reunite, take advantage of it and express your love for each other.

How can you handle the time apart from your partner? Share your ideas!

Top 10 Ways to Score a Summer Hottie



By Deana Meccariello

July's arrival brings wishes of summer love, as there are two full months ahead of us to enjoy the sand, surf, and all things sunny. So what are you waiting for? Get out there and score yourself someone scorching to spend the long days (and steamy nights) with. Here are 10 surefire ways to get your hands on your hottest summer fling yet:

1. Make the first move: You'll never get anywhere if you don't take action. When you're out and about, don't be shy – go right up to that hottie and strike up a conversation. This is much more productive than staring at him wide eyed across a

crowded bar.

2. Spend a night out on the town: An evening filled with bright lights is a great way to meet someone new. If you're in the New York City area, rooftop lounges like the Empire Hotel and Hudson Terrace offer a romantic atmosphere, along with a gorgeous view, while you're chatting up your perfect match.

3. Beach it: Head to the coasts or nearby lakes if you're not by the ocean, since they're packed with potential beaus just waiting for you to find them. New York is home to many beaches like the beautiful Hamptons, and New Jersey and Massachusetts are great nearby destinations if you want to head out of the state for a weekend.

4. Volunteer: Donating your time to a worthy cause is another way to expand your social circle – and potential love pool. Not only will you do good for others, you'll also meet some great prospects for summer love. Bonus: You know they're just as generous with their time as you are, making for a great mate!

5. Indulge in a water sport: Let's face it – guys love any excuse to get wet, and hanging out by the water is another great way to grab someone's attention. Rent a boat or a jet ski with a few girlfriends and have some fun. You're bound to see a bunch of guys doing the same exact thing, and it's an easy and enjoyable way to meet new people while working on your tan. Just don't forget the SPF!

6. Participate in a triathlon: Not only will training for this kind of event get you into great shape, but it will give you tons of opportunities to meet up for workouts with the sexy athletes that are sure to catch your eye. Shy about exercising with a dude? No real man can resist any excuse to prove his manliness to the ladies – or a woman with confidence.

7. Get involved in a summer league: A guaranteed way to meet that summer catch is by joining a co-ed sports league like beach volleyball or softball. This will introduce you to a whole new group of active people looking to have a fun summer, just like you!

8. Take your pup to the dog park: If you're a dog lover, taking your hound out to play will definitely help you get noticed by potential suitors. This will give you a chance to meet new people with common dog-related interests, like how you secretly let your furry friend kiss you on the mouth when no one's looking.

9. Relax at a coffee bar: America is coffee crazy, and many cafés come equipped with a cozy ambiance that encourages people to socialize with each other. Grab a cup of joe and get to know your fellow java lovers – who knows, the caffeine in your triple shot espresso might stir up the pot in your love life!

10. Get rowdy at game night: Sports bars are a great place to meet that sizzling summer hottie. Take it easy on the drinks, but don't be afraid to show your sports knowledge with the bar regulars. You'll impress your friends along with that sexy single about to buy you a beer.

Give these tips a try and hopefully, you'll find your very own summer hottie! Did we miss one of your guy-nabbing ways? Share with us below!