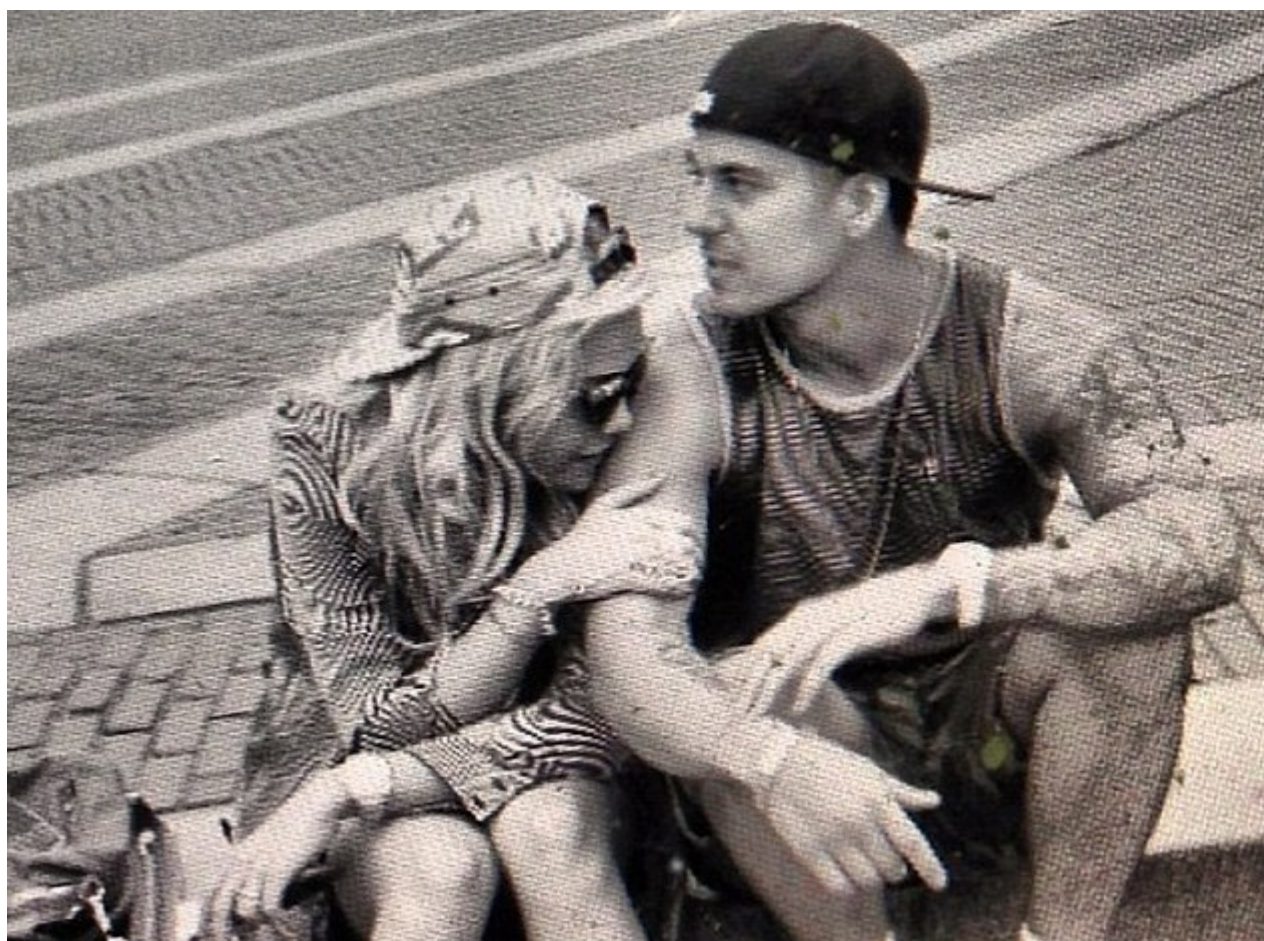


# Rob Kardashian Defends Bashing Ex Rita Ora



By

Meghan Fitzgerald

Rob Kardashian is now defending his tweets against ex, Rita Ora, two months after posting the now-deleted tweet. According to [UsMagazine.com](http://UsMagazine.com), the last episode of *Kourtney & Kim Take Miami* was when Rob defended his actions. *PerezHilton* reports that Kardashian said, "I posted what I posted to keep myself from taking her back. Every time she messed up, I took her back for over a year now. I just had to do that to make her hate me...I don't want people to think I'm being a bitch." Kardashian assures that he is leaving the heartbreak behind

him and moving on towards love.

**What are some ways to make your ex know you're serious about breaking up?**

**Cupid's Advice:**

With some couples, they can break up numerous times in one week. They are constantly on and off, never exactly knowing what they want. It is challenging to make your ex realize that you are completely serious about breaking up. They could breakdown in tears and you could chicken out. They may tell you that this isn't what you want, and you believe them. If you are absolutely sure that you want to break up, you need to keep ground. Cupid has some more advice:

**1. Say it in person:** Breaking up with someone you spent time with, talked to, get to know-it's ridiculous. First off, it gives your partner zero amount of respect, and secondly, it will make them think you are not serious about the breakup. To ensure that your mate realizes that you are serious, break the tie in person. Look your beau straight in the eyes and tell them that you are breaking up with them, and you will not be persuaded nor will you change your mind.

**2. Respect:** This ties in with breaking up with your ex in person. Breaking up with your significant other in person is essential. It makes your respectful, and you are still respecting your mate. With regards to respect, inform your partner that you are breaking up with them. Along with this, include all the reasons why you feel like a break up is necessary. Explain everything you've been thinking, what you're going through, and why you're doing this. It will make your partner realize you are not joking around whatsoever, and they will take you seriously!

**3. Hold your ground:** Hold your head high and your feet firm darling! The hardest part in a breakup process is keeping what

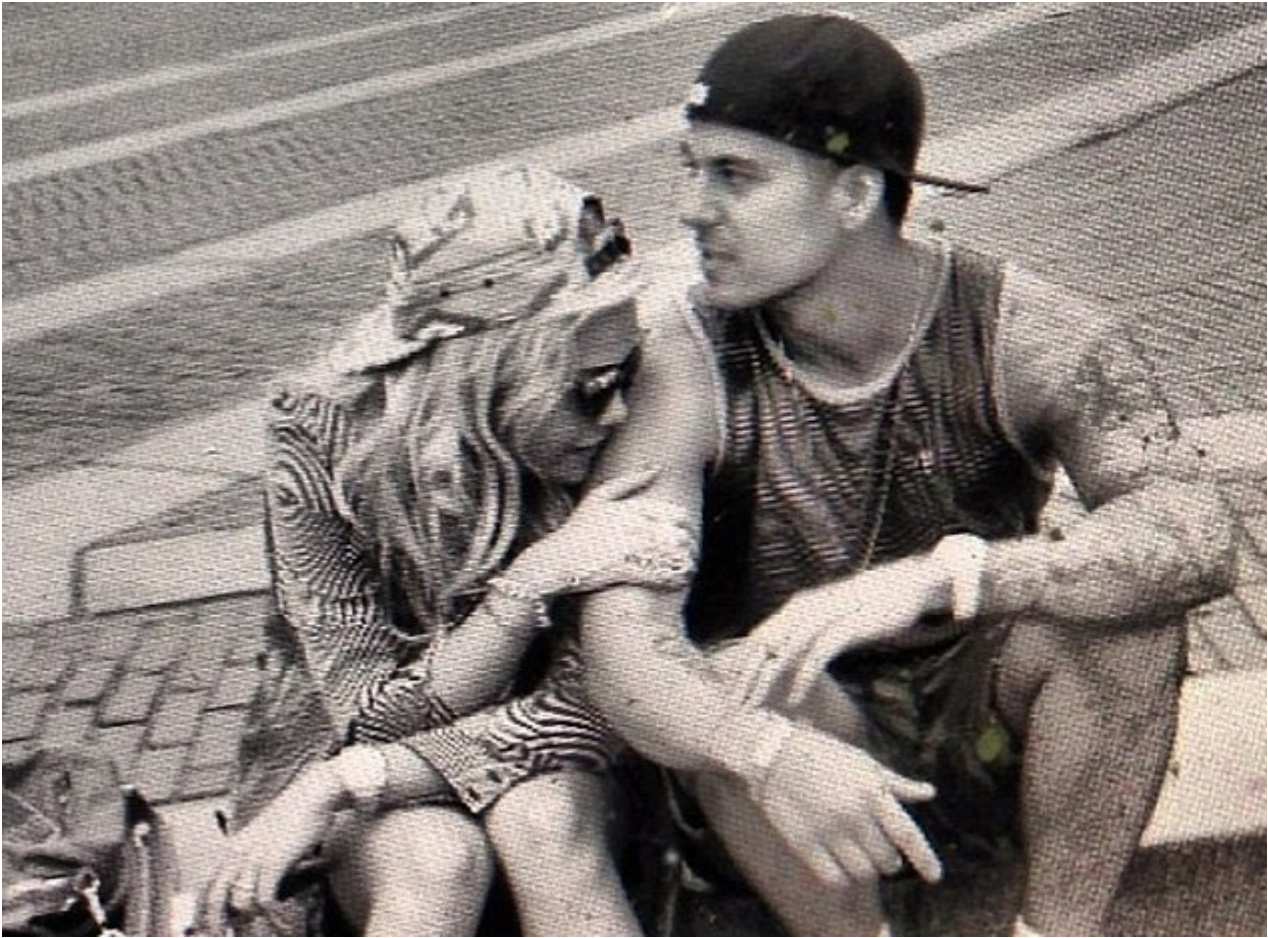
you said true. It is not easy to break up with another person, especially if that person is persuading you to not follow through with it. Make sure you keep your opinion and actions on line, know what you are going to say and stick to it. Don't leave the script unless necessary. Keep your chin up and this will all work through!

**Have you been serious with breaking up with an ex? Explain below.**

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## **Fergie and Josh Duhamel Are Expecting**





By

Meghan Fitzgerald

Fergie and Josh Duhamel are expecting! The couple confirmed their pregnancy via *Twitter* this past Monday, she tweeted “Josh & Me & BABY makes three!!!” [Huffington Post](#) reported that her rep released a statement to *Just Jared*, stating, “Yes, Fergie is pregnant!! We are pleased to confirm the news.” This is the first child for Fergie and Duhamel since they wed in January 2009. The two were always certain that they wanted to start a family. Their time is now, so congrats to them!

**What are some ways to prepare your relationship for a child?**

**Cupid’s Advice:**

With a child coming into you and your beau’s life, you need to prepare your relationship. “A child changes everything” is more than accurate. Not only will your baby change the way you

live however, it will change your relationship. Or at least try to. With having a child, you and your mate need to keep strong, especially strong together. Cupid has some advice:

**1. Sleep deprivation:** You and your partner will both realize what sleep deprivation really means when you have a child. Three-hour nights of sleep will be common to you two. With this being said, your need to prepare your relationship for possible fights over who gets up for the baby. You both will be completely exhausted however, one of you still need to get up. This ties in with score keeping also, no matter how many times you get up for your child-you're still the parent! And it is a parents job, so don't let it interfere with your relationship.

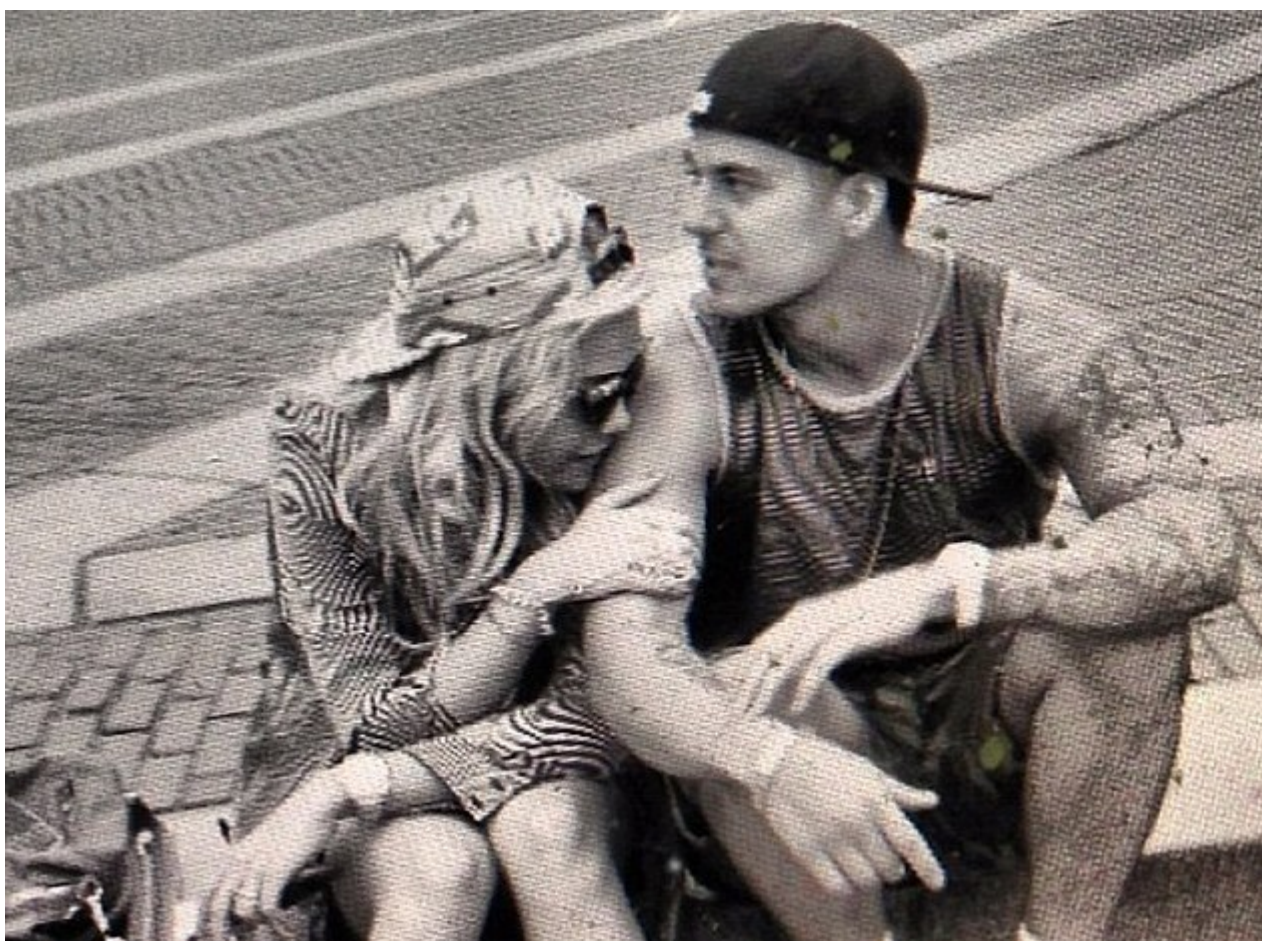
**2. Score keeping:** "I changed diapers twice today, now it's your turn." "I got up last night to rock the baby back to sleep, you do it tonight." Leave all of this entirely out of your relationship! Score keeping on what and what not you did with your child will end in chaos. It is both of your responsibilities to love your child more than anything on earth. Fighting does not tie in with love. You and your [mate](#) will drive one another crazy if you enforce a score keeping system in your life. Leave it out!

**3. Sexual disconnect:** Be prepared ladies and gentlemen for a strong disconnection from sex with your partner. With some, it may still be visible. However, with most couples, sexual disconnect is common. With the lack of sleep, excess of baby poop and puke, sex seems entirely unappealing. At the end of the day, you and your mate will be thinking of how your eyelids look, not how you look in the new La Perla lingerie you recently bought.

**Have you prepared your relationship for a child? Explain below.**

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# 'Bachelor' Star AshLee Says She Knew Sean Would Send Tierra Home



By

Meghan Fitzgerald

In an interview with [People](#), AshLee confesses to *Bachelor*, Sean Lowe that she was married before in high school. [Tierra](#), full of drama, mocked AshLee on her age. AshLee described Tierra's statement as a character difference between the two

of them. AshLee also stated that [Lowe](#) would come and realize that Tierra wasn't "the one," and would send her home. [Huffington Post](#) states, "Ash believes that she has a similar 'connection' with Sean. She thinks everything is 'magical' and 'pixie dust everywhere' and a 'dream come true.'"

**How do you have faith in your partner when others doubt him or her?**

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

Keeping faith in your beau when all others around you doubt him/her is hard to do. They give you reasons to be suspicious, reason to doubt your partner, to no trust him, and question him. With this going in in your life, you must keep your relationship with only you and your partner. Do not let outside forces come in and tear down the walls of your love. Cupid has some more advice:

**1. Communication:** Communication is always key. It is essential to communicate directly and sharply with your partner as others are doubting them. It would also help if you talked to the people who doubt your mate. Ask them why they do? What is their reasoning behind the madness? Make sure your [partner](#) is filled in with what others are saying about them. Remember, communication is key!

**2. Trust:** If you trust your partner, don't let other people convince you that they're not trustworthy. Some people can be very persuasive with their opinions. However, you have to push their opinions aside and listen to your heart. Do not let outside forces you tell you what you need to do with your [relationship](#), and whether or not you should break up. That is entirely your decision and if you trust your beau, there is no reason to doubt them.

**3. Love:** Love is all you need. If you [love](#) your partner and your partner loves you, take a deep breath. If you have made

it through all the time and obstacles to come to love with your mate, you should not doubt them entirely. For record, there are always exceptions. Chances where the other were right and you should doubt them. However, these events are slim to none and you should only worry about how you can love your partner stronger and better.

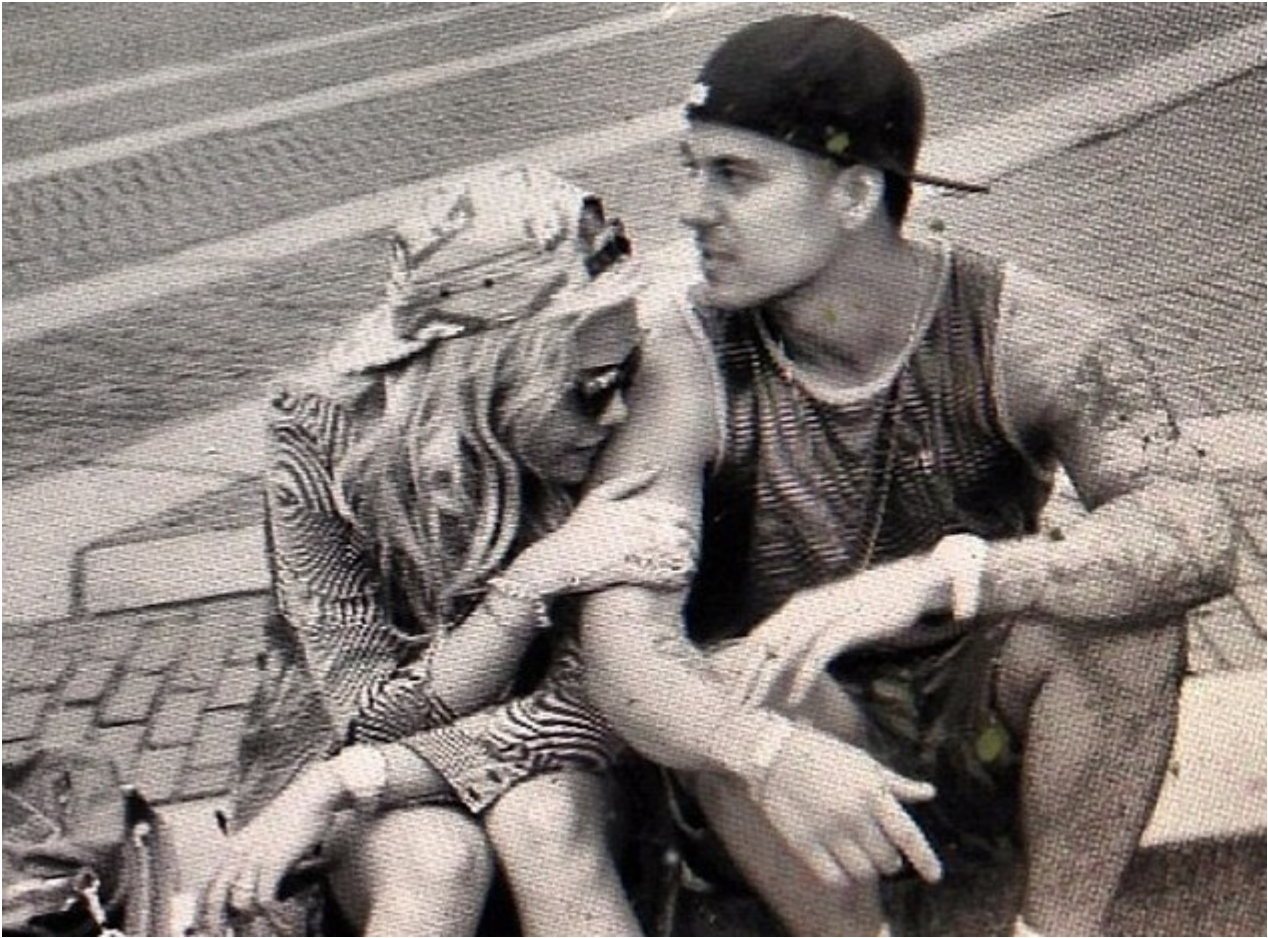
**Have you ever had faith in your partner when others haven't? Explain below.**

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## **Supernatural Love Story, 'Beautiful Creatures' Hits Theaters!**







By

Meghan Fitzgerald

Richard LaGravenese, Oscar nominee, directs the new supernatural love story, *Beautiful Creatures*. The movie is based off the first novel from the series by Kami Garcia and Margaret Stohl. Ethan Wate (Alden Ehrenreich) is a 17-year old boy in a small Southern town of Gatlin, South Carolina. He constantly has the same dream surrounding a mysterious girl standing in the middle of a Civil War Battlefield. He wants to meet her, however, a lightning bolt erupts and kills Ethan before he can get to her. Ethan is trapped at home with his father, his father still in despair from the death of Ethan's mother. His town is not up to date with the 21st century. Ethan's way to escape is through books. One day, his life is shaken up when Lena Duchannes, (Alice Englert) comes into town. He is immediately drawn to the mysterious character. It is apparent that being around her is dangerous however, he ignores the thought. Ethan begins to get in over his head.

**Should you see it:** Would we mention a movie you shouldn't see? Of course not! Over here at Cupid's Pulse, we know that the cast, plot, and producer shows how great of a movie this will be! Do you love Edward Cullen and Ron Weasley? Do you enjoy a romance story that will keep you on your seat? If you loved *The Twilight Series*, or any of the *Harry Potter's* you will love this new star-dropping movie!

**Who to take:** Hello girls night! This is the perfect movie to spend your Friday girls night on. Enjoy this new twist of a love story with the people you love most in life. Hitting theaters on Valentines Day, this is also the perfect date movie. Suspenseful enough where you can grab your mate's hand for support, and also romantic enough where you want to share the feeling with your beau. This movie is also for all ages; having something in it for anyone! Definitely a movie to see ladies and gentlemen!

Ethan realizes that Lena has super powers which puts himself in danger with his life and the town. Ethan discovers that Lena is a Casper, with supernatural powers she is not capable of controlling. Their romance is threatened by Lena's dark past and her upcoming sixteenth birthday. A life changing event called The Claiming, deciding her fate: Light or Dark. The trailer shows the deep southern love between characters, Lena and Ethan. Florence and the Machine directs the flow of events throughout the trailer. It is obvious of the strong magical power throughout the movie. There is a difference between the Light and the Dark which is prominent in the trailer. The love amongst Ethan and Lena is portrayed in the trailer, even with outside forces attempting to pry them apart.

**When should you undergo a change for love?**

**Cupid's Advice:**

Experiencing love in life is a revolutionary event. Your life

twists and turns by love, making you a better person in the end. In each relationship your encounter, you will change a little bit each time. Whether it be substantial or not, you will change. When you change, and why you change is the challenging part of love. You do not want to change everything about yourself, however, there will be minute things which you might change. Changing yourself for love is hard, determining how much to change is harder. Cupid has some advice:

**1. "The one":** In your life, you shall find "the one." Finding "the one" in life is not easy, you have to rummage your way through the bad ones to find your love. When you do find the one person who you can not live without, you may have to change some things. Not saying that you need to change your entire self however, if they are worth it; it is acceptable to change a little.

**2. Compromise:** Relationships require full attention and communication with two people. It is inevitable that you and your partner will not agree on everything. To make the love stronger, it is sometimes necessary to change using compromise. If you don't like monster truck rallies and your beau does? Make a slight compromise and attend a couple events. Do you think your partner really loves your parents? Or the other way around? When you love someone, it is okay to compromise.

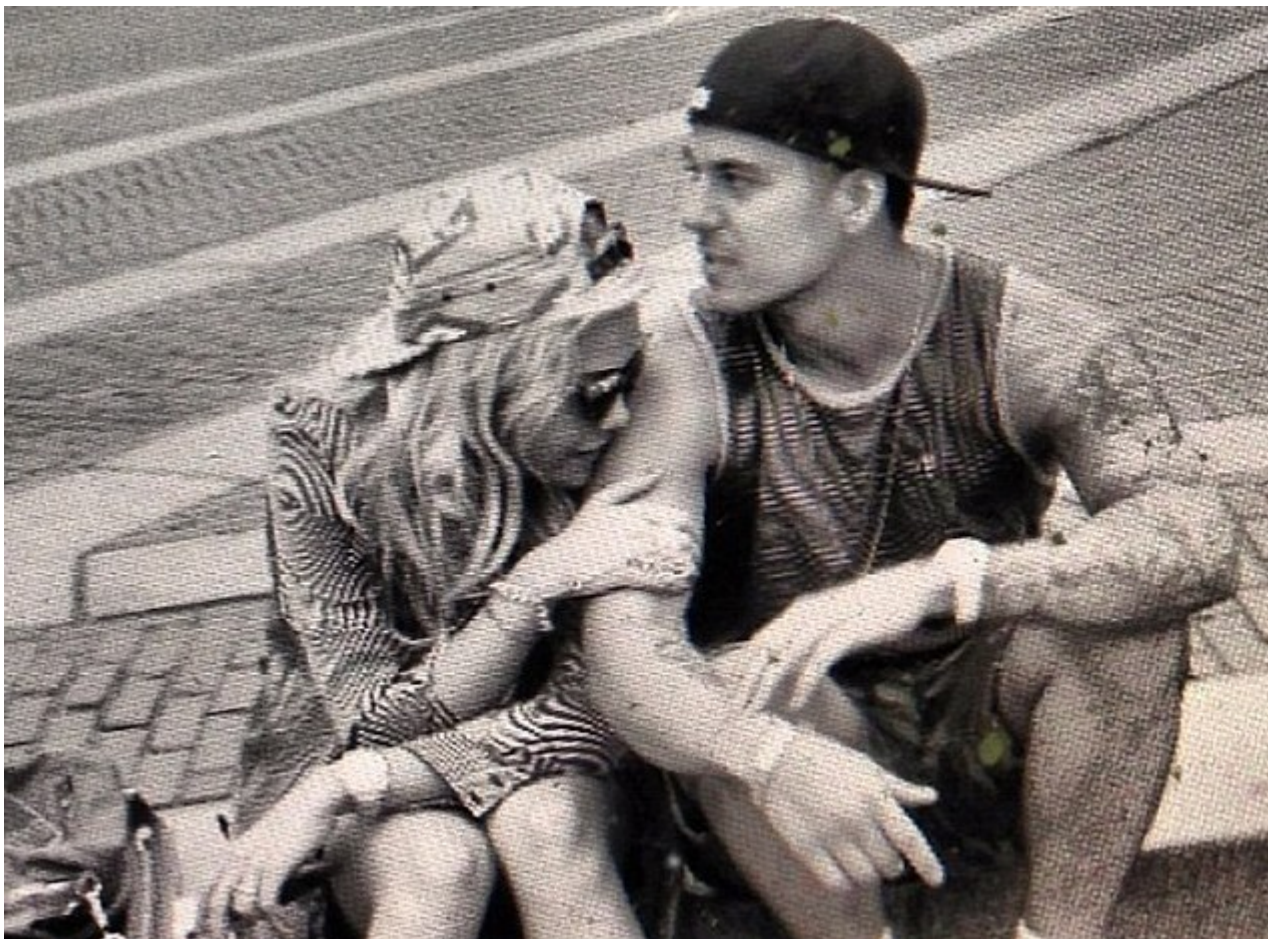
**3. Change is beneficial:** Change makes you smarter, it makes you more flexible, it makes you realize that anything is possible. Change is not only beneficial to you however, it is beneficial to your mate. Change helps you go with the flow, helps you float along with your relationship and make the love come easier.

**Have you ever changed from love? Explain below!**

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# Angela Kinsey Says Her Love Life Is 'Like Dating in the Renaissance'

**Cupid's Pulse**  
\* Celebrities. Love. Opinions. \*



By

Meghan Fitzgerald

41-year old *Office Star*, Angela Kinsey spent her Valentine's Day with her 4-year old daughter, Isabel. Kinsey told [People](#), "My daughter and I are going to make our own Valentines! We've got stickers, markers. I love going to

Target and hitting the arts and crafts aisle.” Kinsey talked to *The Celebrity Cafe* about co-parenting, and she insists that both she and her ex really have respect for one another. Kinsey is grateful for her relationship with ex-husband, Warren Lieberstein.

**What are some ways to take things slow after your divorce?**

**Cupid’s Advice:**

After a divorce, your emotions are all over the place. Jumping into another relationship may seem like a great idea or something which will never happen. There are many ways to take things slow after your divorce. Cupid has some advice:

**1. Dating:** You will most likely have two opinions on dating after a divorce. You either want to delve into a relationship again and attempt to find love. Or you want to crawl up in your bed, and never leave. With dating after a divorce, you need to make sure that you take things slow. You need to completely know what you want in your dating life before you jump right in to it.

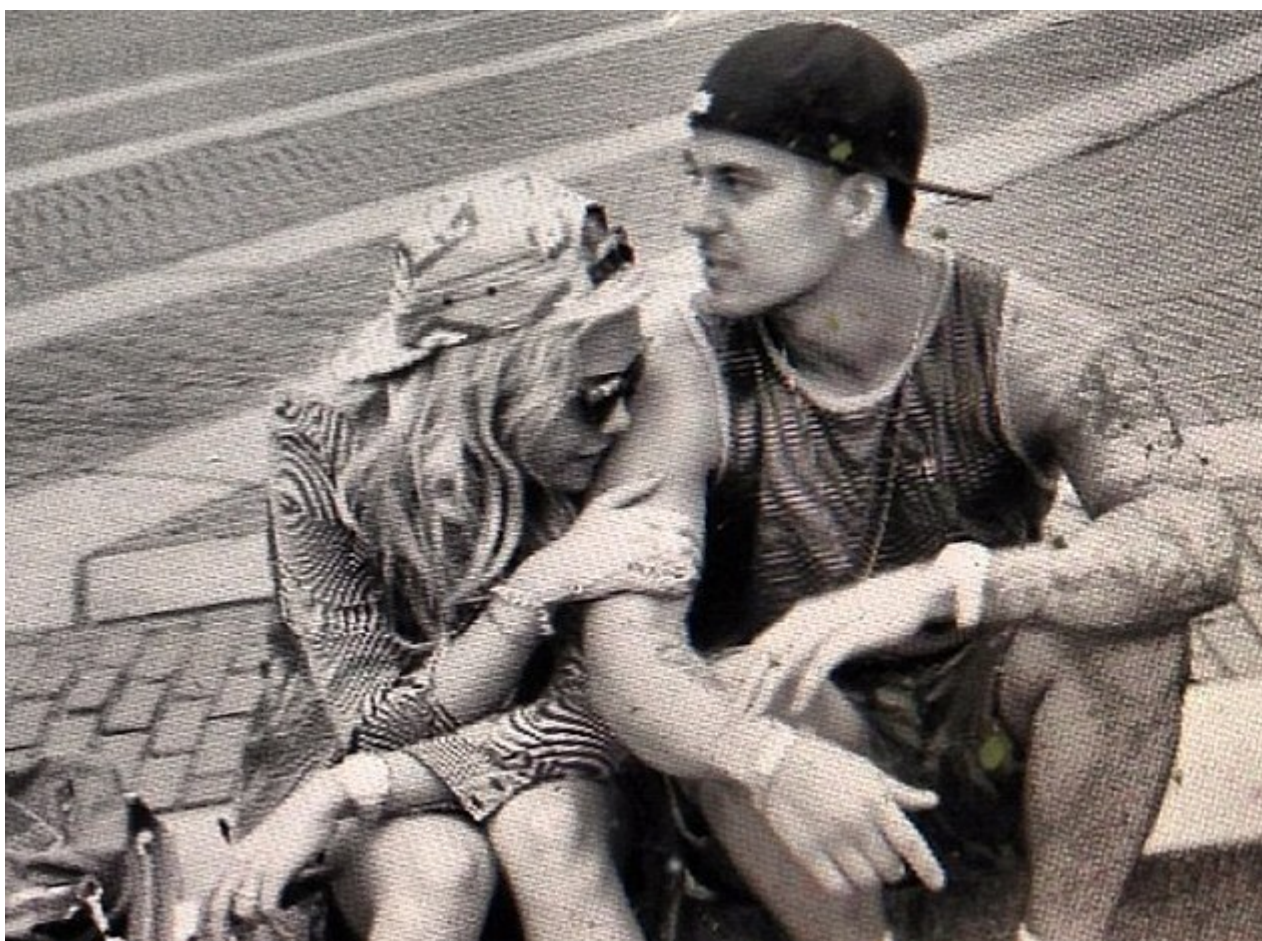
**2. Know what you want:** With your emotions everywhere, knowing what you want in life is challenging. You absolutely should not die your hair a “cool” color and get your nose pierced. Look through the haze of the divorce and realize exactly what you want. This will be hard to do however, you need to make sure you know what you want before you act on it.

**3. Take time for yourself:** After a divorce, you need to spend time with yourself. You need to realize that the one person who will always love you, is yourself. Spending time with yourself can clarify problems in your life which need to be solved. You can rethink your divorce and your past relationship as much as you’d like with yourself. Take bubble baths, drink wine, write down your feelings, exercise, and eat healthy. Do things for you.

Did you take things slow after your divorce? Explain below!

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## VDay Heartbreak: 'The Bachelor' Sean Lowe Opens Up About His Feelings for Tierra



By

Meghan Fitzgerald

Sean Lowe, otherwise known now as [The Bachelor](#), has gone

through as much tears and drama this season as any man should ... especially with Tierra. According to [People](#), Lowe blogged about his relationships with the girls. He had three one-on-one dates with AshLee, Tierra, and Lesley. [The Examiner](#) reports that Lowe's date with Tierra made him realize that she may not be the girl for him. He described how she comes with drama, a lot of drama. At the end of the day, Tierra told Lowe that she was falling in love with him. Lowe hoped that they could be drama-free.

**What do you do if your friends don't like your new partner?**

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

Having your friends disapprove of your partner absolutely sucks. As much as you can say what you and your mate have is great and it is "only you two," it's not. Your close friends are your second family, and not having them there for your relationship does not help. This will inevitably happen once in your life, and Cupid has some advice:

**1. Listen:** Although you may not believe anyone could dislike your partner, it is a possibility. When your friends confront you and tell you they do not like your new mate, do not freak out! Even though this may be your first impulse and reaction, take a deep breath. This will not be solved whatsoever if you blow your top and yell at your best friend. The easiest thing to do in this scenario, is to listen. Listen to what your friend, or friends, have to say. Take their comments and concerns in, and go from there.

**2. Know your feelings:** Depending on the person you are, it may be very important that your friends like your partner. Be aware of your feelings with your new beau. Is it worth it to possibly lose your closest friends for this boy? Make sure you are certain of how you feel about the new fella. You don't want to vow "he is the best" and then go back to your friends crying when he hurts you, but have no friends left.

**3. Stay strong:** This time will be challenging for you. You are delving into a new relationship in which your best friends don't agree with. No matter why they dislike him, it will hurt. You will immediately think that your friends don't wish for you to be happy. That they don't want you to be in a relationship, and find the love of your life. Push these thoughts aside as you deal with your friends and your new partner. Keep your chin high and stay strong.

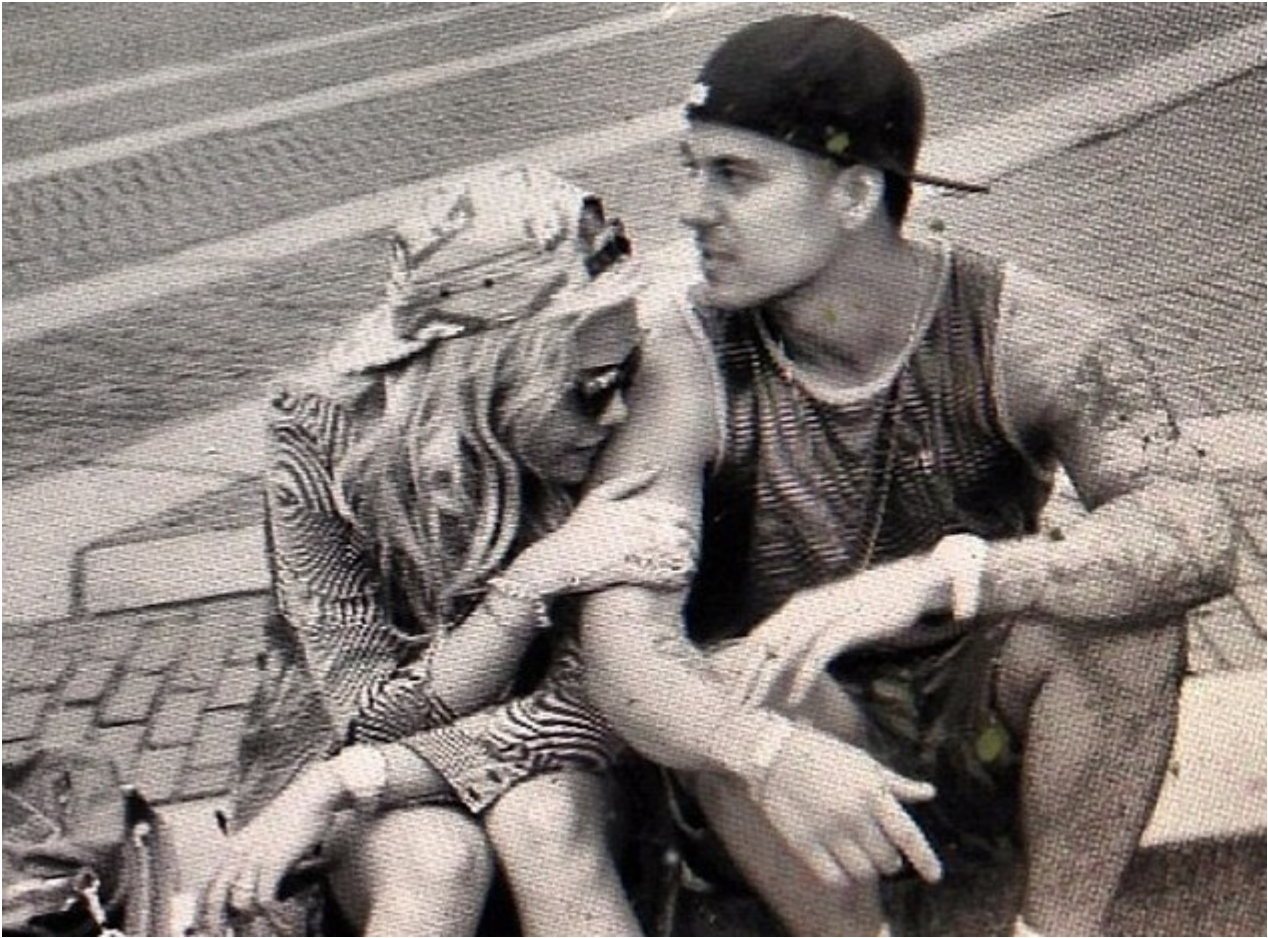
**Have your friends ever disliked your partner? Explain below.**

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## **John Mayer Thinks His Relationship with Katy Perry Is 'Very Human'**







By

Jessica Conigliaro

John Mayer is well known for getting involved in high profile relationships—so often that we are left wondering how meaningful these celebrity women are to him. Mayer recently started dating pop singer Katy Perry; his feelings seem to be more believable this time around, according to [People](#). Mayer said, “I don’t feel like I’m in a celebrity relationship...for me it feels like something that’s very human.” When a relationship feels right, the topic of tying the knot tends to come up; when asked if he would ever get married, Mayer responded, “Of course!”

**How do you know if your relationship is “real”?**

**Cupid’s Advice:**

As any new relationship develops, you begin to realize your true feelings towards one another. Being fully committed to

someone definitely comes with challenges—but is even more rewarding when you find the right person—Cupid offers some advice on how to know if you are in a genuine relationship that offers future potential:

**1. You feel comfortable with them:** You're out to dinner with your boyfriend when all of a sudden you realize there's food all over your face—and we've all been there. Early in the relationship, an incident like this may leave you embarrassed; after a while however, little things like that shouldn't bother you anymore. Being comfortable around your partner is the beginning foundations of a healthy and serious connection. See if they accept you for who you are—annoying quirks included—The right person will love everything about you and will encourage you to be comfortable around them at all times.

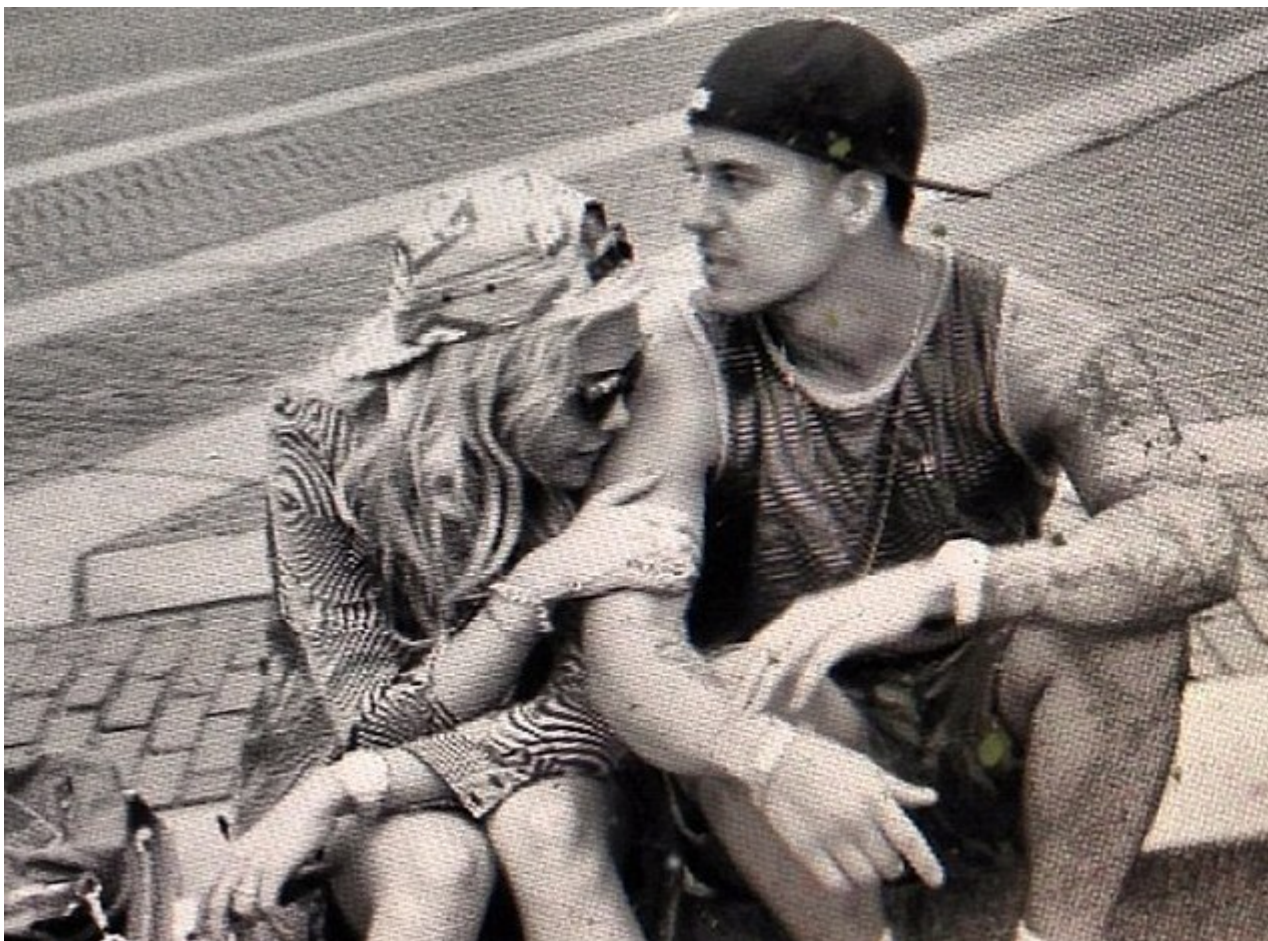
**2. He's your best friend:** You should be able to talk to your boyfriend about anything and be excited to do so. For instance, you get a promotion at work and run home to tell your boyfriend. Take that as a good sign: you're in a strong relationship that is important to both of you. Your partner should want to know how your day was and seems to care if it was good or not. He should be concerned when you are upset and will do anything to uplift your mood.

**3. Their family becomes yours:** After talking about you for weeks, your boyfriend's family is dying to meet you. It's normal to feel a little nervous at first, fearing they will disapprove. Soon enough, you will be spending so much time together that their home feels like yours. Your partner will start inviting you to spend the holidays with them; this is one way to know he is serious about you. Get to know his family—they might become yours one day.

**How did you know your relationship was "real"? Share your experiences below.**

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# Match.com Studies Singles in America



*This is a sponsored post for Match.com.*

By Nicole Cavanagh

[Match.com](http://Match.com), the world's largest online dating site, has released findings from their Third Annual Comprehensive Study on the Single Population called 'Singles in America.' This study is the largest and most comprehensive nationwide look at the current 107 million single people in America and their romantic dating habits, sexual practices and lifestyles. Over 6,000 people (from a national and unbiased representative sample) were surveyed and polled. Both coupled and single men and women answered over 200 questions on just about everything: how they meet potential partners, what they want out of a relationship, how they view marriage and more. With help from world-renowned biological anthropologist Dr. Helen Fisher from Rutgers University, findings revealed common myths about both married people and singles and explained the misconceptions of singles' choices, all while taking into consideration the rise of technology in society and its impact on the dating world.

Although the media may portray commitment and long-term love as a thing of the past, the tech-savvy world we are living in today has actually created a dramatically new dating landscape. Turns out, most SinglesinUSA *do* want to marry and find their match, and 90 percent of them even believe that they can stay married to the same person forever. Single Americans are more interested than ever in finding fulfilling partnerships that will last forever. As Dr. Fisher explains, "Even the bad economy can't kill love...both sexes believe a relationship can last, and both continue their primordial drive to find and keep love."

It probably comes as no surprise that the dating world has gone digital. Connecting online ranks as the number one place where singles meet potential partners. A historically

unprecedented number of Americans are now turning to the Internet to find love: twenty percent of singles met their most recent first date online versus only seven percent who met at a bar.

Of course, some considerations must be made if singles want a lasting connection after meeting someone in the cyber world. Ladies, beware that your digital persona can hurt your dating chances and make sure to put your best “face(BOOK)” forward. Turns out 38 percent of single men do their social network homework on Facebook before a first date, and 27 percent of men end up canceling the date because of something they discovered.

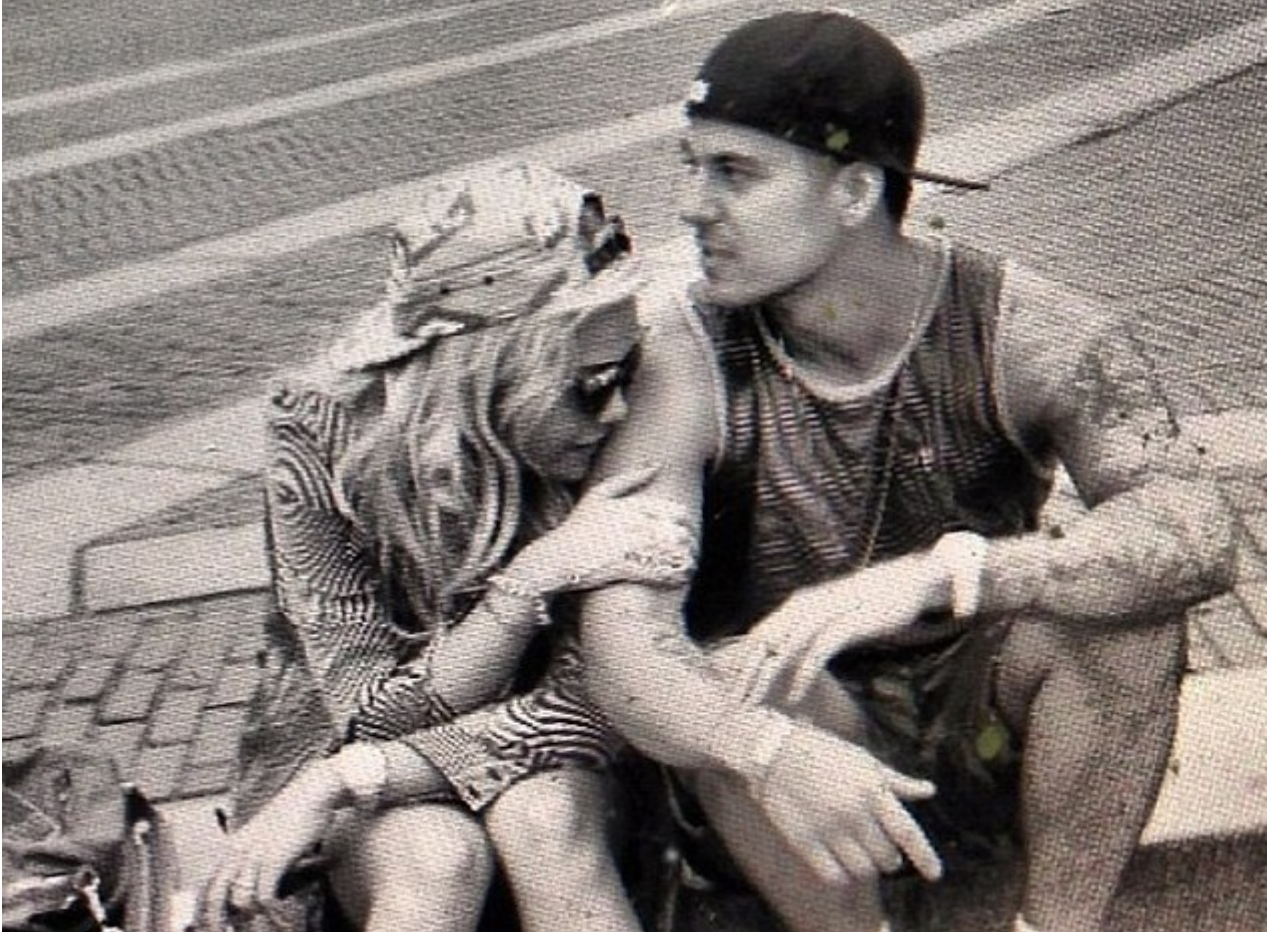
And for all of the single female readers out there who spend hours getting ready for a date with a new guy, your hard work hasn't gone unnoticed! Singles in America studies show that men judge women most commonly on three things: teeth, hair and grammar. So they are paying attention – not only to our physical appearance but to what we say as well.

To listen to a recording of the [Singles in America](#) data announced during the livestream event, please click [here](#). And to all of you who are single, keep up the good work and remember that love is still alive!

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**Tierra Causes Drama on ‘The Bachelor,’ Ladies Come**

# Together Against Her



By

Meghan Fitzgerald

This week on *The Bachelor*, the lovely ladies and Sean Lowe headed off to the spacious and breath-taking Montana. Lowe takes one of the ladies, Lindsay, on a date consisting of a helicopter ride, dinner and kisses. According to [UsMagazine.com](http://UsMagazine.com), the other women waited at home to see who would get a group date and who would get the two-on-one. Later on in the evening, Tierra came on to Lowe, ignoring the rules of the show. [Huffington Post](http://Huffington Post) reports that the girls were mildly upset with Tierra's actions, and Lowe wasn't realizing them. The quest for the blonde *Bachelor's* love continues.

**What are some ways to keep jealousy and drama out of your relationship?**

**Cupid's Advice:**

Many relationships have failed because jealousy and drama have snuck their way into them. Unfortunately, our culture is filled with social media and this plays a large part into why relationships fail. With Facebook and Twitter, we know almost everything about each others' lives. Cupid has some advice:

**1. Communication:** One of the many keys in a relationship is expressing how you feel. It is essential for you and your beau to communicate with one another. Communication allows zero confusion in the relationship and allows the two involved to love each other more. Lack of communication can lead to problems stirring in your relationship. To keep the love together, just communicate.

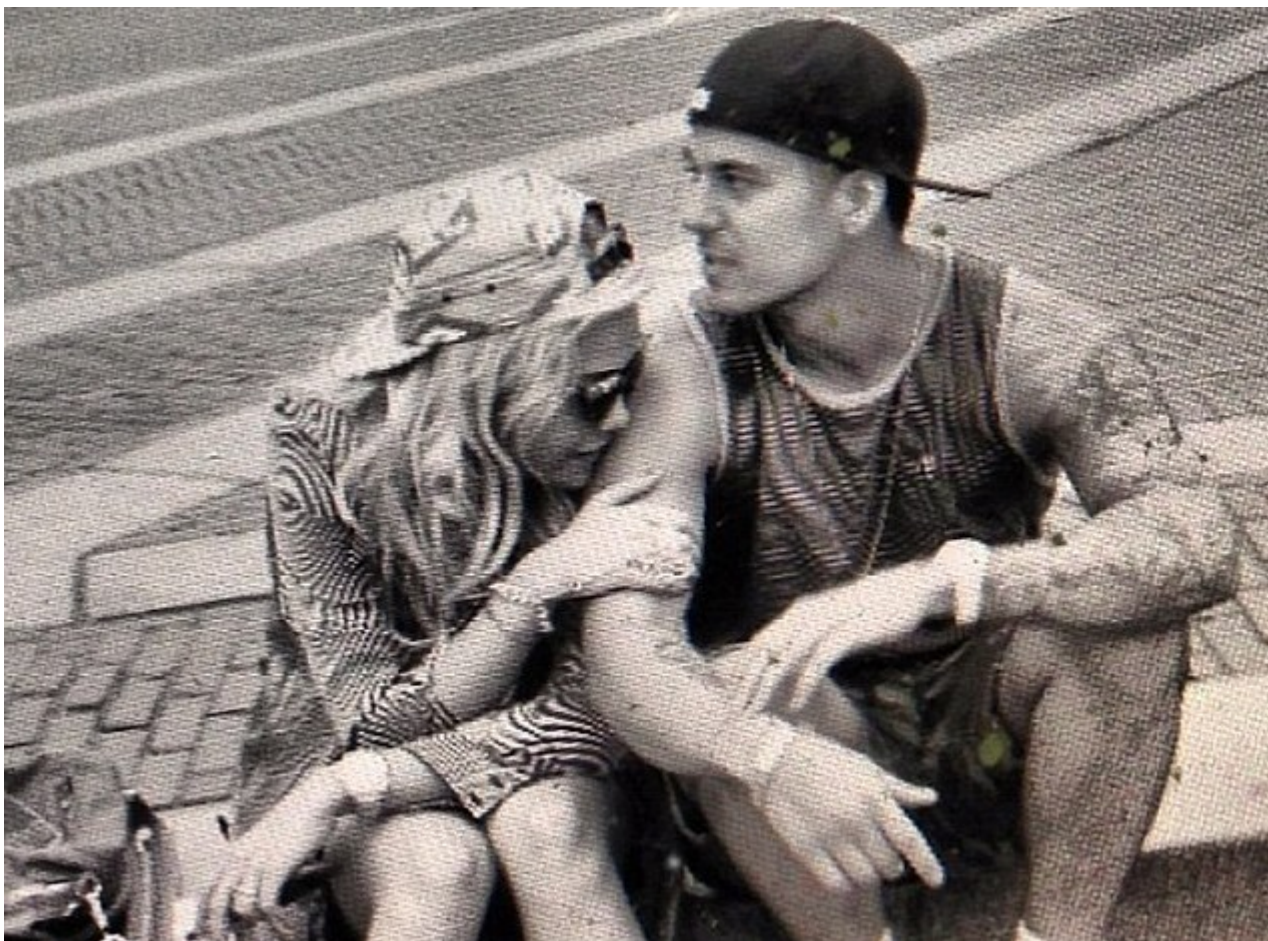
**2. Personal space:** In a relationship, it is essential to realize that the both of you have their own, separate lives. Being up each others noses all the time will cause drama in a heartbeat. Although you may want to spend every waking minute and day with your mate, you need to give them personal space. Personal space to live their life, not yours. Also, giving your significant other personal space allows them to analyze your relationship and want to work and delve into it more.

**3. Honesty:** Honesty ladies and gentlemen, is necessary in relationships, and generally all aspects of life. You are simply asking for drama if you lie to your partner. To keep your relationship nice and clean, do not in any circumstance lie.

**Have you ever had jealousy or drama in your relationship? Explain below!**

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# 'Bachelor' Sean Lowe Explains Why He Sent Home Leslie



By Jessica Conigliaro

When choosing who stays and who goes, Sean Lowe considers how each girl makes him feel after their date together. Lowe blogs to [People](#) about his incredible date with Selma: “From the first night I couldn’t keep my eyes off of the 5’ 1” dark-haired, olive-skinned, Iraqi beauty. Selma was incredibly



beautiful, smart and fun, too! From the moment I picked Selma up, everything seemed so natural. It amazed me how comfortable I was with her." Unfortunately, Leslie H. did not capture Lowe's interest quite as much. He said that even though he hoped a spark would develop with her, he felt she put him in the "friend zone" each time he's want to get affectionate. "I admired and respected Leslie for so many reasons, but I knew she wasn't the one for me," he said.

**What are some signs you should cut ties early in a relationship?**

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

Dating someone new always leaves you wondering if there is future potential for a meaningful relationship. It can be just as hard to detect the possibility that it will not work out. Here are some tips on how to tell if you need to step away early on:

**1. You have trouble contacting each other:** If you are not hearing back from the person you are interested in, it is possible they are purposely ignoring you. For instance, if you repeatedly try contacting someone and don't get a response, they may be dodging your calls. Vice versa, if you find yourself avoiding the person you have been dating, consider some of the reasons why you don't want to talk to them.

**2. Drama with an ex:** Emotional baggage from past relationships often lingers. The last thing you want to do is get involved with someone who is still in love with the last person they were with. Repeatedly mentioning their ex in conversation is usually a clear indication that they still have feelings for them. If you are dating someone who is recently single and begin to notice they are afraid to commit, you may just be their rebound—which is no way to start a healthy relationship.

**3. You don't get along with their friends and family:** Feeling

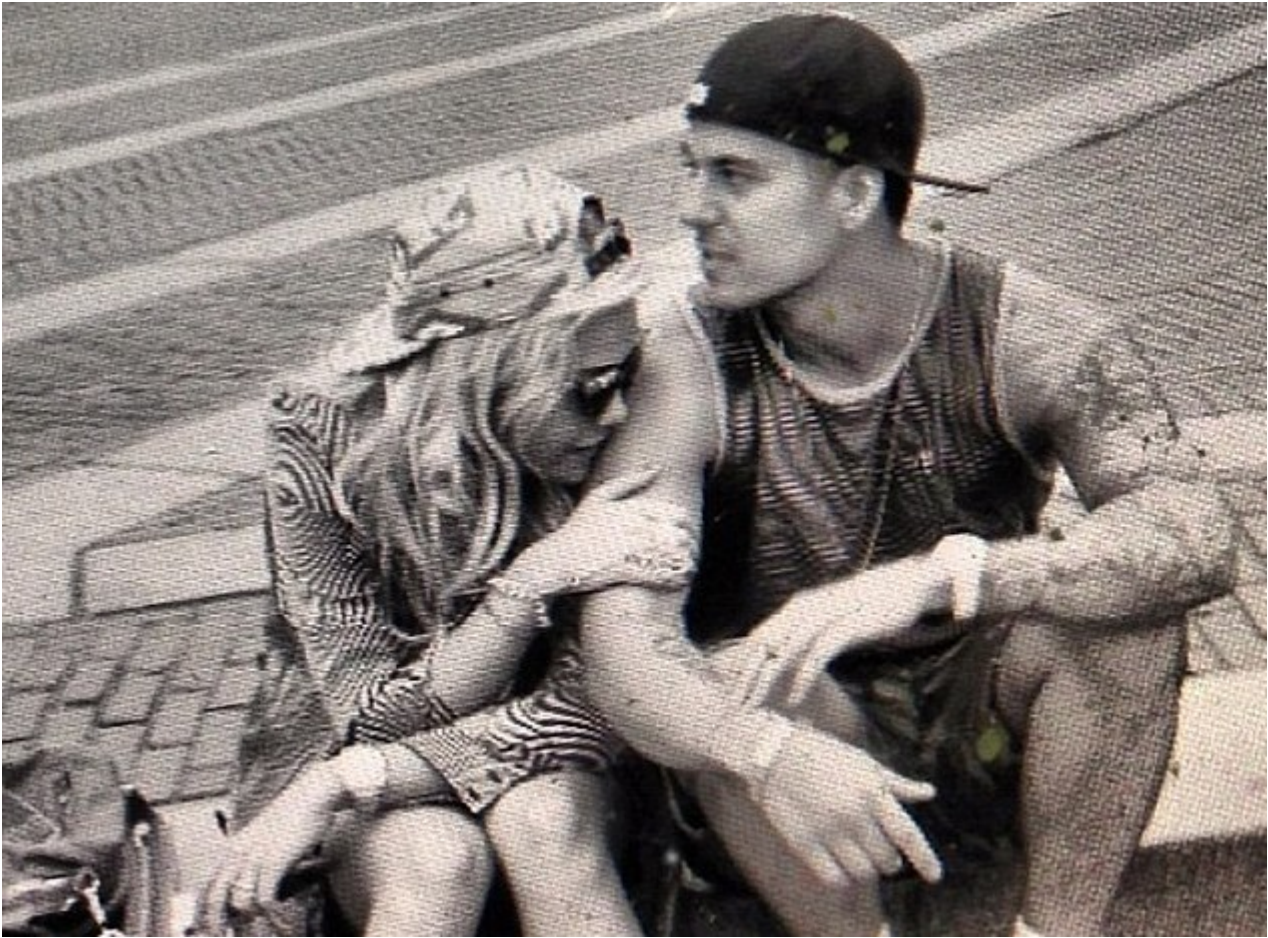
uncomfortable or annoyed by their friends or relatives could have negative effects later on. As your relationship progresses, you will most likely be forced to spend more time with these people and won't be thrilled to do so. Your partner may begin to feel he has to choose between you and his friends—this is not an easy decision to make and may not work out in your favor.

**How were you able to tell it was time to say goodbye? Share your thoughts below.**

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## **'Biggest Loser' Stars Stephanie Anderson and Sam Poueu Are Expecting**





By

Meghan Fitzgerald

Stephanie Anderson and Sam Poueu, *Biggest Loser* alums, recently discovered that they are expecting a child in July! After nine months of marriage, they are ready to start a family. According to [UsMagazine.com](http://UsMagazine.com), Poueu fell 54 feet from a fire escape in September of 2011. *Reality TV World* reports that Anderson nursed Poueu back to health and couldn't be more in love than they are now.

**What are some ways you can stay healthy as a family?**

**Cupid's Advice:**

Staying healthy as a family is key for communication and an eternal bond. It is not always easy to mold your family into one all-knowing machine however, so Cupid has some advice:

**1. Family meetings:** Every Sunday at the dinner table is perfect for family meetings. In these family meetings, it is

essential to talk about upcoming events, discuss any controversies, talk about problems. Getting out all your feelings at the dinner table is sometimes stressful because you're all together however, in the end you'll realize how much your family means to you and how much you love them.

**2. Exercise:** Family exercise is great. You get to work out with your favorite siblings, or your favorite parent. You get to bond with them by using your endurance and soldiering on together. Also, exercising with your family gives you motivation to do better than them. It gives you a little push to go a step higher and succeed more!

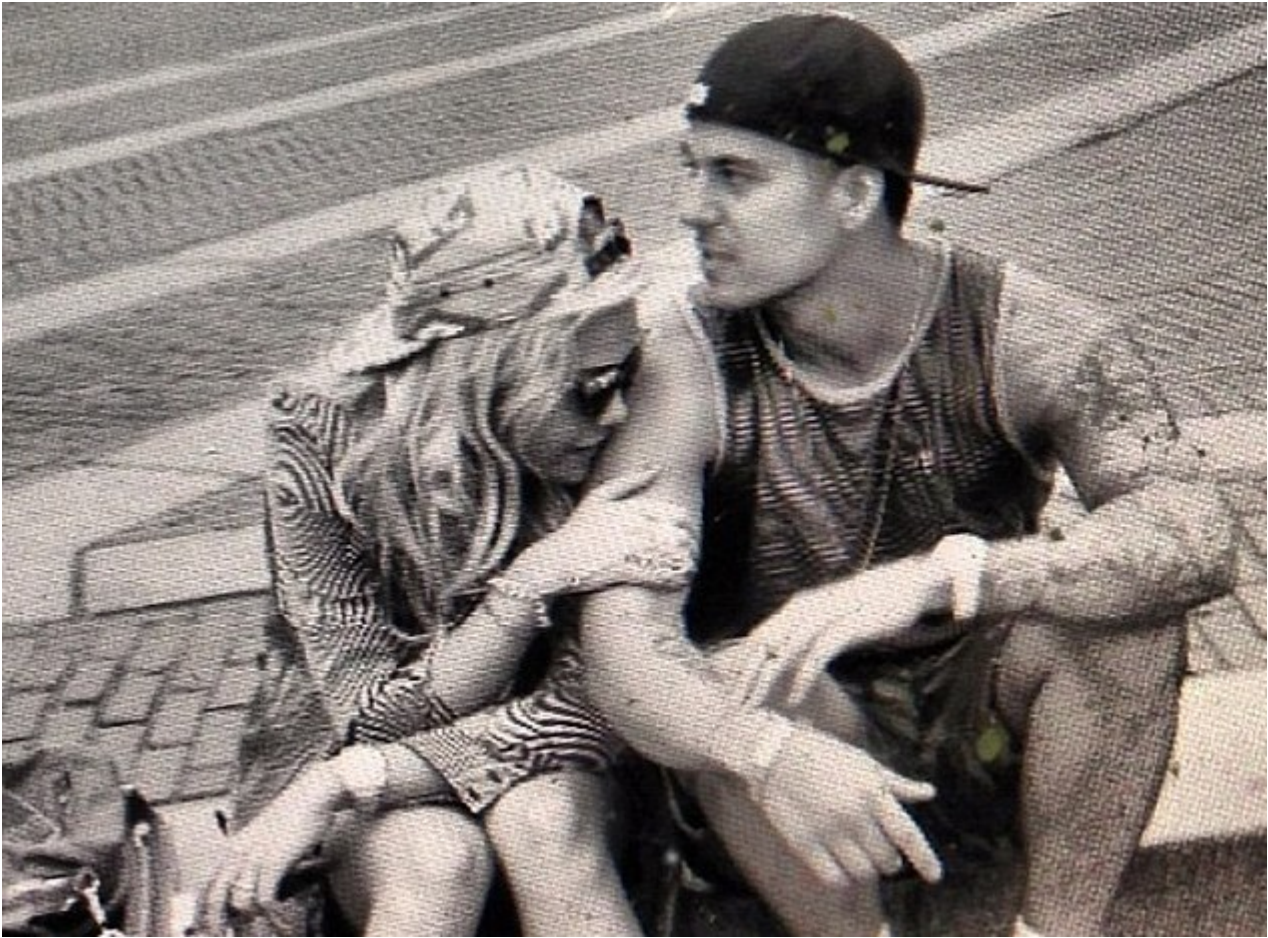
**3. Fruits and vegetables:** Healthy foods assist in maintaining a healthy family. It is necessary to fuel your body with nutrients and vitamins so your emotions don't flare, so you don't get sick, so you stay healthy. Fruits and vegetables all-around are perfect for a healthy family.

**Do you maintain a healthy family? Share below!**

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## **The Bachelor: Lesley M. Breaks Record for the Show's Longest Kiss**





By

Meghan Fitzgerald

We're only three weeks into the current season of *The Bachelor*, and tensions are already high. It seems as if one lucky contestant, Lesley M., made *Bachelor*, Sean Lowe, want more after their initial meeting. Lowe toured Lesley to the Guinness World Records Museum. As the tour approached its end, Chris Harrison popped out of nowhere and explained the point of the date. According to [UsMagazine.com](http://UsMagazine.com), the two love birds would kiss on screen for 3 minutes and 16 seconds. [Huffintgton Post](http://Huffintgton Post) reports that the couple enjoyed a rooftop dinner after.

**How can a kiss help you determine if your partner's 'the one'?**

**Cupid's Advice:**

It is always challenging to determine if your partner is 'the one' or not, and the kiss you two share is a telling factor.

The kiss should emit fireworks! Cupid has some other ways a kiss can help you determine if your partner's 'the one':

**1. Butterflies:** Butterflies are relatively self explanatory. You either feel them, or you don't feel them. The butterflies felt vary from person to person however, if you get the ultimate feeling of flurries in your stomach when you're with your partner, it is easier to determine. Having butterflies with your partner makes it easier to know that their 'the one.'

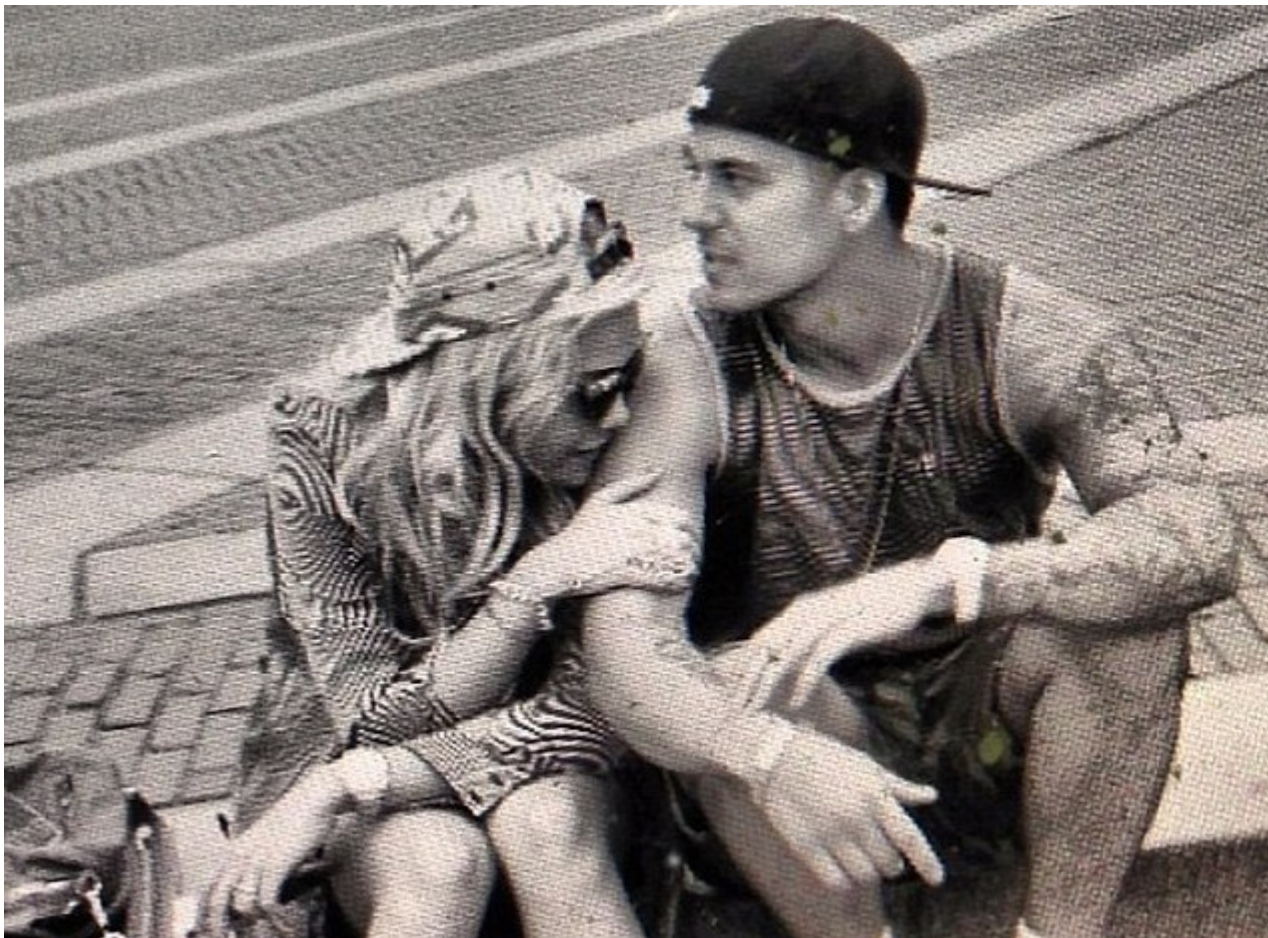
**2. You feel "it":** This can also relate to butterflies however, when you kiss, you just know they're 'the one.' You automatically know that your partner is the only one who "gets you." The only person you want to wake up to. The one person you can share everything with. When you kiss, you simply just feel "it."

**3. They lifts up your chin:** Although this may seem like a small gesture, it means a lot. When your partner lifts up your chin to kiss you, it shows that they want to gaze into your eyes. It shows you how much they truly care for you and possibly love you. It shows that they're gentle yet romantic. It shows that they just may be 'the one.'

**How does kissing help you determine how much you like someone? Share your thoughts below.**

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# **Ring In The New Year With A New Relationship**



By

Jennifer Ross

The New Year is always that time to let go of the old and stagnate parts of your life to make room for the new and exciting ones. With all the spine-tingling sensations coming your way, now is a good time for you to start a new relationship. This does not mean that you dump your current relationship to find a new one. Rather, view this as making a new start with your current partner. To create a memorable 2013, filled with an invigorating romance to last well beyond the year, here are five steps to lead you to a “new” relationship:

**1. Your mindset:** The number one step to starting a new relationship with your current love is to mentally vow to have

a new relationship with your current love. Sound too simple? It actually is that easy. You don't need to know all the answers on January 1. Instead know this. Your relationship is on a new journey, with you and your partner as co-pilots. Once your new relationship takes off, there is no going back! Feel yourselves veering off course? That doesn't matter; just nudge your relationship slowly back on track. And remember, as long as you and your mate are still heading towards the direction of love, you are always making progress to your final destination.

**Related:** [Shrink Wrap: Has Your Relationship Hit a Speed Bump?](#)

**2. A new language:** With a new relationship comes new vocabulary or rather a new way to speak to each other. Think of this as your relationship's very own language of love, fluently spoken by only you and your partner. Instead of saying "I" or "you," use the word "we." Instead of saying "problem," use the word "challenge." Instead of saying "but," use the word "and." Instead of saying "can't," use the word "can." Finally, instead of saying "why," use the word "how." An example of the old language is, "You have a problem but I can't fix it. Why can't you fix it?" Your new language is, "We have a challenge and we can fix it. How can we fix it?" The difference is to focus on a solution and not the problem. With a little practice, it will come natural.

**3. Remember what year it is:** If you are holding on to issues from 2012, it is time to let go. That doesn't necessarily mean you act as if the issues never happened. Can anyone do that? Instead, have those conversations with your partner, talking about how each of you feel. The best way is to listen to your mate without interrupting. Don't keep a tally, while he/she is speaking, of what you think he/she has done wrong. Honestly try to understand only from their perspective before reacting. Remember, you love each other. No one is deliberately hurting the other. Often the case is, both of you are reacting to preconceptions of intentional pain.



**Related:** [Does Your Past Interfere with Your Present?](#)

**4. Be Open:** In the late 1800's, inventor Thomas Edison, and his team, experimented with thousands of different filaments in order to get the right material to make a long-lasting light bulb. What does this have to do with your relationship? Throughout 2013, you and your partner will also experiment with thousands of different ways to make a long-lasting relationship. Just like Edison, be open to other interpretations or ideas. More importantly, ask for help or advice when needed. Edison didn't succeed alone and neither will you.

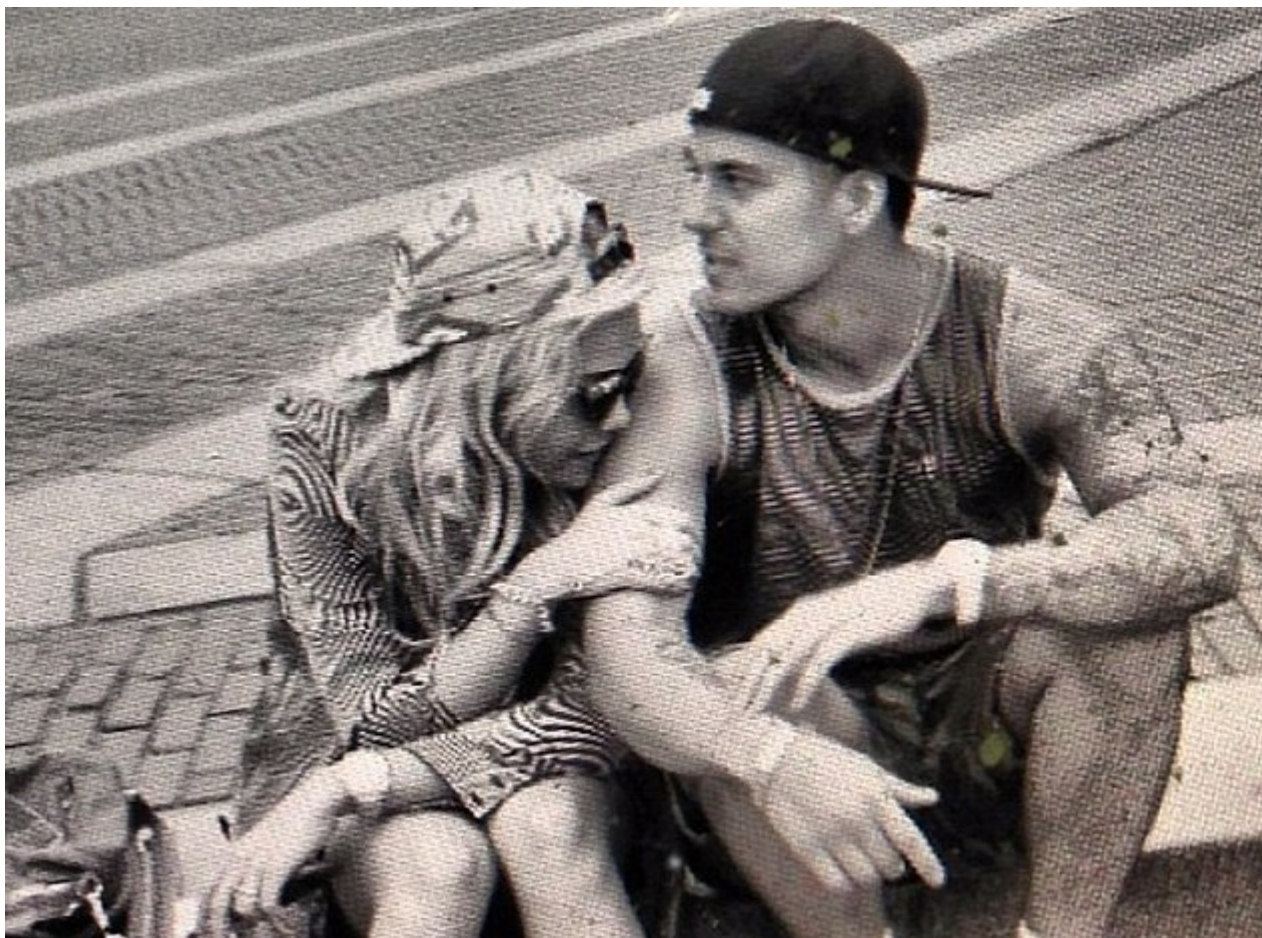
**5. Control only what you can:** Realize that just like last year, there will be situations to create setbacks in 2013, times where you will feel personally hurt or your relationship threatened. That doesn't have to halt all progress. Make the decision to continue forward. Just because someone or something has attempted to hurt you does not mean you are required to react negatively. You cannot control what happens but you can control how you react. Once you master this, you will see that the negative issue is only 10% of the situation and how you react is 90%.

**How do you plan to re-new your relationship in 2013? Share your ideas with us below.**

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**Andy Puddicombe, Author of 'Get Some Headspace,' Shares**

# the Ingredients for a Perfect Relationship



By Whitney Baker

As a former Buddhist monk, Andy Puddicombe knows a thing or two about meditation. Considered to be the United Kingdom's foremost expert on mindfulness, he founded the Headspace organization in an attempt to demystify the practice of meditation. To further this goal, Puddicombe wrote *Get Some Headspace: How Mindfulness Can Change Your Life in 10 Minutes a Day*; he was inspired by his "desire to make meditation accessible, practical and relevant to modern-day living."

CupidsPulse.com had a chance to interview Puddicombe about the importance of meditation and how finding balance can lead to greater happiness and improved relationships.

**Can you define “headspace” or “mindfulness” for our readers?**

Mindfulness is the ability to be present and in the moment. Most of us have experienced this at some time, perhaps whilst watching a sunset or listening to music. The problem is that it seems to pass quite quickly, and before long, we are caught up in lots of thinking or struggling with difficult emotions.

So we need some way of training the mind to be more familiar with the state of being present and engaged with what is happening now. This is where meditation comes in. It is simply a technique that allows us to become more familiar with this quality.

And headspace is the result of both. When we are present in life, there is a sense of being grounded; we are not easily put off balance by challenging emotions, and at the same time, we are fully aware that our thoughts do not control us. When we have a sense of headspace, we are at ease with our thoughts, our emotions and our body; perhaps just as importantly, we are at ease with those around us as well.

**For people interested in finding more balance, what is the number one technique you recommend using to clear the clutter in their heads?**

I always recommend starting with something simple. Go to [www.getsomeheadspace.com](http://www.getsomeheadspace.com) or download the Headspace App, and you can learn a classic mindfulness technique for free. It takes just 10 minutes a day, and it provides all the essential elements for learning how to step back from thought and to experience a greater sense of calm, clarity and balance in the mind.

**What areas of our lives will be enriched by daily meditation?**

When we meditate, we are fine-tuning the mind. It doesn't just change our relationship to one or two particular things; it changes our relationship to everything in life. It fundamentally changes our perception of everyone and everything. It allows us to stop projecting what we think and instead see the world for what it really is.

**Related Link:** [Get Back In the Dating Game This New Year](#)

**When it comes to love, how can mindfulness help us be our best selves and thus attract our best matches?**

Mindfulness has been shown to reduce stress, worry and anger, whilst increasing the qualities of happiness, openness and empathy. Needless to say, when we are looking for love, we want the very best of us to shine. We want to be able to let go of our impatience, nervousness and maybe even our desperation. At the same time, we want to be able to connect with our partner, to meet them where they are in life, to see them for who they are and not what we want them to be. That is the starting place for any healthy relationship.

**For someone who is still nervous and unsure about a new relationship, can mindfulness help calm their fears and give them confidence? How so?**

Absolutely. In fact, a study at University of California-Los Angeles showed that, by learning to be more aware of our emotions through the practice of mindfulness, we can reduce the intensity of anxiety by up to 50 percent.

But perhaps more importantly still, as we get to know ourselves better through the practice of mindfulness, we're able to recognize the tendency to run away from difficult situations or to get very defensive when we feel unsure or insecure. This is replaced by the ability and willingness to just stay with that uncertainty, to embrace it and allow it to be part of the journey. There is a certain feeling of freedom that comes from the certainty that nothing is certain. This,

in turns, tends to have a very positive effect on the relationship.

**Related Link:** [Three Steps to Stress Free Holiday Dating](#)

**And finally, how can mindfulness help us get the most of our current relationships?**

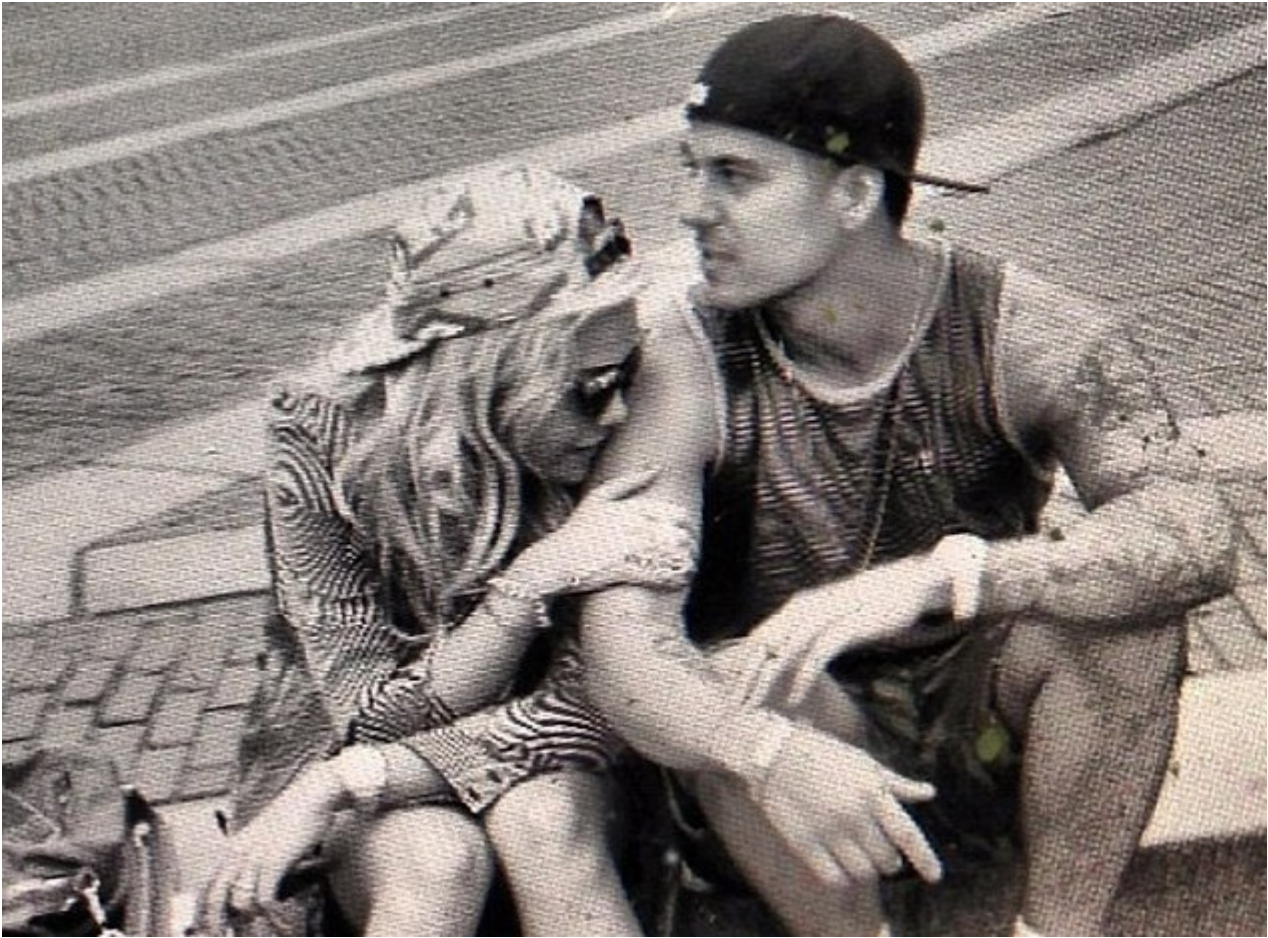
Mindfulness helps us to be present. This means that, when we are with others, we are actually with them rather than simply being there in person but elsewhere in our mind. It allows us the space of mind to listen to others, to understand others, to be less critical and judgmental of others. At the same time, it encourages the qualities of openness, flexibility and empathy. Most of all, it allows us to give others the opportunity to be themselves, which is the only way either person is ever going to be truly happy. If you were putting a mix together to make the perfect relationship, it is difficult to imagine a better list of ingredients.

*To purchase Andy Puddicombe's 'Get Some Headspace,' visit Amazon. You can also follow him on Twitter, Facebook and his site at [www.GetSomeHeadSpace.com](http://www.GetSomeHeadSpace.com).*

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## Love Lessons from Holiday Movies





By

Amy Osmond Cook

The holiday season wouldn't be the same without Christmas movies. Even if you're bah-humbugging the holidays this year, we can learn a lot about love in these classic holiday films.

**1. Elf** . Will Ferrell is at his best in this laugh-out-loud family flick. Buddy the Elf finds out he is actually a human and goes to New York to find his long-lost father. While there, he trashes his dad's Upper-East-Side apartment, spreads Christmas cheer among cynics and falls in love with Jovi (Zooey Deschanel), Santa's elf at the mall. They eventually get together and split time between New York and the North Pole. *The message: Love can transcend all barriers.*

**Related Link:** [How to Find Love Amidst Holiday Crazyiness](#)

**2. It's a Wonderful Life.** In this heartwarming story, George Bailey (Jimmy Stewart) is in dire straits, feeling he is worth more dead than alive. George's guardian angel shows him what

the lives of his loved ones would be like without him in it. In this alternate reality, George's brother is dead, Uncle Billy is in an insane asylum, his friend is an exotic dancer and his wife is a librarian spinster. George realizes that he has the relationships that make a wonderful life. *The message: Love is the main ingredient of happiness.*

**3. Love Actually.** Ten love stories tell a number of tales. My favorite is that of Jamie and Aurélia. Jamie (Colin Firth), a British writer, is crushed when his girlfriend sleeps with his brother. He retires to his French cottage, where he meets housekeeper Aurélia (Lúcia Moniz). They are instantly attracted to one another, but Aurélia speaks only Portuguese. When Jamie returns to England, he realizes he is in love with Aurélia—so he learns Portuguese to propose to her. When they meet, Jamie learns that Aurélia has been learning English to communicate with him. Sigh. *The message: Love means learning to speak your lover's language.*

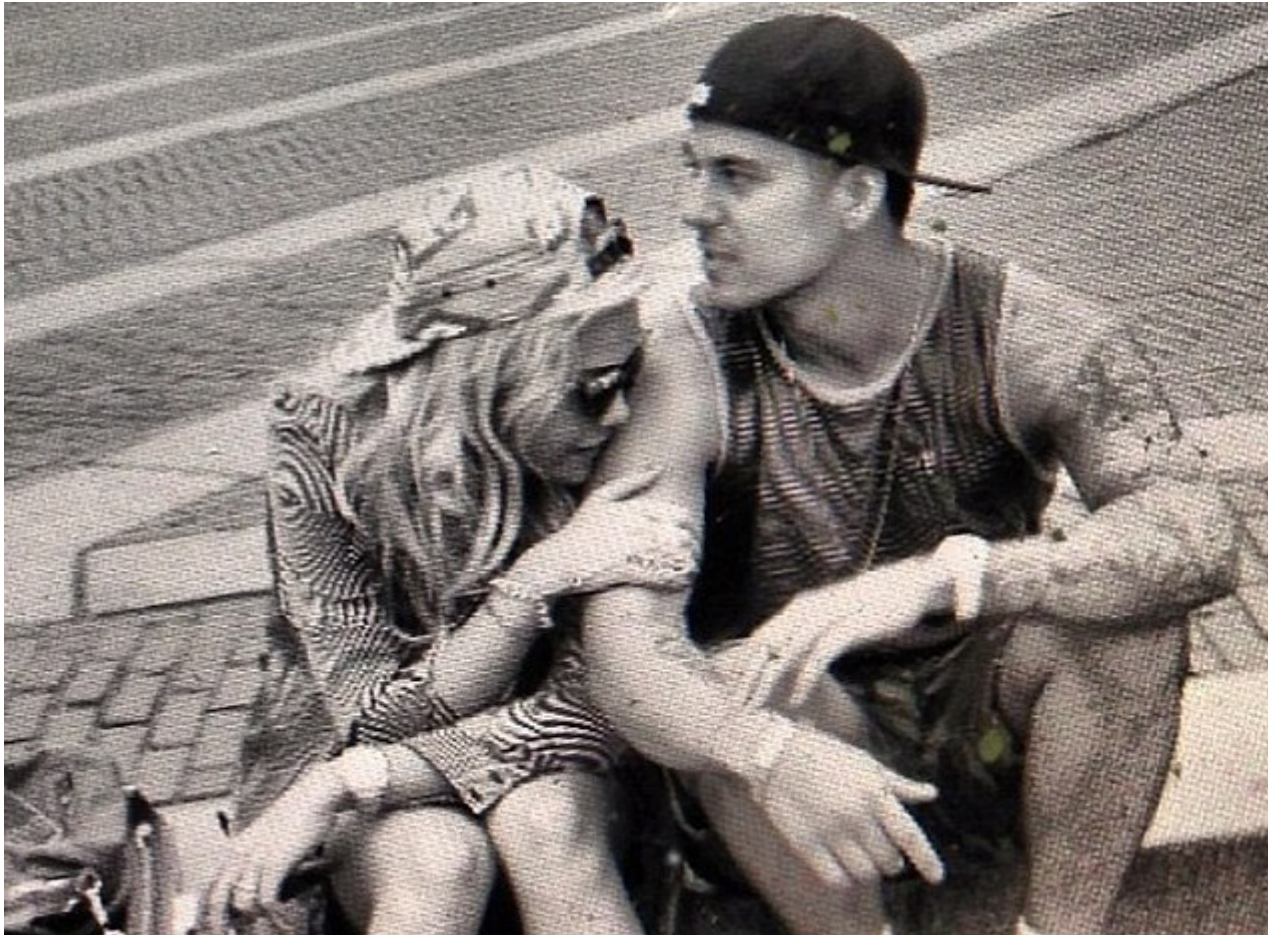
**Related Link:** [Why You Shouldn't Buy Her a Ring for the Holidays](#)

If you're in a romantic relationship, grab some hot chocolate and curl up with your partner to watch these must-see [holiday](#) flicks. And remember: Love transcends barriers, brings happiness and inspires us to communicate better with our partners.

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## Scarlett Johansson Debuts New French Boyfriend Romain

# Dauriac



By

Jennifer Ross

Scarlett Johansson has got a new man. Just one month after splitting from advertising exec Nate Naylor, Johansson has been spotted out with French journalist Romain Dauriac. Johansson and her new beau were out on Sunday Nov. 18 in New York City for the premiere of her latest film, the making of *Alfred Hitchcock's Psycho*. According to [Pure People](#), the love birds were introduced to each other by a mutual friend and tattoo artist Fuzi Uvtpk. Since then, reports claim that the couple has also frequented several bars and clubs in both France and New York within the past several weeks.



**What are some ways to introduce your new partner to family and friends?**

**Cupid's Advice:**

When you begin a love relationship, you naturally want to involve him/her in every part of your life. This will include introductions to your colleagues, friends and family. Be warned that this can be a tricky when dealing with judgmental people who care about you. In order for things to work out well, here are three ways to bring your important people together:

**1. Private brunch/dinner:** Before your new partner is thrown to the family pack, smooth things over with a pre-introduction brunch/dinner for you two and your parents. It will be difficult enough for your mate to answer questions from your parents in front of the family. A private brunch/dinner for four will allow your parents to get to know him/her without the scrutiny of a family audience.

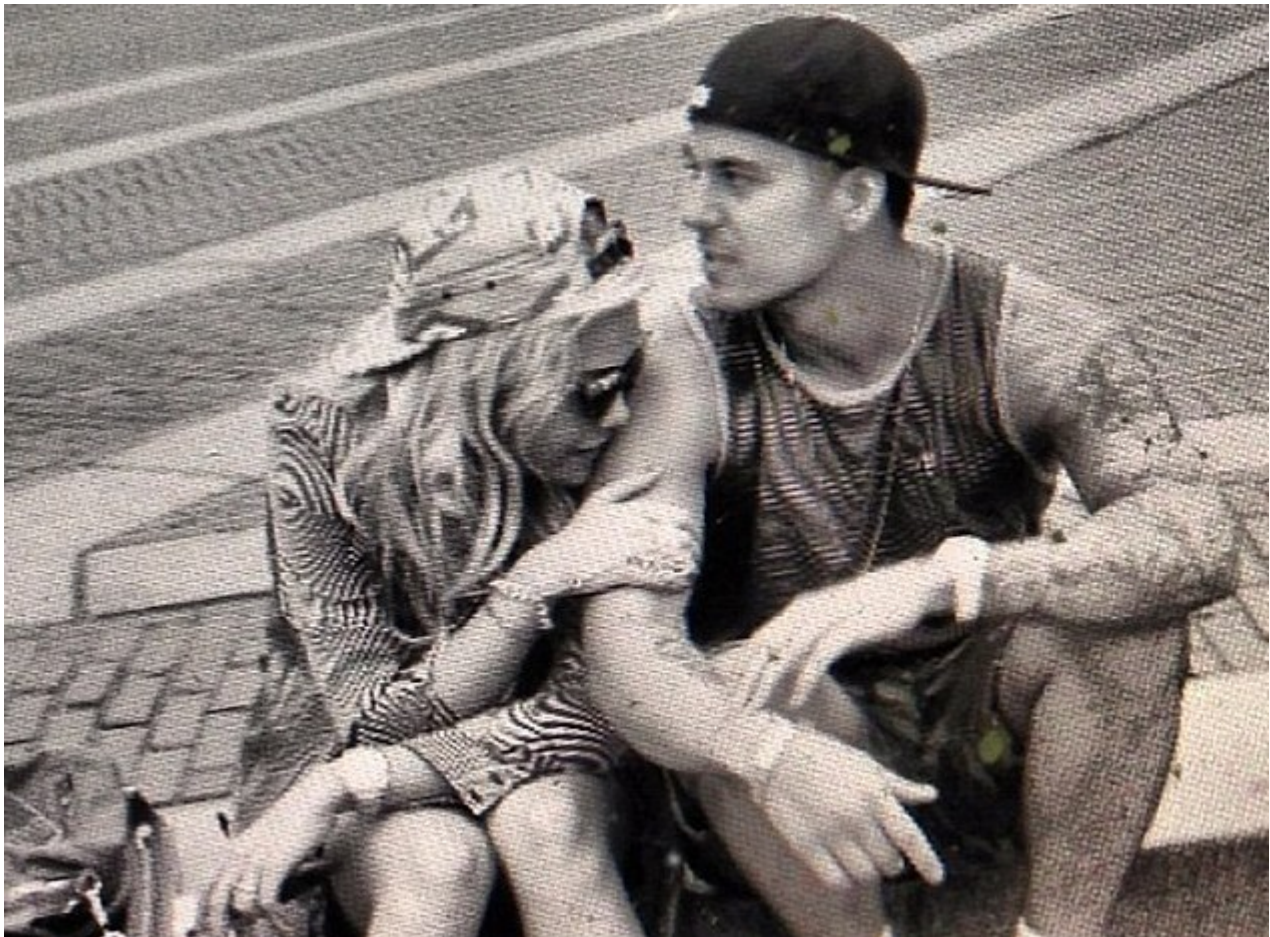
**2. Sports gathering:** A great time for your partner to meet your friends is when you all get together for a sports event. This will be a way for him/her to mingle with everyone without being the center of attention. Also, bonding moments can happen when your sport team is winning.

**3. Vacation trip:** If you feel you two are ready, consider inviting your partner to a family or friend vacation trip. This will allow everyone to be in a neutral and stress-free environment with plenty of days to get to know him/her. Just remember to go easy on the alcoholic beverages during the trip.

**How did you introduce your new partner to family and friends? Share with us below.**

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# Jennifer Aniston and Justin Theroux Go High-End Furniture Shopping



By

Jennifer Ross

It looks like Jennifer Aniston and Justin Theroux were on a shopping trip on Monday, Oct. 29, to make their Bel Air home compliment their tastes. The newly engaged couple were spotted at several furniture stores, including Blackman Cruz, eyeing

two large leather chairs and an 18<sup>th</sup> century armoire. Reported to [UsMagazine.com](http://UsMagazine.com) by an employee, Aniston, 43, and her fiancé were both equally involved in the decision making. “They were in it together. They really seemed to be enjoying this process.” But that’s not all Aniston had her eye on. A frequent visitor of the store, Aniston visited with the store’s dog, Hudson, even “holding her like a baby and petting her forever,” the clerk said.

## **How do you decorate your home to reflect your relationship?**

### **Cupid’s Advice:**

Just like love, home decoration styles come in all sorts of designs with varying degrees of uniqueness. Some can be very black and white while others may prefer blending every color imaginable. Whatever you and your partner’s love style is, why not have it reflected throughout your home. For tips on how to accomplish this, these following three ideas can help you get started:

**1. Items you cherish:** Look all around your home and gather things that are either important to one of you or both of you. Knick-knacks, heirloom items, his favorite TV chair or the floral vase you two picked up on your last vacation; anything really that makes you feel special and loved. Use these items as a starting point to find a common decoration theme.

**2. Places you both love:** Similar to items, take the time for you and your mate to write down the places you love. Then, under each place, write down the things about that place that you love the most. Finally, share your places with each other and together decide on elements you both can love and live with in your home.

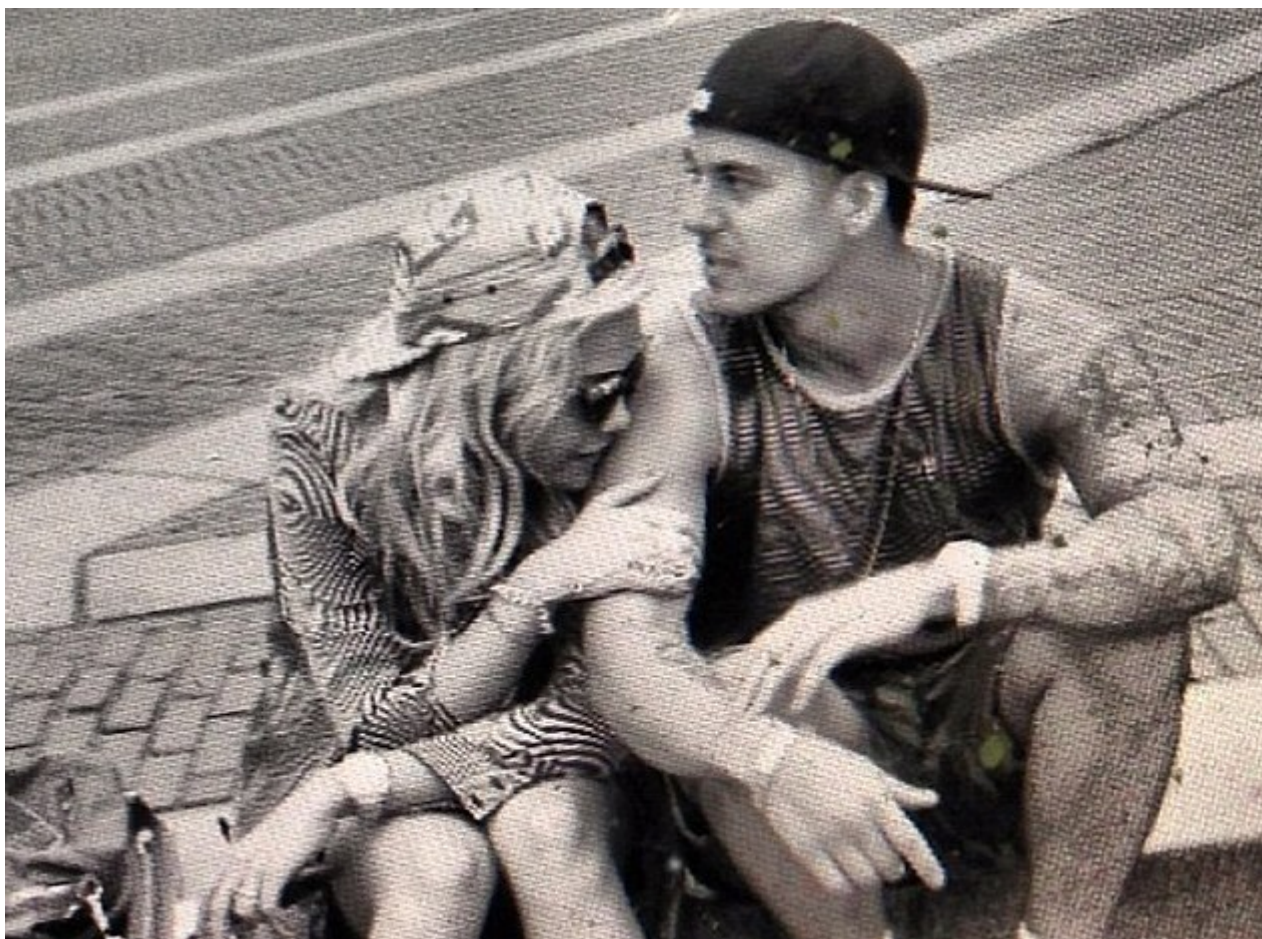
**3. Common threads:** As you go through items, furnishings and images both you and your partner prefer, look for common threads in design, materials, colors or shapes. You might find

that your relationship is a blend of styles rather than just one. If so, don't be afraid to mix and match to create your own unique blend representing the love you two share.

**What decorations in your home reflect your relationship? Share with us below.**

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## **Cosmetic Surgery: How Does It Affect Your Relationship?**



By

Ed Beardsell

In recent years, cosmetic surgery has become more widespread and acceptable in the United Kingdom. The taboo associated with plastic surgery is being replaced with a more general view that surgery is a legitimate way to improve appearance. The decision to go under the knife is often seen as a private and personal decision. However, the procedure and its results can often have a significant impact on the people closest to the individual undergoing it. This is especially true for partners who must face the changes cosmetic surgery will bring. Can it be said that altering one's appearance will really affect one's relationship?

## **The Positives**

### **1. Confidence boost for the patient.**

After cosmetic surgery, patients often have more confidence in themselves which can strengthen the relationship as a result. People with low confidence may shut themselves away and not want to socialise or try new experiences and surgery may change all of this. The patient may even have the confidence to strive for more in life which could benefit the couple both financially and help bolster their confidence once more.

**Related Link:** [Why Amazing Confident Women Stay Single](#)

### **2. Improvements in the bedroom.**

Before surgery your partner may have been ashamed or embarrassed about their body so much so that their intimate relationships may have suffered. However, after surgery there is a strong chance that it will improve as their confidence grows which is of course, beneficial to their partner too (nudge nudge, wink wink).

## **The Negatives**

## **1. "I like you as you are."**

Many partners may be set against their other half's surgery as they believe they are fine as they are. After all, they fell in love with their partner looking the way they do and may think it is unnecessary to change. Partners can often fear surgery could change their partner's personality as well as their appearance.

**Related Link:** [Why You Don't Need the Perfect Body](#)

## **2. The cost.**

There is no getting away from the fact the plastic surgery is expensive and indeed, even some quite minor procedures can cost thousands. The high cost of surgery can cause arguments and strain the relationship between even the closest couples.

## **3. Confidence can change a person.**

A partner may worry that while cosmetic surgery may give their other half confidence, it could also change their personality. This may seem quite ridiculous however patient, galvanized by their new found confidence may want to try new and exciting things whereas the partner is quite happy to stay as they were before the surgery.

## **4. Jealousy.**

An improved appearance often results in more attention from the opposite sex. Whilst the patient may view this as a compliment, their partner often takes a very different viewpoint. The partner may not be able to deal with the extra attention their other half is now receiving and this jealousy could be detrimental to the whole relationship.

There is no doubt that cosmetic surgery has the possibility of affecting a person's relationship. We have seen how it could potentially improve or indeed cause a great deal of damage. It is, therefore, clear that potential cosmetic surgery patients

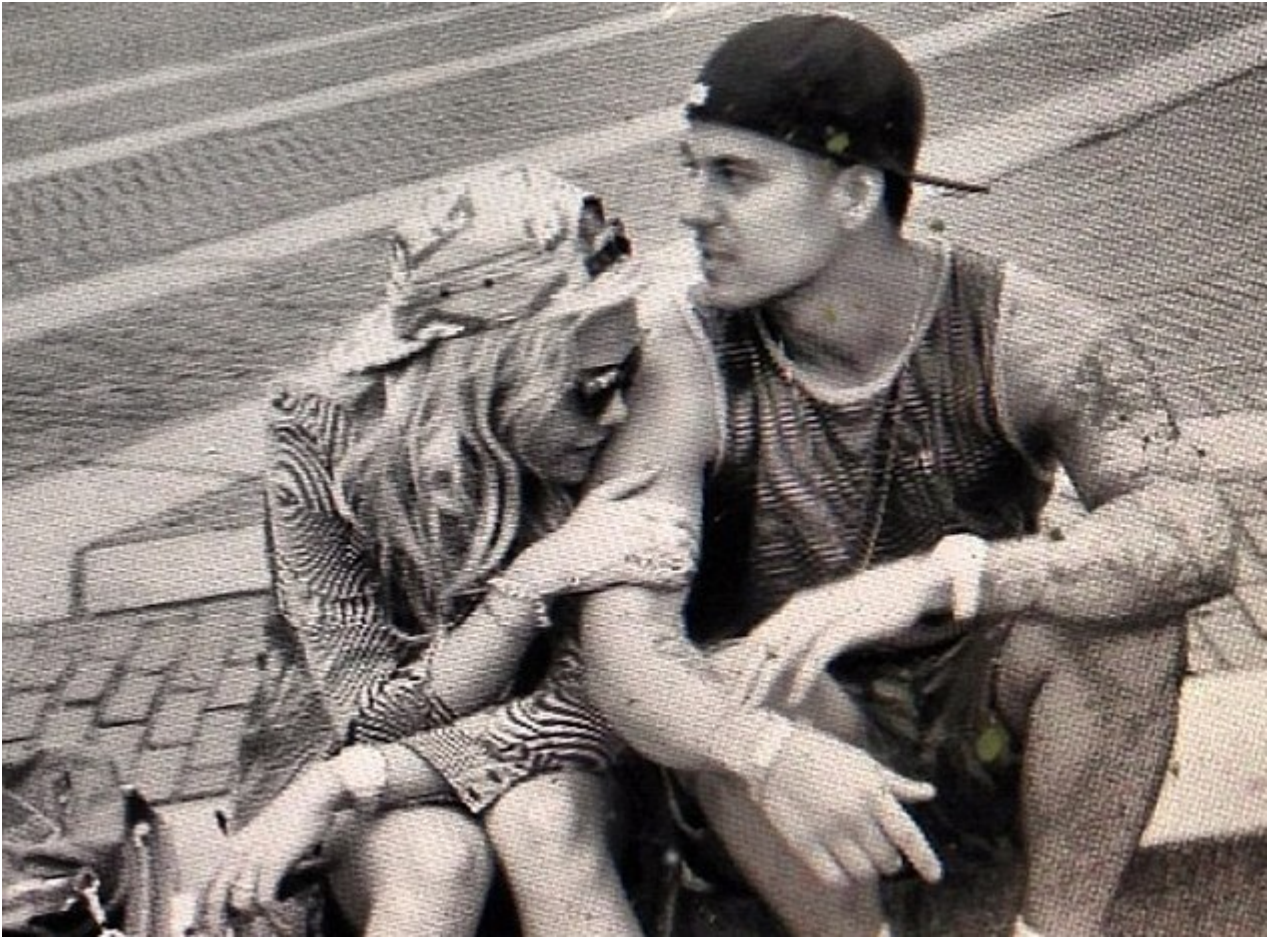
must be fully aware of their partner's feelings before undergoing a procedure. If both sides are aware of the possible problems that could be solved as well as those which might arise, then there is a greater chance that any future issues will be calmly resolved.

*This article was produced by Ed Beardsell who writes for the UK based plastic surgery portal Clinic Compare at [www.ClinicCompare.co.uk](http://www.ClinicCompare.co.uk). Clinic Compare are dedicated to providing potential cosmetic surgery patients with a comprehensive resource of impartial advice and guidance on a wide range of cosmetic procedures.*

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## **'The Bachelorette' Contestant Sean Lowe Struggles to Say 'I Love You'**





Most things are easier said than done. This is not that case for *The Bachelorette* contestant Sean Lowe when it comes to saying “I love you” to Emily Maynard. According to [People](#), Lowe said, “So desperately I just want to open up and tell her how I really feel which is ‘I love you.’ It’s hard to say those words and it’s always been hard.” Luckily, Maynard still senses that Lowe cares for her, even though he can’t seem to find his words on the most recent episode in Curacao. “Sean does a million things a day to tell me that he’s the one for me,” Emily says in an exclusive preview of the episode. “But I need to know more. I can’t go through this and fall in love and have it not work again.” Hopefully Lowe will find the courage to say those three little words before Maynard questions his affection.

**What are some ways to get over your fear of saying ‘I love you’?**

**Cupid’s Advice:**



It may be just three little words, but “I love you” has a lot of impact and implied commitment behind it. If you know you are ready to say it, but can’t seem to find the words, follow these guidelines to overcome your fear:

**1. Plan it out:** If you plan an extravagant date night and prepare exactly how you want to phrase your expression of feelings, you’ll feel less pressure and won’t fear getting it wrong.

**2. Say it out loud when no one is around:** Thinking about it is much different than saying it for your loved one to hear. Say it out loud several times so that when the time comes, it will sound effortless just as love should be. Practice makes perfect.

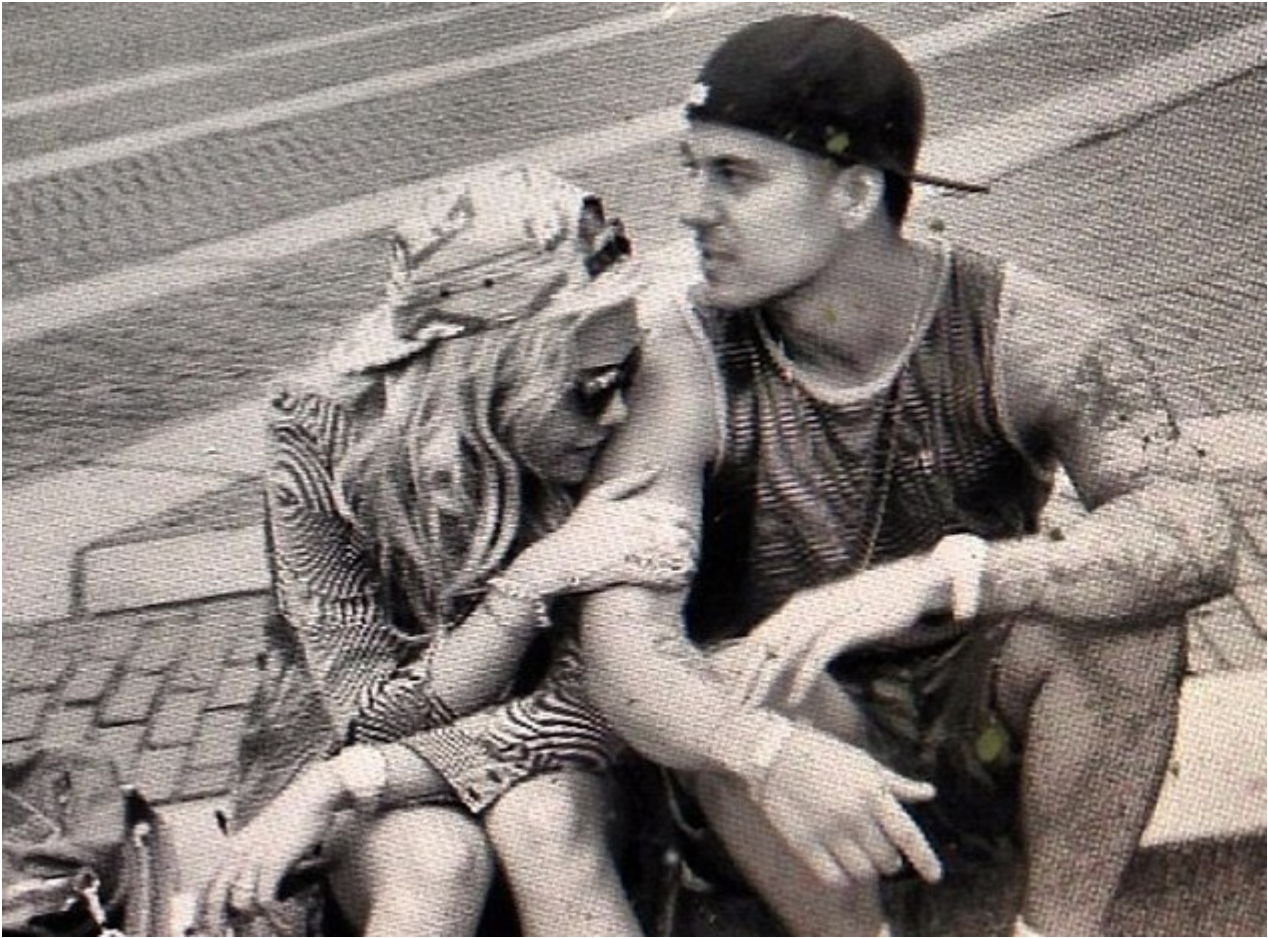
**3. Remember why you love your partner:** The pressure of saying ‘I love you’ can cause you to forget about the reasons you love your partner and focus more on the theatrics of it. Take a moment to reflect on all the things you love about your significant other, and then it will just come naturally.

**How did you get over your fear of saying “I love you”? Tell us below.**

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## **Five Top Tips On How To Find “The One”**





By

Chris Owen

If you're single, bored and playing the field, there's never been a better time to get the job done and find a new person to date. Though most relationships start in the workplace, you can still find love anywhere if you're willing to work at it. By acting the part and grabbing fate by the throat, you can easily find "the one" and be happy in love. Here are some simple tips to help bring you closer to the object of your affection:

**Related Link:** [Nine Unexpected Places to Find Love](#)

**1. Be caring.** Even if you're a mean or moody person, you still have a heart, so show it and get involved! Find out how you can run, walk, swim or cycle for charity. As soon as you're passing around that sponsorship form and subtly letting colleagues know you've turned over a new charitable leaf, you can guarantee that you'll be raising both dollars and pulse

rates.

**2. Be nice.** Don't just care about causes, care about the people around you as well! Even little things like opening doors, giving compliments and being nice are all great ways to get yourself noticed by members of the opposite sex. Fill your day with smiles, laughs and cheery greetings and you're sure to be well-liked. If you adopt a pleasant attitude towards everyone, the object of your desire is sure to notice you sooner or later.

**3. Be there.** If your intended "catch" always takes the same bus, always brings lunch to the park or they're hitting a particular bar at five o'clock every Friday, then learn that pattern and make sure you're there, too. Of course, I'm not advocating stalking, but if you just so happen to be in the park, on the bus or down at the bar once a week, then there's no harm in that. If you slightly adjust your own schedule, you won't even have to acknowledge them. Just be there, and after a while, they'll speak to you and romance can blossom.

**Related Link:** [10 Ways to Get Into a Summer Romance](#)

**4. Be interesting.** How hard is it to read a great novel and leave it casually on the corner of your desk or go to the theater and drop it into a conversation within earshot of your "partner-in-waiting?" Learn a language, play the guitar or go on vacation to an exotic country. If you make what you want to do seem interesting, you'll be noticed for sure.

**5. Be exciting.** If you're the kind of person who enjoys warm baths, NPR and an early night, then good for you. There's a lot to be said for the comforts of home, and I hope you'll be very happy with your partner Tim the cat. However, for all of you who are still looking for someone who's slightly less feline, you need to actually get out there and make it happen. Being perceived as exciting doesn't mean you have to ride a Harley Davidson or go on adventure holidays every other

weekend. Stay out late every so often, watch a few live rock bands, do the odd bungee jump or get yourself pierced or tattooed. Even small things like these can make you seem like a great person to date. Plus, the more out of your comfort zone you step, the more likely you are to book some safari holidays down the road.

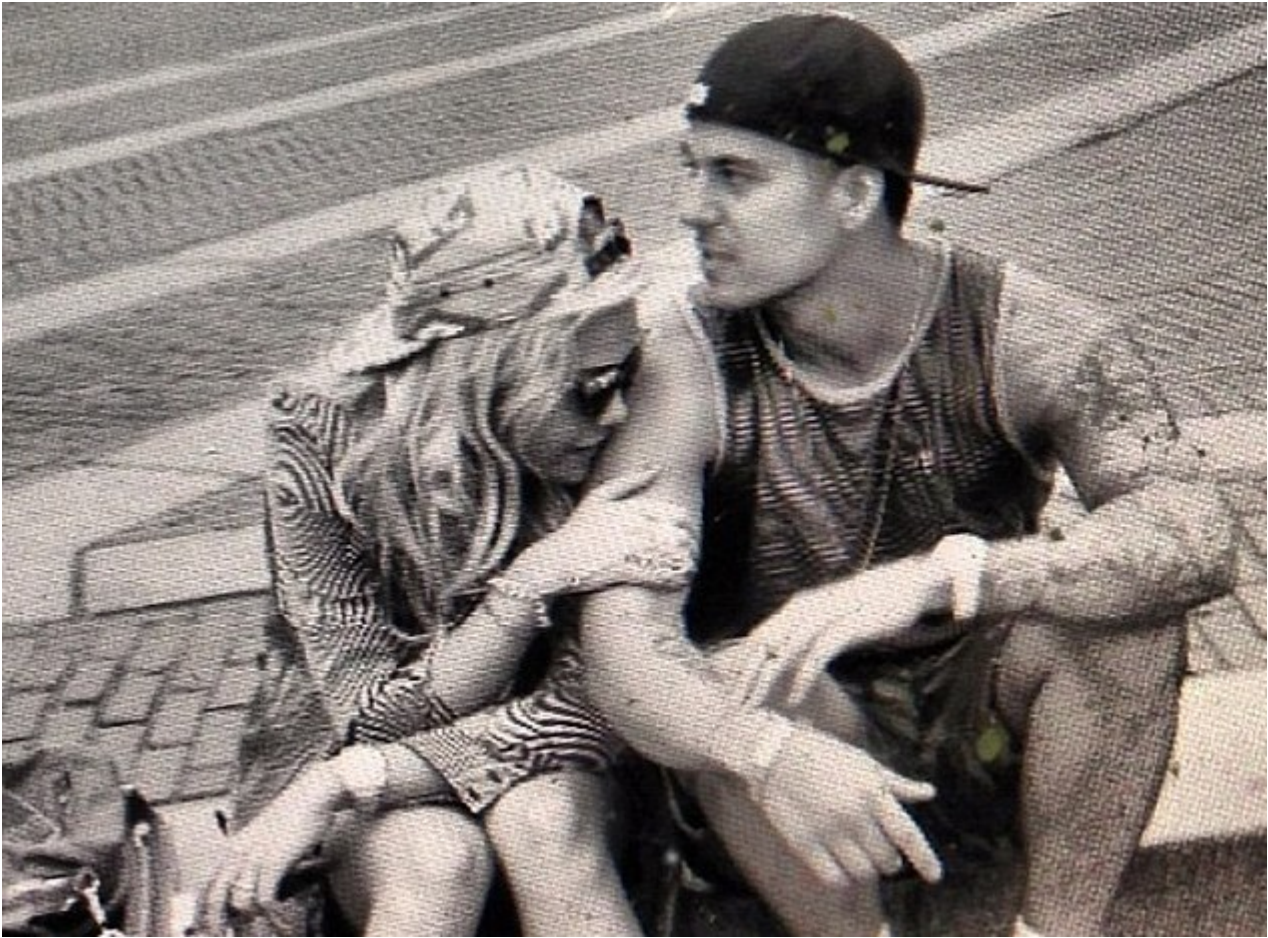
Remember, if you're hoping to date someone, the only one who can get you there is you! Keeping simple ideas like these in mind can turn you from single to taken before you know it.

*Chris is happily married after meeting his wife in the middle of the jungle while undertaking his adventure holidays in deepest darkest Asia.*

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## **Making the Most Out of Your Long Distance Relationship**





By

Grace Pamer

For some people, a long distance relationship can seem like a tremendous hurdle to overcome, and many couples who are apart frequently see these relationships as positive instead of negative. Celebrities are no exception.

One celebrity couple that speaks openly about the benefits of long distance partnerships is Victoria and David Beckham. Their busy careers frequently keep them apart, forcing them to have separate homes oceans apart. However, they feel the distance doesn't take from their love. Instead, they think that the extra space enhances it.

The key to understanding how to make the most out of your long distance relationship is to change your way of thinking. A long distance relationship can improve your life! Take a look at some of the many benefits:

**Related:** [Jesse James and Kat Von D Split Due to Distance](#)

### **1. It Can Lead to a Happier You.**

Having a lot of time to yourself, as long as you use it to your advantage, can lead to a healthier mind, body and spirit. You'll have more time to follow your own dreams. You can work on your career or further your education, so that when the time comes for you and your partner to settle down, you'll be in a better place in your life. You can take time to care for your body by getting fit or relaxing in a hot bath, which will enhance your self-esteem and overall well-being.

### **2. You Get to Have it "All."**

Many singles yearn for companionship and love, while many people who are in relationships yearn for the freedom they had when single. In a long distance relationship, you have both a loving, supportive partner and time to yourself. It's the perfect combination of some of the best elements of single life and dating.

**Related:** [4 Ways to Make Your Long Distance Relationship Work](#)

### **3. No One Will Resent the Relationship.**

If you talk to many unhappy couples, you will hear stories like, "I was going to get my Master's degree, but I met my love and settled down." In the passion of love, it is easy to put aside dreams because it feels as if nothing else matters. But years later, that can impact a relationship negatively. There is plenty of time for you to pursue becoming your own person when your partner is far away.

### **4. It Can Make the Relationship Stronger and Healthier.**

When two people in love are also fulfilling their own hopes and dreams, that positive energy will spill over into their relationship. A couple is only as strong as the two individuals who form it. If either partner feels they have no free time, missed out on their dreams or lack fulfillment, the relationship is bound to suffer.

## 5. You Can Still Keep the Romance Alive.

Being apart doesn't mean that you'll be treating each other like strangers. You can find ways to connect every day, and even tell your lover goodnight each night. With modern advancements like Skype, you can even see each other's faces and talk about your day while eating dinner at the table. Don't think of these types of relationships as dispassionate and lonely! Absence can make the heart grow fonder. You'll be even more passionate and romantic if you find unique ways to stay bonded though physically separated.

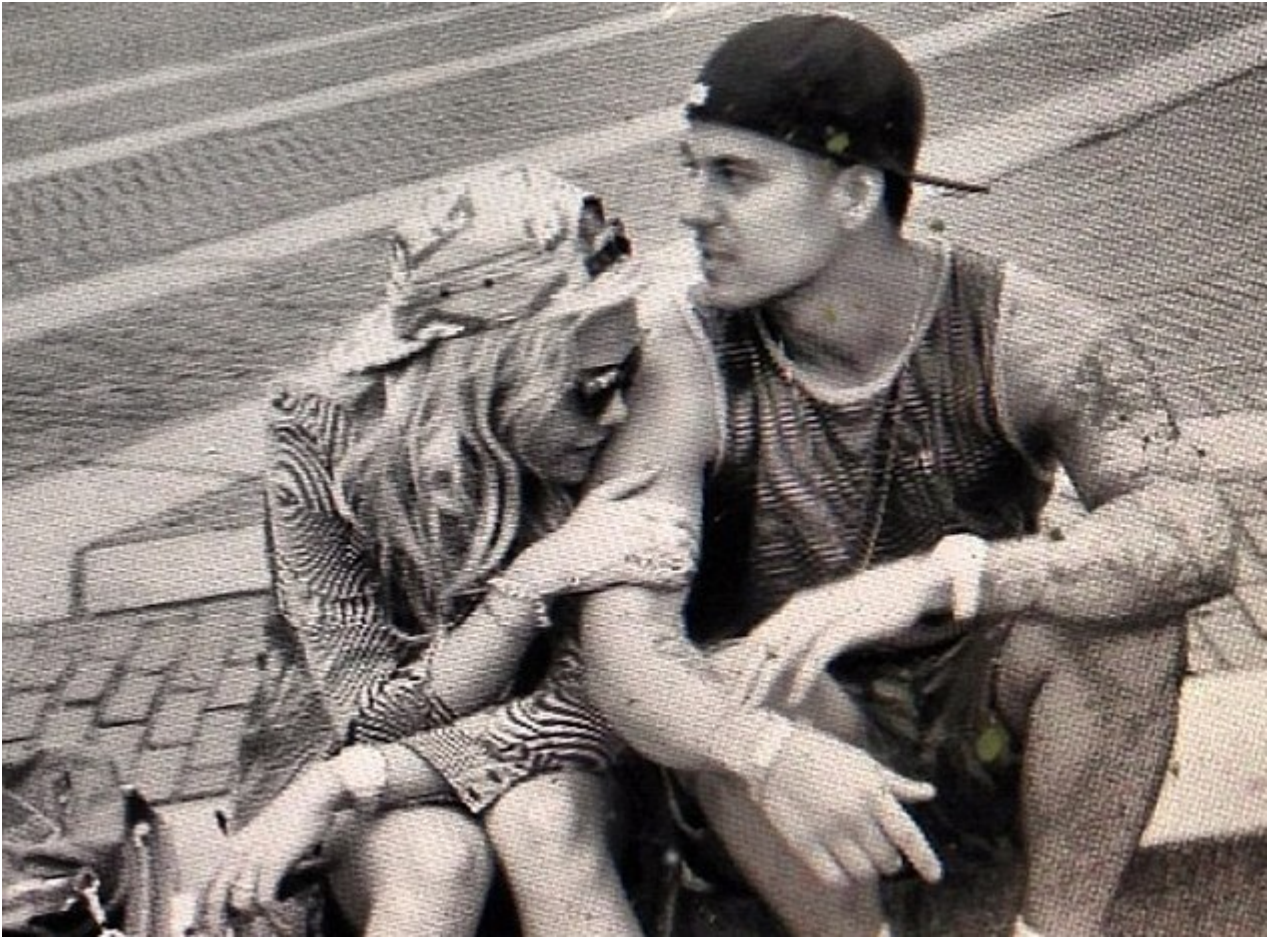
For reasons like these, long distance relationships can definitely be very healthy. Being able to be the best "you" while having a deep, loving commitment to one another can truly be the best of both worlds.

*Grace Pamer is the author of [www.RomanceNeverDies.com](http://www.RomanceNeverDies.com), one woman's on going quest to get the world reacquainted with the art of writing love letters.*

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## Is That You, Mr. Right?





By

Melissa Caballero

Is there such a thing as 'Mr. Right?' Hollywood and the movie producers have made us to believe so! It is very difficult to sift through reality and sweep our fantasies under the rug when it comes to our own personal love lives. We watch our favorite female celebrities being lifted off their feet (many times) on the big screen while riding off into the night hand-in-hand with a George Clooney or Zac Efron while we are left drooling and fantasizing about our own love story. We leave the movie theater captivated by this notion of 'Mr. Right,' and we're deceived by love more than ever. Let's take a look at a few important factors to keep in mind when aiming to find your 'Mr. Right':

**1. Reality vs. the big screen.** It's important to take the concept of 'Mr. Right' off of a pedestal. While finding love is a wonderful thing and we are creatures who were made to share this emotion, the reality of how love can exist escapes



us. We take mental notes while watching movies and make bullet points of all the things we think are important to find in a man, ultimately fabricating in our minds this person we call 'Mr. Right.' We all need to accept that love comes in many different shapes and sizes and usually in the most unexpected places. These places are often times not found in the movies. Keep an open mind, and you may find yourself pleasantly surprised by what comes your way.

**Related:** [Do Fairytale Relationships Only Exist in Hollywood?](#)

**2. The man resume.** When you're dating or analyzing the relationship you are already in, we all have a set of standards and guidelines. However, if you only like his qualities because they look good on paper, you may get caught up in thinking he is "the one." We get so wrapped up in the fantasies we have created for ourselves that we forget to see him for who he really is instead of someone you may or may not be able to grow with in the future.

**3. Love yourself.** You are the most important person, so be right for yourself first. Finding the right man will not make you happy in the long run, despite what you may think. A man will not fill the voids in your life, so that's why it's essential to love who you are inside and out, alone or in a relationship. Whether your physical appearance has you troubled or you find yourself wishing you went back to school for another degree; go out and do something about it! Once you embrace yourself for everything you are, you will shine, and that is sexy to any guy.

**Related:** [It's Time to Stop Asking, 'When Will It Be My Turn?'](#)

**4. Never settle.** You should never feel that you have to modify yourself in order to fit the needs of any man. If you are not being yourself in an effort not to lose him, it will start to catch up to you and cause an eruption of frustration and unhappiness. While a man may not be able to fill our internal

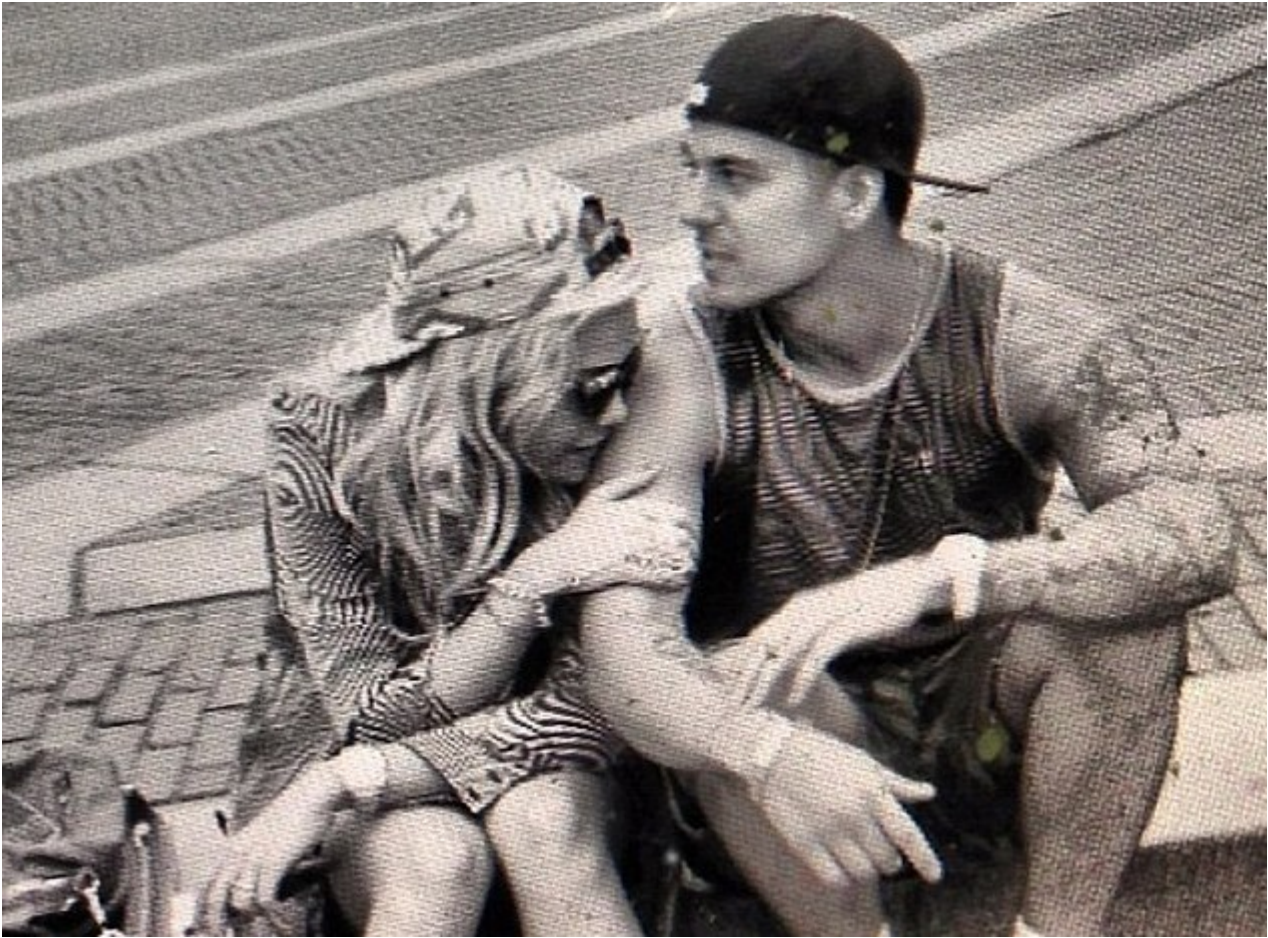
voids, he should be encouraging you to be yourself, and no conflicts should arise because of it. In the beginning of a relationship, those couples that are right for each other will come across far less problems and issues. And, even when you do face troubles, getting out of it will be must faster. When you find the right person to share your life with, they will only enhance your true self.

**What do you look for when searching for 'Mr. Right?' Share your comments below.**

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## **When Dates Go Bad: 5 Ways to Find the Funny in Dating**





By

Sujeiry Gonzalez

We've all had our share of bad dates. Even gorgeous celebrities like Katherine Heigl have dished on terrible romantic encounters. She admitted to once having an awkward date with a personal trainer, who not only gave her his headshot, but also shaved his legs. Total turn off!

My latest bad date was with a Miami artist who was new to New York City. I met him at Bryant Park and demanded dinner, as opposed to sitting on a bench with a basket of fruit. He obliged, and we ended up at BBQ's in Times Square. As he discussed his career goals in a monotone voice (I thought I was on a date with Ferris Bueller's English teacher), I realized I was on yet another bad date.

So, what can we do in this common situation? For my survival, I decided to find the funny in the ever present bad date. Here's how you can, too:

**Related:** [Spring Cleaning: 5 Types of Guys to Dump](#)

**1. Imagine yourself on a deserted island.**

If you picture this, you can appreciate your date's company even when he chews with his mouth open. Besides, wouldn't you rather have someone to laugh at with than be alone?

**2. Chow down as if you're with a girlfriend.**

You don't need to impress a bad date, so why not unbutton your jeans and order a real meal? On my date with Miami Monotone Man, I ordered a quarter chicken, French fries and a piece of warm cornbread. Leave the salad for the one you want to impress!

**3. Drink yourself into a tizzy.**

Drinking will make your date seem funnier, hotter and much more pleasant. When he slurps his soda, slurp your drink. When he picks up his cell phone to text, take a shot. It's like your very own drinking game! That said, don't let it get too out of control. Bad decisions, anyone?

**4. Make a mental list of things to tell your friends.**

This won't be difficult when you're on a bad date. Just make sure to jot down what's funny. You could focus on the bad, but that's less challenging. Plus, what fun is that?

**5. Test out different dating techniques on your bad date.**

You're already out, so why not use him like a guinea pig? You can flirt in different ways or ask questions you wouldn't dare ask a man you want to impress. This experiment can be a fun twist to a dud of a night.

**Related:** [Five Conversations to Avoid on the First Date](#)

Next time you're on a bad date, remember that it's supposed to be fun even when you're not hitting it off. Try these tips and

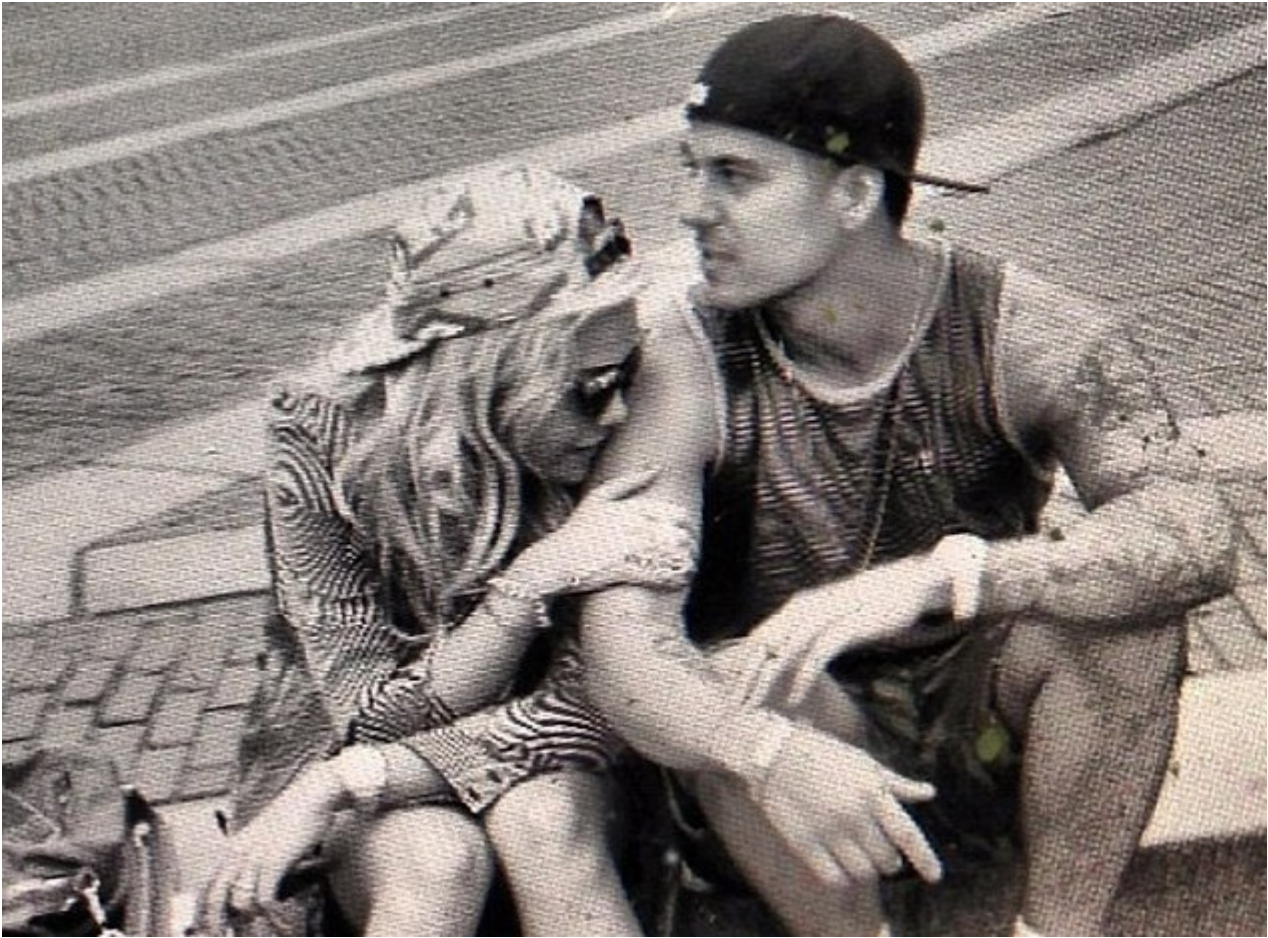
have a laugh while you're out with Ferris Bueller's English teacher.

*Sujeiry Gonzalez, often referred to as the "Latina Carrie Bradshaw," is a funny and vibrant relationship (non)expert that tells it like it is – with just add a little more sass, a lot more Bacardi and ton of laughs. Recently she penned her first book, **Love Trips: A Collection of Relationship Stumbles**, a poignant and witty collection of personal essays in which she chronicles her relationship stumbles. For more information on Sujeiry Gonzalez, visit [lovesujeiry.com](http://lovesujeiry.com) or [lovetripsbook.com](http://lovetripsbook.com).*

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## Lauren Conrad and William Tell Go Public With Their Relationship





Al though they've been dating since Valentine's Day, [UsMagazine.com](http://UsMagazine.com) reported that Lauren Conrad and William Tell were finally sighted together in public. Conrad, a fashion designer and the star of *The Hills*, and Tell, a law student at the University of South California and the former guitarist of the band Something Corporate, got lunch together last Saturday in Brentwood, Los Angeles. Though Conrad broke up with actor Kyle Howard a year ago, she's hopeful that this new relationship will last. According to a source, Tell is "either deeply in love or he's on to the next thing. He's the kind of guy you marry."

**How do you know when to make a relationship public?**

**Cupid's Advice:**

Everyone gets excited in a new relationship, but rushing to reveal it to the world can put you and your partner's happiness at risk. Consider these points before making your

relationship public:

**1. Make sure you're serious:** Don't tell everyone about your relationship until you're sure you want to remain committed to it. Waiting is better than making an announcement of something that you're not sure is going to last.

**2. Consider the steps you've taken:** If you've already been on several dates and told some of your closest friends, telling the world about your relationship might not be as difficult as you think. When you're already spending most of your free time with your partner, going public is a natural progression of the relationship.

**3. Ask your partner:** You shouldn't go public with your relationship if your [partner](#) isn't ready. Ask for his or her opinion before spreading the word to others. This will keep you from taking a step that could make your partner uncomfortable.

**How do you know when it's time to go public with your relationship? Tell us below.**