

# Relationship Advice: Can You Handle Sex Without Love?



By Dr. Jane Greer

As women strive for equality, they are exercising their freedom of sexual expression more and more, which for many might mean a choice to have casual sex. However, with that freedom and choice comes great responsibility, and the important task of taking care of your emotional self and well-being. That is possible only once you know what you want and can tolerate, and, when it comes right down to it, if you can handle sex without love. Diane Von Furstenberg spoke about her fling with Richard Gere, saying it was just a “f\*\*k,” which is how she wanted it to be. While it is more common for men to have sex and keep it just about the physical connection, with few or no feelings of intimacy involved, women regularly

struggle with separating the two. Often emotions come into play despite their best intentions, since so often women feel most vulnerable when they are in intimate situations and often literally are and symbolically feel naked. So how can you know if you can handle a fling with no strings attached?

## **With this relationship advice, learn if you can handle a fling without love.**

By challenging the stereotypes that have confined and limited women for so long, you can consider your sexual identity and what it means to you in terms of your happiness and your sexual esteem, and what might give you the most pleasure and fulfillment. Sometimes that might mean indulging in a purely physical romp with someone. That can happen if, for example, you want to sleep with someone you just met, because you are on vacation and want a brief romantic escapade, or you are at a wedding and want a one night stand. Furthermore, you may have just gotten out of a long relationship and aren't ready to jump back in to a serious commitment, so casual sex might seem appealing. If you find yourself facing any of these scenarios, ask yourself if you will be okay if you never hear from this person again. Or if you begin to feel connected but they aren't interested in anything more than the sex, will you be able to disengage without experiencing a great loss? The most important thing to consider is how you will feel when it's over. The key is to be able to enjoy the experience, and have it enhance your self-esteem.

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Sometimes the only way to know if it is going to work for you is to take a chance, jump in and see where you land. You know

best what your Achilles' heel might be, and if there is a chance you could come out of it with a big emotional ouch because you may find it hard to let go, this might not be the right move for you. With that in mind, if you are in the driver's seat you can give yourself the permission to say yes to your desires and feel empowered by them when it comes to your sex life decisions. The essential thing to be aware of is that whatever your action may be you are doing it by choice, one that you are making for yourself with full awareness of the consequences, and thereby can feel confident about. In this way, you will be a woman who takes charge, is in control, knows what you want as well as what you don't want, and will be better able to build your inner security which will reflect in your general wellbeing.

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For Diane, it was simply about getting physical. It requires clarity, like she had, to know from the start that you'll be fine if nothing more develops from your sexual encounter. If you are able to take an inventory and determine where your tender spots are, thereby avoiding heartbreak, hopefully you will be able to keep it light and fun. In the end, knowing what you can handle is the best indication of whether or not a sexual rendezvous without a commitment will be a positive or negative in your life. If you tend to get attached quickly and are very sensitive to rejection, just sex might not be for you. You want to be your best protector. When it comes to casually getting between the sheets and thinking about how you'll feel after, trust your gut.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on*

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## Dating Advice: Movies to Get You In the Mood for Valentine's Day



By [Katie Gray](#)

Cupid strikes! Now that it is officially February, we are in

the month of love. That means that Valentine's Day is just around the corner. Bring on all of the chocolate and champagne! While we make plans with our significant others, families and friends, [celebrity couples](#) are doing the same. There's no better way to get into the Valentine's Day spirit, than by watching your favorite [celebrity relationship](#) and love stories on screen. In preparation for Valentine's Day, fall in love with these films!

## In this [dating advice](#), Cupid has compiled six movies to get you in the mood for Valentine's Day:

1. ***Valentine's Day***: The title says it all! The 2010 box office hit film, *Valentine's Day*, revolves around a group of people as they deal with their love struggles and strengths on Valentine's Day. This commercially successful movie was directed by legendary romantic-comedy filmmaker, Garry Marshall. The ensemble cast included: [Jessica Alba](#), [Bradley Cooper](#), [Jessica Biel](#), Patrick Dempsey, Julia Roberts, Jamie Foxx, [Jennifer Garner](#), George Lopez, Emma Roberts, and many more. [Taylor Swift](#) even made her film debut and her song "Today Was A Fairytale" is in it!

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2. ***Pretty Woman***: It's always a good time to watch the 1990 hit romantic-comedy, *Pretty Woman*. However; it's especially essential to view it during the Valentine's Day season. The film stars Julia Roberts and Richard Gere, and is directed by Garry Marshall. It depicts a love story between a Hollywood hooker, Vivian, and Edward, a wealthy businessman. She is hired to be his escort for several social outings, and they end up having a deep connection and develop a loving relationship.

**3. *Dirty Dancing*:** Now I've had the time of my life! *Dirty Dancing*, is one of the most successful films of all time. In 2009 it had grossed over \$214 million dollars worldwide. The romantic dance drama, stars Patrick Swayze and Jennifer Grey. It takes place in the summer of 1963 at a resort in the Catskill Mountains, and follows the stories of the guests and employees.

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**4. *When Harry Met Sally*:** The 1987 romantic comedy, *When Harry Met Sally*, has become a cultural hit. The film stars Meg Ryan and Billy Crystal. It's about the path of the main characters, Harry and Sally, on their adventure to New York City. The film became wildly popular and is full of humor, perfect for Valentine's Day vibes.

**5. *Breakfast At Tiffany's*:** What better film to watch for Valentine's Day, than the classic film, *Breakfast At Tiffany's*? It won two Academy Awards and has been critically acclaimed. Audrey Hepburn, Tiffany & Co, and New York, is all you need to feel the love. This 1961 film, is based on the book by Truman Capote.

**6. *Sleepless in Seattle*:** Tom Hanks and Meg Ryan dazzle in the romantic comedy, *Sleepless in Seattle*. This 1993 romantic movie, has garnered critical and commercial success, grossing over \$220 million. This touching and heartfelt movie will have you feeling lots of love. Most importantly, it provides viewers with hope that true love is out there and soulmates are real. It gives the perfect vibes for Valentine's Day.

**What are your favorite movies to get you in the mood for Valentine's Day? Comment below!**

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# Famous 'Couples' Star in Best Movies for a Rainy Day



By [Katie Gray](#)

The weather is always unpredictable, but how we spend our time during a rainy day doesn't have to be. When it's dreary outside, the best thing to do is stay inside and watch a movie. Watching [celebrity couples](#) on screen with your significant other is the perfect bonding experience. Plus, a movie date is classic! Many of these storylines involve love, celebrity engagements and celebrity babies. You'll be happy you have your love by your side during these films. Watch [celebrity relationships](#) in movies unfold, snuggled up with

your partner!

## Cupid has compiled the 10 best couple movies for a rainy day:

1. ***The Proposal***: This 2009 romantic comedy starring [Ryan Reynolds](#) and Sandra Bullock will have you laughing and feeling the love. It shows us that sometimes we fall in love with someone who we least expect. The plot revolves around Margaret, a powerful publishing executive, and her assistant Andrew. In order to continue working in the United States as a Canadian, Margaret convinces Andrew to marry her, and in return he would get a promotion. We meet his family and get to see this story unfold. Bonus: Betty White plays the Grandma! Hilarious!

2. ***Juno***: Diablo Cody outdid herself when she wrote this masterpiece film. She even won the Academy Award for Best Screenplay for it! The film stars Ellen Page, Michael Cera, Jennifer Garner, Jason Bateman, Allison Janney and J. K. Simmons. It's a film you can watch as a couple and/or as a family. The comedy-drama is set in Minnesota and revolves around a teenager who finds herself pregnant and is giving the baby to a couple who can't get pregnant through adoption. It's fresh, funny and heartfelt. The film was so popular it earned over \$231 million dollars, when the budget was only a little over \$6 million. In fact, [Jennifer Garner](#) loved the script so much, she took on the role even though her salary alone is usually way over what the entire budget was for this production.

**Related Link:** [8 Celebrity Couples Who Were Friends First](#)

3. ***The Wedding Singer***: Who doesn't love Adam Sandler and Drew Barrymore? This 1998 rom-com, is about a wedding singer in the 80's in New Jersey and a waitress at the reception hall he



performs in. He sings catchy songs like, 'You Spin Me Round' and 'Love Stinks.' They form a friendship, although they're both in different relationships. However; it shows us that sometimes being friends first leads to the best relationships. This is one wedding singer you don't want to miss perform!

**4. *Couples Retreat*:** Why not watch *Couples Retreat* as a couple? This movie is a 2009 American romantic comedy starring Jon Favreau, Vince Vaughn, Jason Bateman, Faizon Love, Kristin Davis, Kristen Bell, Malin Akerman, Kali Hawk and Jean Reno. It was written by two of its stars, Favreau and Vaughn. This movie will make you laugh out loud, and maybe even teach you some tips for your own relationship.

**5. *Walk The Line*:** Fall into this burning ring of fire! This film is based on the true story of Johnny Cash and June Carter – country music royalty. It's a beautiful love story, and it is full of love songs. The movie stars [Reese Witherspoon](#) and Joaquin Phoenix, who have so much chemistry on screen! In fact, Witherspoon even won an Oscar for her portrayal of June. This film shows us that sometimes we go through ups and downs with our soulmate, but that doesn't mean we won't end up with them. What is meant to be, will be!

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**6. *Breakfast At Tiffany's*:** Indulge in this classic film with your partner on a rainy day. Audrey Hepburn is forever a Hollywood icon, and this film is one of her most famous roles. Set in New York City, this love story will keep your eyes glued to the screen. The best packages come in little blue boxes from Tiffany & Co., and the best things in life are the relationships we have with people.

**7. *The Spectacular Now*:** Based on the novel of the same name written by Tim Tharp, this film is spectacular. It stars Miles Teller and Shailene Woodley. It tells the story of two high school students who typically wouldn't be a match, but end up

making a pretty pair. The main character Sutter is a fun, party boy, who avoids the future, and Aimee a shy, nerdy, introvert who tends to be a pushover. They end up learning a lot from one another. Sometimes the best relationships are when we can teach our partner different things.

**8. *Runaway Bride*:** Julia Roberts and Richard Gere shine in this romantic comedy. Celebrity weddings, engagements and babies are always fun topics. In this film, it makes for great storylines. It's a cute love story full of small town characters that will entertain you. It is also very realistic and truly makes you feel real emotions. Bond with this movie and characters, while bonding with your own partner!

**9. *How To Lose A Guy In 10 Days*:** Despite the title, this film is actually a heartfelt love story that packs the humor! It stars [Kate Hudson](#) and [Matthew McConaughey](#), and they make a pretty pair. It's a funny flick that tells the tale of two people who think they are both playing the other. However; games played in love are put to the test in this film!

**10. *The Wedding Planner*:** [Jennifer Lopez](#) plays a wedding planner who takes care of everyone, but herself. She makes everyone's big day extra special, but her own love life is nonexistent – until one day it changes. Fall in love with the woman who helps everyone else in love.

**What are some of your favorite movies to watch as a couple? Comment below!**

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**Richard Gere and Padma**

# Lakshmi Are Dating



By April Littleton

According to [People](#), Gere and *Top Chef* star Padma Lakshmi are dating. "They're getting to know each other," a source said. "...They're not sure what's going on yet." Gere split from his wife of 11 years last year. The former couple have a son together. Lakshmi has a 3-year-old daughter with ex-partner, Adam Dell.

**How do you know when you're ready to date again?**

**Cupid's Advice:**

Before you jump into the next relationship, you need some time to think about what you really want in a significant other, and you need to get reintroduced to yourself. Some people take

awhile to get back into the dating scene, while others feel ready after a couple of weeks. Cupid is here to help:

**1. You're over your last relationship:** When you think back on your past relationship, you have absolutely no feelings whatsoever. You no longer think 'what if', and you're ready to give love a chance with someone.

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**2. You're happy with yourself:** Before you start a romance with a new partner, you need to be happy and content with yourself first. You know what you have to offer, and you're looking for someone who will treat you just the way you deserve.

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**3. You're looking:** When you're out on the town for a night out with your friends, you find yourself mingling with other singles a little more than you used to do. You're actively looking for a new partner, and you're having fun doing so.

**How did you know you were ready to start dating again? Share your experience below.**

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## Richard Gere and Carey Lowell Call It Quits





By Gabriela Robles

Richard Gere and Carey Lowell have called it quits after 11 years of marriage. According to [People](#), the two have been living separately lately, with Gere living in Bedford, N.Y., and Lowell in North Haven, N.Y. They were last seen in public together at a fundraiser in New York City in June.

**What are some ways to tell it's time to go your separate ways?**

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

You haven't felt the same lately. You want to spend more time alone than together. You're unsure about your relationship and now you don't know what to do. Is it time to end things? Cupid can help you through this decision:

**1. Reflect on what your daily plan is:** Do you guys have some couple-time, or are you always alone? Do you prefer spending time alone or with friends than with your partner? If so, you might be ready to end the relationship. It's possible that you're just in a rut, but if it's been going on for more than

a few months, then it's likely that you're both feeling the same thing.

**2. Think about how you feel:** Ask yourself, are you still having fun? Is he still the love of your life? Do you still enjoy being around him? No matter how long you've been together, you want to always enjoy each other – even when you're in an argument. If that feeling's gone, then there might not be anything there anymore.

**3. Talk about it:** Ask him how he feels. Does he think it's something you guys can work out? If you both believe you can work on it, don't leave. But if not, then it's probably time to make an exit. You always have to be on the same page and have to figure out what you both want. If it doesn't match up, then it might not be the right relationship.

**How do you know when to separate? Share in the comments below!**

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## **Celebrity News: Cindy Crawford Blames Her Divorce From Richard Gere On 17-Year Age Gap**





By Meghan Fitzgerald

[UsMagazine.com](http://UsMagazine.com) reported that although Cindy Crawford and Richard Gere's relationship didn't last, Crawford learned a lot of lessons from the four-year marriage. On March 11th, Crawford was on *Oprah's Master Class*, discussing how their 17-year gap was the largest problem in their relationship. The [New York Post](http://NewYorkPost.com) reports Crawford's appearance on *Oprah*, "I think a lot of what happened with Richard and I was, I was still 22 and at 22 – as a young woman – I was kind of still figuring out who I was and what I wanted to be and he was already 37." The two are now happy, with children.

**How do you know if an age gap in your relationship will affect it in the long-term?**

**Cupid's Advice:**

Age gaps in relationships can cause a myriad of problems, especially in the long term. It can also be a fresh thing between you and your mate. Depending on your personalities, the age gap, how comfortably you are with each other and what

not, the relationship can last. Cupid has some advice on how this gap will affect the long term:

**1. Emotional maturity:** Emotional maturity is an aspect you want in a relationship if a age gap is present. You do not want twelve years between one another and the younger person acting immature and their own age. If you are going to be with this person for the rest of your life, they have to be able to keep up with you emotionally. If this is not a possibility in the beginning, it may be challenging to make it for the long haul.

**2. Similarities:** Similarities are usually what brings a couple together in the first place. They should still be present throughout the relationship if there is an age gap present. You and your mate will not make it if you have absolutely nothing in common because of your age. If your music, humor, morals, or anything important are vastly different; consider getting yourself out of the relationship and move on.

**3. In sickness and in health:** If the age gap is not a problem until after the wedding, well ladies and gents, just remember 'in sickness and in health.' Although divorce is common amongst many couples these days, you should resort back to the vows you took as a couple. If you have already reached the marriage stage, technically you've reached the long term, and simply are just going to have to deal with it day by day.

**Has a age gap affected your relationship in the long haul? Explain below!**